Fit Lean Food

Available in Vanilla Delight and Creamy Chocolate

Clinical Applications

- Supports Healthy Body Composition*
- Supports Immune Health*
- Supports Post-Exercise Recovery*
- Supports Healthy Glucose Metabolism*
- Supports Gastrointestinal Health*
- Contributes to Macro-Nutrition*

Fit Lean Food *is an easy-to-mix functional food for vegans, individuals sensitive or allergic to soy and/or dairy, or anyone seeking an alternative source of quality protein. Fit Lean Food features VegaPro™, an all-natural rice and pea protein blend.*

Discussion

VegaPro™ is XYMOGEN's proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, and taurine. Also added is Aminogen™—a patented, natural, plant-derived enzyme system clinically proven to increase protein digestibility and amino acid absorption.[1] Its action boosts nitrogen retention, aids in the synthesis of muscle mass and strength, and promotes deep muscle recovery.*

The non-genetically modified (non-GMO), highly digestible pea protein isolate in VegaPro is naturally obtained by simple water extraction, keeping all the nutritional qualities intact. Its 90% protein content features a well-balanced amino acid profile, including a high content of lysine, arginine, and branched-chain amino acids to help maintain lean body mass and reduce body fat.[2] Pea protein has the highest lysine concentration (7.2%) of all vegetable-based proteins and the highest arginine concentration (8.7%) among all commercially available proteins. The combination of pea protein and rice protein achieves an amino acid score of 100%.*

Fructose Free Fit Lean Food contains evaporated cane juice and stevia in place of fructose. Animal and human research suggests that consuming fructose-containing beverages increases visceral adiposity.*[3,4]

Glutamine, crucial in nitrogen metabolism, is important for replenishing amino acid stores, especially after exercise or stress.[5] This amino acid aids in intestinal cell proliferation, thereby preserving gut barrier function and intestinal health.*

Glycine, an inhibitory (calming) neurotransmitter, is vital as a constituent of collagen and a building block for other substances, such as coenzyme-A, nucleic acids, creatine phosphate, purines, bile, and other amino acids.*

Taurine, a derivative of sulfur-containing cysteine, has many healthful clinical applications, including the support of stable cell membranes, cardiovascular health, glucose tolerance, detoxification, and bile salt synthesis.*[6]

Fiber Blend (inulin from non-GMO chicory, beta glucans, oat fiber, and corn bran) Fit Lean Food provides 6 g of fiber per serving. These fibers favorably affect serum lipids, healthy intestinal flora, the formation of short-chain fatty acids, and glucose tolerance.[7] Beta glucans and lignins impact the binding of bile acids and support the maintenance of healthy cholesterol levels already within the normal range.[8] Beta glucans may also offset stress to the immune system caused by intense exercise.*[9]

Satisfaction: An Added Benefit of Increasing Protein Intake
Signals that originate from the gut—in response to mechanical (gastric distention) and chemical changes that occur after the ingestion of food—let us know when we've had enough to eat. Among the macronutrients in food, proteins have been identified as having the greatest impact in this regard. Thus, the effect of consuming high-protein foods has been observed not only to yield a strong feeling of satisfaction immediately after intake but also to support a lower food intake during a subsequent meal.*[10]

It is possible that not all proteins afford the same degree of satiety. A study on human and rat duodenal biopsies demonstrated that exposure to pea protein resulted in the release of the greatest amount of cholecystokinin (CCK) and glucagon-like peptide 1.[11] These gastrointestinal hormones modulate appetite sensations.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Fit Lean Food Vanilla Delight Nutrition Facts

10 servings per container

Serving size	1 Packet (about 40g)
Amount per serving Calories	**150**
	% Daily Value†
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 3mg	15%
Potassium 350mg	8%

† The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Pea protein isolate, organic dried cane syrup, fiber complex (inulin (from chicory) and oat fiber), natural flavors (no MSG), glycine, high-oleic sunflower oil, tripotassium citrate, cellulose gum, xanthan gum, taurine, medium-chain triglyceride oil, fungal proteases[S1], rice protein concentrate, guar gum, silica, L-glutamine, and stevia leaf extract.

DIRECTIONS: Mix the contents of 1 packet (40 g) in 8-12 oz cold water and consume. Adjust amount of water according to thickness desired. May be used as a snack, a "rescue" food, an occasional meal replacement, or use as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional.

STORAGE: Keep tightly closed in a cool, dry place out of reach of children.

FORMULATED TO EXCLUDE: Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

AMINOGEN® S1. AMINOGEN® is a registered trademark of Innophos Nutrition, Inc. AMINOGEN® is protected under U.S. patent 5,387,422.

VegaPro™ 100% VEGAN 100% GLUTEN-FREE

Typical Amino Acid Profile Per Serving:

Alanine	900 mg	Methionine	230 mg
Arginine	1,820 mg	Phenylalanine	1,150 mg
Aspartic Acid	2,400 mg	Proline	940 mg
Cysteine	210 mg	Serine	1,110 mg
Glutamic Acid	3,520 mg	Taurine	500 mg
Glycine	2,860 mg	Threonine	820 mg
Histidine	520 mg	Tryptophan	210 mg
Isoleucine	940 mg	Tyrosine	800 mg
Leucine	1,760 mg	Valine	1,050 mg
Lysine	1,500 mg		

References

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Additional references available upon request

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