

# FIT Food® Lean Complete



Available in Chocolate & Vanilla

- Provides a source of protein which helps build and repair body tissues and assists in the building of lean muscle mass when combined with regular training and a healthy balanced diet
- Provides a source of antioxidants and digestive enzymes
- Provides a source of fiber to support good health

## Discussion

**VegaPro™**, XYMOGEN's proprietary blend of highly digestible pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine, is the cornerstone of FIT Food Lean Complete. Aminogen is added to enhance protein digestion and absorption.<sup>[1]</sup> The combination of pea protein and rice protein achieves an amino acid score of 100% and supports protein metabolism and healthy body composition.\*<sup>[2]</sup>

Protein is required for cell and tissue repair, hormone and enzyme synthesis, and a variety of metabolic functions. It is especially important for maintaining lean body mass during increased physical activity. Protein supplementation has been found to be a determining factor in increasing fat-free mass and exercise-stimulated fat oxidation. Subjects who consumed a significantly higher protein intake (~80 g/d versus ~59 g/d) experienced a significant increase in fat oxidation and fat-free mass with a significant decrease in fat mass and body fat percentage.<sup>[3]</sup> Studies have indicated that increased protein intake enhances satiety<sup>[2,4-6]</sup> and supports diminished food intake during subsequent meals.<sup>[7]</sup> One randomized crossover study suggested that pea protein was superior to milk protein with respect to satiety and intermeal interval.<sup>[8]</sup> Research has also demonstrated that pea protein stimulates release of cholecystokinin and glucagon-like peptide 1, gastrointestinal hormones that modulate appetite sensations.\*<sup>[9]</sup>

While pea-based protein provides a satisfying and versatile source of protein, it also supports cardiovascular health. Animal studies have suggested that it positively affects lipid homeostasis by modulating gene expression; that is, upregulating genes that affect hepatic cholesterol uptake and downregulating genes that affect fatty acid synthesis.\*<sup>[10,11]</sup>

**Chitin-Glucan** is incorporated into FIT Food Lean Complete to support antioxidant activity and cardiovascular health. This purified, insoluble, gluten-free fiber ingredient composed of chitin (N-acetyl-D-glucosamine) and beta(1,3)-glucan chains has been researched for its effects on maintaining oxidative balance and artery health, key components of cardiovascular health.<sup>[12,13]</sup> A 12-week animal study indicated that chitin-glucan supports cardiovascular health by maintaining healthy arteries, reducing cardiac superoxide anion and liver malondialdehyde (markers of oxidation), and enhancing superoxide dismutase and glutathione peroxidase activity.\*<sup>[12]</sup>

Human trials have revealed significantly positive results as well. A six-week, multicenter, randomized, double-blind, placebo-controlled study (n = 130) revealed that 1.5 g/d of chitin-glucan significantly supported subjects' LDL cholesterol at levels already within normal range, and 4.5 g/d significantly supported subjects' natural antioxidant systems and oxidative balance of LDL cholesterol.<sup>[13]</sup> FIT Food Lean Complete provides 2.25 g of chitin-glucan per serving.\*

**Micronutrient Support** FIT Food Lean Complete delivers a balanced profile of vitamins, minerals, and antioxidants, nutrients vital to supporting the vast array of metabolic processes in the body.<sup>[14]</sup> B vitamins are present in their bioactive forms, including riboflavin 5'-phosphate, pyridoxal 5'-phosphate, methylcobalamin, and 5-methyltetrahydrofolate as Quatrefolic®.\*<sup>[15]</sup>

**Fructose-Free** FIT Food Lean Complete contains dried cane syrup and stevia in place of fructose. Animal and human research suggests that superfluous consumption of fructose increases visceral adiposity, disrupts lipid regulation, and elevates cardiometabolic risk.\*<sup>[16-20]</sup>

**Glutamine** The conditionally essential amino acid glutamine is important for replenishing amino acid stores, especially after exercise or stress.<sup>[21]</sup> Glutamine also supports intestinal cell proliferation and thereby preserves gut barrier function and intestinal health.\*<sup>[22-24]</sup>

**Inulin** This soluble fiber is fermented by colonic bacteria into short-chain fatty acids that exert a positive effect on lipid metabolism and support healthy colon transit time.\*<sup>[25,26]</sup>

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## FIT Food® Lean Complete Chocolate

### Medicinal Ingredients (2 scoops contains)

Vitamin A (Vitamin A palmitate)	140 mcg RAE
Beta carotene	840 mcg
Vitamin C (sodium ascorbate, potassium ascorbate, zinc ascorbate, calcium ascorbate)	125 mg
Vitamin E (d-alpha tocopheryl acid succinate)	25 mg AT
Thiamine (thiamine mononitrate)	5 mg
Riboflavin (riboflavin 5'-phosphate sodium)	5 mg
Niacin	8 mg
Niacinamide	8 mg
Vitamin B6 (pyridoxal 5'-phosphate)	5 mg
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	100 mcg
Vitamin B12 (as methylcobalamin)	125 mcg
Biotin	250 mcg
Pantothenic acid (calcium d-pantothenate)	50 mg
Calcium (DimaCal® di-calcium, calcium d-pantothenate, calcium ascorbate)	30 mg
Iodine (potassium iodide)	25 mcg
Magnesium (as Albion® di-magnesium malate)	25 mg
Zinc (as TRAACS® zinc bisglycinate chelate)	3.25 mg
Selenium (as Albion® selenium glycinate complex)	25 mcg
Manganese (as TRAACS® manganese bisglycinate chelate)	0.125 mg
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	125 mcg
Molybdenum (as TRAACS® molybdenum (VI) bisglycinate chelate)	12.5 mcg
Vanadium (as TRAACS® vanadium HVP chelate)	182 mcg
Choline (choline dihydrogen citrate)	9 mg
Inositol	9 mg
PABA (para-aminobenzoic acid)	3.25 mg
KiOtransine® Chitin-glucan (from <i>Aspergillus niger</i> )	2.25 mg
Pea Protein (from <i>Pisum sativum</i> , seed)	15 g
Aminogen® Fungal protease (from <i>Aspergillus flavus</i> var. <i>oryzae</i> and <i>Aspergillus niger</i> )	300 mg 15000 FCC HUT
Mixed tocopherols	18 mg

### Non-Medicinal Ingredients

Evaporated cane juice, inulin (from chicory), sunflower oil, glycine, cocoa powder, natural flavors, medium-chain triglyceride oil, tripotassium citrate monohydrate, taurine, cellulose gum, xanthan gum, rice protein concentrate, guar gum, silica, stevia leaf, L-glutamine.

### Nutritional Information

#### Amount per 2 Scoops

Calories	150
Total Fat	4 g
Saturated Fat	1.5 g
Sodium	330 mg
Potassium	330 mg
Total Carbohydrate	14 g
Dietary Fiber	7 g
Sugars	5 g
Protein	15 g

### Recommended Dose

**Adults:** Take two scoops once daily. Blend, shake or briefly stir two level scoops into 250 mL of chilled water. Take two hours before or after taking other medications or natural products since the absorption of these products may be delayed. For prolonged use, consult a healthcare practitioner.

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, are taking sulfonamides, liver or kidney disease, have a gastrointestinal lesion/ulcer, are taking an anti-coagulant/blood thinner or an anti-inflammatory, or are having surgery. Ensure that you drink enough fluid before, during and after exercise. Hypersensitivity (e.g., allergy) has been known to occur; in which case, discontinue use. May cause mild gastrointestinal discomfort. Do not use if tamper seal is broken or missing.

**Does Not Contain:** Wheat, gluten, yeast, soy protein, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.

 Quatrefolic is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.

KiOtransine is a registered trademark of KitoZyme S.A.

 AMINOGEN is a registered trademark of Innophos Nutrition, Inc. AMINOGEN is protected under US patent 5,387,422.

 Albion, DimaCal, TRAACS, and the Albion Gold Medal logo are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904 and patents pending.

## FIT Food® Lean Complete Vanilla

### Medicinal Ingredients (2 scoops contains)

Vitamin A (Vitamin A palmitate)	140 mcg RAE
Beta carotene	840 mcg
Vitamin C (sodium ascorbate, potassium ascorbate, zinc ascorbate, calcium ascorbate)	125 mg
Vitamin E (d-alpha tocopheryl acid succinate)	25 mg AT
Thiamine (thiamine mononitrate)	5 mg
Riboflavin (riboflavin 5'-phosphate sodium)	5 mg
Niacin	8 mg
Niacinamide	8 mg
Vitamin B6 (pyridoxal 5'-phosphate)	5 mg
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	100 mcg
Vitamin B12 (as methylcobalamin)	125 mcg
Biotin	250 mcg
Pantothenic acid (calcium d-pantothenate)	50 mg
Calcium (DimaCal® di-calcium, calcium d-pantothenate, calcium ascorbate)	30 mg
Iodine (potassium iodide)	25 mcg
Magnesium (as Albion® di-magnesium malate)	25 mg
Zinc (as TRAACS® zinc bisglycinate chelate)	3.25 mg
Selenium (as Albion® selenium glycinate complex)	25 mcg
Manganese (as TRAACS® manganese bisglycinate chelate)	0.125 mg
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	125 mcg
Molybdenum (as TRAACS® molybdenum (VI) bisglycinate chelate)	12.5 mcg
Vanadium (as TRAACS® vanadium HVP chelate)	182 mcg
Choline (choline dihydrogen citrate)	9 mg
Inositol	9 mg
PABA (para-aminobenzoic acid)	3.25 mg
KiOtransine® Chitin-glucan (from <i>Aspergillus niger</i> )	2.25 mg
Pea Protein (from <i>Pisum sativum</i> , seed)	15 g
Aminogen® Fungal protease (from <i>Aspergillus flavus</i> var. <i>oryzae</i> and <i>Aspergillus niger</i> )	300 mg 15000 FCC HUT
Mixed tocopherols	18 mg

### Non-Medicinal Ingredients

Evaporated cane juice, inulin (from chicory), sunflower oil, glycine, natural flavors, medium-chain triglyceride oil, tripotassium citrate monohydrate, taurine, cellulose gum, xanthan gum, rice protein concentrate, guar gum, silica, L-glutamine, stevia leaf.

### Nutritional Information

#### Amount per 2 Scoops

Calories	160
Total Fat	4.5 g
Saturated Fat	2 g
Sodium	330 mg
Potassium	510 mg
Total Carbohydrate	14 g
Dietary Fiber	7 g
Sugars	5 g
Protein	15 g

### Recommended Dose


**Adults:** Take two scoops once daily. Blend, shake or briefly stir two level scoops into 250 mL of chilled water. Take two hours before or after taking other medications or natural products since the absorption of these products may be delayed. For prolonged use, consult a healthcare practitioner.

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, are taking sulfonamides, liver or kidney disease, have a gastrointestinal lesion/ulcer, are taking an anti-coagulant/blood thinner or an anti-inflammatory, or are having surgery. Ensure that you drink enough fluid before, during and after exercise. Hypersensitivity (e.g., allergy) has been known to occur; in which case, discontinue use. May cause mild gastrointestinal discomfort. Do not use if tamper seal is broken or missing.

**Does Not Contain:** Wheat, gluten, yeast, soy protein, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.

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Additional references available upon request

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