

# FIT Food<sup>®</sup> Lean Complete



Available in French Vanilla 10 single serving packets  
Available in Dutch Chocolate 10 single serving packets

## 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

## Clinical Applications

- » Supports Protein Metabolism and Healthy Body Composition\*
- » Supports Cardiovascular Health\*
- » Supports Gastrointestinal Health\*
- » Supports Antioxidant Systems\*
- » Provides Essential Micronutrients\*

***FIT Food<sup>®</sup> Lean Complete** is a nutrient-rich shake mix ideal for individuals sensitive or allergic to soy and/or dairy or those seeking a high-quality source of plant-based protein. FIT Food Lean Complete features VegaPro™, an all-natural pea and rice protein blend; Aminogen®, a plant enzyme that enhances protein digestibility and absorption; and KiOtransine® chitin-glucan, a novel fiber that supports antioxidant systems in the body. This fructose-free, vegan formula also provides an array of micronutrients, including high-potency vitamins C and B12, activated B vitamins, and Albion® TRAACS® chelated minerals (the real amino acid chelate system).\**

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>

**FIT Food® Lean Complete French Vanilla Supplement Facts**

Serving Size: 1 Packet (about 41 g)

	Amount Per Serving	%DV
Calories	160	
Total Fat	4.5 g	6% <sup>†</sup>
Saturated Fat	2 g	10% <sup>†</sup>
Total Carbohydrate	14 g	5% <sup>†</sup>
Dietary Fiber	7 g	25%
Total Sugars	5 g	**
Includes 5g Added Sugars		10%
Protein (from Pea Protein Isolate and Rice Protein Concentrate)	15 g	
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	560 mcg	62%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	125 mg	139%
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg	223%
Thiamin (as thiamine mononitrate)	5 mg	417%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	385%
Niacin (as niacinamide and niacin)	16 mg	100%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) <sup>S1</sup>	100 mcg DFE	25%
Vitamin B12 (as methylcobalamin)	125 mcg	5208%
Biotin	250 mcg	833%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1000%
Choline (as choline dihydrogen citrate)	9 mg	2%
Calcium (as dicalcium malate <sup>S2</sup> and ingredients with naturally occurring calcium)	40 mg	3%
Iron (naturally occurring)	3 mg	17%
Iodine (as potassium iodide)	25 mcg	17%
Magnesium (as di-magnesium malate) <sup>S2</sup>	25 mg	6%
Zinc (as zinc bisglycinate chelate) <sup>S2</sup>	3.25 mg	30%
Selenium (as selenium glycinate complex) <sup>S2</sup>	25 mcg	45%
Manganese (as manganese bisglycinate chelate) <sup>S2</sup>	0.125 mg	5%
Chromium (as chromium nicotinate glycinate chelate) <sup>S2</sup>	125 mcg	357%
Molybdenum (as molybdenum glycinate chelate) <sup>S2</sup>	12.5 mcg	28%
Sodium (naturally occurring)	330 mg	14%
Potassium (from tripotassium citrate, potassium glycinate complex <sup>S2</sup> , and ingredients with naturally occurring potassium)	510 mg	11%
Chitin-glucan (from <i>Aspergillus niger</i> ) <sup>S3</sup>	2.25 g	**
Mixed Tocopherols	18 mg	**
Inositol	9 mg	**
PABA ( <i>para</i> -aminobenzoic acid)	3.25 mg	**
Vanadium (as vanadium nicotinate glycinate chelate) <sup>S2</sup>	187.5 mcg	**

<sup>†</sup> Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

**Other Ingredients:** Dried cane syrup, inulin (from chicory), sunflower oil, glycine, natural flavors (no MSG), medium-chain triglyceride oil, taurine, fungal proteases<sup>S4</sup>, cellulose gum, xanthan gum, guar gum, silica, L-glutamine, and stevia leaf extract.

**DIRECTIONS:** Mix the contents of one packet (41 g) in 6-8 oz cold water and consume. Adjust amount of water according to thickness desired. May be used as a snack or meal supplement, or taken 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 closed in a cool, dry place out of reach of children.

**FORMULATED TO EXCLUDE:** Wheat, gluten, yeast, soy protein, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, and artificial preservatives.

 **Quatrefolic**® - S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

 S2. Albion®, DimaCal®, TRAACS®, and the Albion Gold Medallion® are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904.

S3. KiOtransin® is a registered trademark of KitoZyme S.A.

 S4. AMINOGEN® is a registered trademark of Innophos Nutrition, Inc. AMINOGEN® is protected under U.S. patent 5,387,422.



**Typical Amino Acid Profile Per Serving:**

Alanine	800 mg	Methionine	210 mg
Arginine	1,610 mg	Phenylalanine	1,020 mg
Aspartic Acid	2,120 mg	Proline	830 mg
Cysteine	190 mg	Serine	980 mg
Glutamic Acid	3,110 mg	Threonine	500 mg
Glycine	2,760 mg	Taurine	720 mg
Histidine	460 mg	Tryptophan	190 mg
Isoleucine	830 mg	Tyrosine	710 mg
Leucine	1,550 mg	Valine	930 mg
Lysine	1,320 mg		

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Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

\*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.

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