FIT Food® Lean Complete Sugar- & Stevia-Free[‡]



Available in French Vanilla and Dutch Chocolate

‡This formula is not a low-calorie dietary supplement. Please see the Supplement Facts panel for more details.

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 Sugar- & Stevia-Free. Aminogen is added to enhance protein digestion and absorption.^[1] The combination of pea protein and rice protein achieves an amino acid score of 100% and supports protein metabolism and healthy body composition.*^[2]

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.^[3] Studies have indicated that increased protein intake enhances satiety^[2,4-6] and supports diminished food intake during subsequent meals.^[7] One randomized crossover study suggested that pea protein was superior to milk protein with respect to satiety and intermeal interval.^[8] Research has also demonstrated that pea protein stimulates release of cholecystokinin and glucagon-like peptide 1, gastrointestinal hormones that modulate appetite sensations.*^[9]

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.*[10,11]

Chitin-Glucan is incorporated into FIT Food Lean Complete Sugar- & Stevia-Free 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.^[12,13] A 12-week animal study indicated that chitinglucan supports cardiovascular health by maintaining healthy arteries,

Clinical Applications

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

FIT Food® Lean Complete Sugar- & Stevia-Free[‡] 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 Sugar- & Stevia-Free[‡] 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 sugar-and stevia-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).*

reducing cardiac superoxide anion and liver malondialdehyde (markers of oxidation), and enhancing superoxide dismutase and glutathione peroxidase activity.*^{1[2]}

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. [13] FIT Food Lean Complete Sugar- & Stevia-Free provides 2.25 g of chitin-glucan per serving.*

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

Sugar- and Stevia-Free This formula is sweetened with monk fruit extract in place of sugar or stevia. Animal and human research suggests that superfluous consumption of added sugars increases adiposity, disrupts lipid regulation, and elevates cardiometabolic risk.*[16-20]

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

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.* $^{(25,26)}$

FIT Food® Lean Complete Sugar- & Stevia-Free French Vanilla Supplement Facts

Carving Ciza: 1 Dacket (about 20 a)

Total Fat 5 g 6% Saturated Fat 2.5 g 13% Total Carbohydrate 11 g 4% Dietary Fiber 7 g 259 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) 3 mg 417° Vitamin E (as d-alpha tocopheryl succinate) 5 mg 417° Witamin (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)*i 100 mcg DFE 25° Vitamin B12 (as methylcobalamin) 125 mcg 5208° Biotin 250 mcg 833° Pantothenic Acid (as d-calcium pantothenate) 50 mg 1000°		Amount Per Serving	% D\
Saturated Fat 2.5 g 13% Total Carbohydrate 11 g 4% Dietary Fiber 7 g 25° 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 E (as d-alpha tocopheryl succinate) 33.5 mg 223° Vitamin (as thiamine mononitrate) 5 mg 417° Riboflavin (as riboflavin 5°-phosphate sodium) 5 mg 417° Riboflavin (as niacinamide and niacin) 16 mg 100° Vitamin B6 (as pyridoxal 5°-phosphate) 5 mg 294° Folate (as [68]-5-methyltetrahydrofolic acid, glucosamine salt)si 100 mcg DFE 25° Vitamin B12 (as methylcobalamin) 125 mcg 50mg Biotin 250 mcg 833° Pantothenic Acid (as d-calcium pantothenate) 50 mg 1000° Choline (as choline dihydrogen citrate) 9 mg 2° Calcium (as dicalcium malates² and ingredients with naturally occurring 3 mg 17° Ion (naturally occurring) 3 mg 17° <td< th=""><th>Calories</th><th>150</th><th></th></td<>	Calories	150	
Total Carbohydrate	Total Fat	5 g	6%
Dietary Fiber 7 g 25° 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° and calcium ascorbate) 133.5 mg 123° and calcium scorbate) 133.5 mg 123° and calcium scorbate) 15 mg 141°° and calcium (as rhiamine mononitrate) 15 mg 141° and calcium (as riboflavin 5'-phosphate sodium) 15 mg 16 mg 100° vitamin B6 (as pyridoxal 5'-phosphate) 16 mg 100° vitamin B6 (as pyridoxal 5'-phosphate) 100 mcg DFE 150° and political (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) 100 mcg DFE 150° and political (as a fellos) 125 mcg 150° and political (as choline dihydrogen citrate) 150 mg 1000° and political (as choline dihydrogen citrate) 150 mg 1000° and political (as choline dihydrogen citrate) 150 mg 1000° and political (as potassium iodide) 150° and political (as a fellos) 150° and political (as potassium iodide) 150° and political (as potassium iodide) 150° and political (as a fellos) 150° and political (as potassium iodide) 150° and political (as potassium iodid	Saturated Fat	2.5 g	13%
Protein (from Pea Protein Isolate and Rice Protein Concentrate) Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate) Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate) Vitamin E (as d-alpha tocopheryl succinate) Vitamin E (as d-alpha tocopheryl succinate) Thiamin (as thiamine mononitrate) Riboflavin (as riboflavin 5'-phosphate sodium) Niacin (as niacinamide and niacin) Vitamin B6 (as pyridoxal 5'-phosphate) Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) ^{S1} Vitamin B12 (as methylcobalamin) Biotin 250 mcg Calcium (as dicalcium malatessal and ingredients with naturally occurring acalcium) Choline (as choline dihydrogen citrate) Calcium (as dicalcium malatessal and ingredients with naturally occurring Calcium (as governing) Ion (naturally occurring) Ion (naturally occurring) Magnesium (as di-magnesium malate)ssal and ingredients with naturally occurring Selenium (as selenium glycinate chelate)ssal as 25 mcg Manganese (as manganese bisglycinate chelate)ssal as 25 mcg Manganese (as manganese bisglycinate chelate)ssal as 25 mcg Manganese (as manganese bisglycinate chelate)ssal as 25 mcg Chromium (as chromium nicotinate glycinate chelate)ssal as 35 mcg Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complexsal and ingredients with naturally occurring potassium (from tripotassium citrate, potassium glycinate complexsal and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger)ssal PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate)ssal Vanadium (as vanadium nicotinate gl	Total Carbohydrate	11 g	4%
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate) Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate) Vitamin E (as d-alpha tocopheryl succinate) Vitamin E (as d-alpha tocopheryl succinate) Sam 33.5 mg 223° Riboflavin (as riboflavin 5'-phosphate sodium) Niacin (as niacinamide and niacin) Vitamin B6 (as pyridoxal 5'-phosphate) Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) ^{S1} Vitamin B12 (as methylcobalamin) Biotin Sam 250 mcg Biotin Pantothenic Acid (as d-calcium pantothenate) Choline (as choline dihydrogen citrate) Calcium (as dicalcium malate ^{S2} and ingredients with naturally occurring acalcium) Iron (naturally occurring) Iron (naturally occurring) Iron (as zinc bisglycinate chelate) ^{S2} Selenium (as selenium glycinate complex) ^{S2} Manganese (as manganese bisglycinate chelate) ^{S2} Sodium (naturally occurring) Potassium (as manganese bisglycinate chelate) ^{S2} Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complex ^{S2} , and ingredients with naturally occurring and ingredients with naturally occurring and ingredients mit naturally occurring and ingredients complex ^{S2} Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complex ^{S2} , and mg Potassium (from tripotassium citrate, potassium glycinate complex ^{S2} , 510 mg Titoringlucan (from Aspergillus niger) ^{S3} PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} Vanadium (as vanadium nicotinate glycinate chelate) PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) Vanadium (as vanadium nicotinate glycinate chelate) ** 187.5 mcg ** ** ** ** ** ** ** ** **	Dietary Fiber	7 g	25%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate) Vitamin E (as d-alpha tocopheryl succinate) Thiamin (as thiamine mononitrate) Niacin (as niacinamide and niacin) Vitamin B6 (as pyridoxal 5'-phosphate sodium) Vitamin B6 (as pyridoxal 5'-phosphate) Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) Vitamin B12 (as methylcobalamin) Sibotin Cas methylcobalamin) Sibotin Calcium (as dicalcium pantothenate) Choline (as choline dihydrogen citrate) Calcium (as dicalcium malates and ingredients with naturally occurring and acidium) Iron (naturally occurring) Iron (naturally occurring) Iron (naturally occurring) Sibotin Cas zinc bisglycinate chelate) Sibotin Calcium (as dicalcium malates and ingredients with naturally occurring and acidium) Iron (naturally occurring) Iron (naturally occurring) Sibotin Calcium (as dicalcium malates and ingredients with naturally occurring and naturally occurring and ingredients with naturally occurring potassium glycinate complex and ingred	Protein (from Pea Protein Isolate and Rice Protein Concentrate)	15 g	
and calcium ascorbate) Vitamin E (as d-alpha tocopheryl succinate) Thiamin (as thiamine mononitrate) Riboflavin (as riboflavin 5'-phosphate sodium) Niacin (as niacinamide and niacin) Vitamin B6 (as pyridoxal 5'-phosphate) Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) ^{S1} Vitamin B12 (as methylcobalamin) Biotin 250 mcg Biotin	Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	560 mcg	62%
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) ^{S1} 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 malates² and ingredients with naturally occurring 45 mg 3° Calcium (as dicalcium malates² and ingredients with naturally occurring 3 mg 1° Iron (naturally occurring) 3 mg 1° Ioldine (as potassium iodide) 25 mcg 17° Magnesium (as di-magnesium malate) ^{S2} 25 mg 6° Zinc (as zinc bisglycinate chelate) ^{S2} 25 mg 6° Zinc (as zinc bisglycinate chelate) ^{S2} 25 mg 4° Manganese (as manganese bisglycinate chelate) ^{S2} 2	Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	125 mg	139%
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) ^{S1} 100 mcg DFE 25° Vitamin B12 (as methylcobalamin) 125 mcg 5208° Biotin 250 mcg 83° Pantothenic Acid (as d-calcium pantothenate) 50 mg 1000° Choline (as choline dihydrogen citrate) 9 mg 2° Calcium (as dicalcium malates² and ingredients with naturally occurring 45 mg 3° Calcium (as dicalcium malates² and ingredients with naturally occurring 3 mg 1° Ion (naturally occurring) 3 mg 1° Ion (naturally occurring) 3 mg 1° Ion (as zinc bisglycinate chelate) ^{S2} 25 mg 6° Zinc (as zinc bisglycinate chelate) ^{S2} 25 mg 6° Zinc (as zinc bisglycinate chelate) ^{S2} 25 mg 5° Chromium (as chromium nicotinate glycinate chelate) ^{S2} 25 mg 5° Chromium (as chromium nicotinate glycinate chelate) ^{S2} <	Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg	223%
Niacin (as niacinamide and niacin) Vitamin B6 (as pyridoxal 5'-phosphate) Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) ^{S1} 100 mcg DFE 259 Vitamin B12 (as methylcobalamin) 125 mcg 250 mcg Biotin 250 mcg Pantothenic Acid (as d-calcium pantothenate) Choline (as choline dihydrogen citrate) Calcium (as dicalcium malate ^{S2} and ingredients with naturally occurring and acicium) Iron (naturally occurring) 3 mg 179 10dine (as potassium iodide) 170 Magnesium (as di-magnesium malate) 25 mcg 3170 Magnesium (as di-magnesium malate) 25 mcg 325 mg 309 27inc (as zinc bisglycinate chelate) 25 mcg 45 mg 300 25 mcg 45 mg 600 Selenium (as selenium glycinate complex) 25 mcg 45 mg 600 Chromium (as chromium nicotinate glycinate chelate) 25 mcg 45 mg 600 Chromium (as chromium nicotinate glycinate chelate) 280 Sodium (naturally occurring) 340 mg 357 Molybdenum (arm ripotassium citrate, potassium glycinate complex ^{S2} , and mg 367 Total ingredients with naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complex ^{S2} , and mg 150 Total ingredients with naturally occurring) Potassium (from Aspergillus niger) 83 22.25 g ** Mixed Tocopherols 18 mg ** Inositol 9 mg PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) Vanadium (as vanadium nicotinate glycinate chelate) 187 187.5 mcg	Thiamin (as thiamine mononitrate)	5 mg	417%
Vitamin B6 (as pyridoxal 5'-phosphate) Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) ^{S1} 100 mcg DFE 259 Vitamin B12 (as methylcobalamin) 125 mcg 250 mcg 8339 Pantothenic Acid (as d-calcium pantothenate) Choline (as choline dihydrogen citrate) Calcium (as dicalcium malate ^{S2} and ingredients with naturally occurring acidium) Iron (naturally occurring) 3 mg 179 Iodine (as potassium iodide) 25 mcg 37 Zinc (as zinc bisglycinate chelate) ^{S2} 25 mg 309 Selenium (as dennagnesium malate complex) ^{S2} 25 mcg Manganese (as manganese bisglycinate chelate) ^{S2} 25 mcg Molybdenum (as molybdenum glycinate chelate) ^{S2} Sodium (naturally occurring) 376 Molybdenum (as molybdenum glycinate chelate) ^{S2} Sodium (naturally occurring) 377 Molybdenum (as molybdenum glycinate chelate) ^{S2} 12.5 mcg 367 Molybdenum (ar molybdenum glycinate chelate) ^{S2} Sodium (naturally occurring) 370 Molybdenum (ar molybdenum glycinate chelate) ^{S2} Sodium (naturally occurring) 480 Sodium (naturally occurring) 490 Totassium (from tripotassium citrate, potassium glycinate complex ^{S2} , 510 mg 379 Mixed Tocopherols 32.5 mg 480 Nixed Tocopherols 32.5 mg 480 PABA (para-aminobenzoic acid) 490 Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} 487 Vanadium (as vanadium nicotinate glycinate chelate) 494 Sodium (as vanadium nicotinate glycinate chelate) 495 Sodium (as vanadium nicotinate glycinate chelate) 496 Sodium (as vanadium nicotinate glycinate chelate) 497 Sodium (as vanadium nicotinate glycinate chelate) 498 Sodium (as vanadium nicotinate glycinate chelate) 591 Sodium (as vanadium nicotinate glycinate chelate)	Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	385%
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) ^{S1} 100 mcg DFE 25089 Biotin 250 mcg 8339 Pantothenic Acid (as d-calcium pantothenate) Choline (as choline dihydrogen citrate) Calcium (as dicalcium malate ^{S2} and ingredients with naturally occurring alocalcium) Iron (naturally occurring) Iron (naturally occurring) Iron (naturally occurring) Iron (as potassium iodide) Agnesium (as di-magnesium malate) ^{S2} 25 mcg 179 Magnesium (as di-magnesium malate) ^{S2} 25 mcg Aloca zinc bisglycinate chelate) ^{S2} Selenium (as selenium glycinate complex) ^{S2} Manganese (as manganese bisglycinate chelate) ^{S2} Chromium (as chromium nicotinate glycinate chelate) ^{S2} Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complex ^{S2} , 510 mg and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger) ^{S3} PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} 187.5 mcg ** Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} 187.5 mcg ** ** ** ** ** ** ** ** **	Niacin (as niacinamide and niacin)	16 mg	100%
Vitamin B12 (as methylcobalamin) Biotin 250 mcg 833° Pantothenic Acid (as d-calcium pantothenate) Choline (as choline dihydrogen citrate) Calcium (as dicalcium malates² and ingredients with naturally occurring calcium) Iron (naturally occurring) Iron (naturally occurring) Iron (naturally occurring) Iron (as potassium iodide) Magnesium (as di-magnesium malate)s² Zinc (as zinc bisglycinate chelate)s² Zinc (as zinc bisglycinate chelate)s² Zinc (as zinc bisglycinate chelate)s² Zinc (as manganese bisglycinate chelate)s² Chromium (as chromium nicotinate glycinate chelate)s² Chromium (as molybdenum glycinate chelate)s² Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complex², and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger)s³ PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate)s² Vanadium (as vanadium nicotinate glycinate chelate)s² ** ** ** ** ** ** ** ** **	Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%
Biotin 250 mcg 833° Pantothenic Acid (as d-calcium pantothenate) 50 mg 1000° Choline (as choline dihydrogen citrate) 9 mg 2° Calcium (as dicalcium malates² and ingredients with naturally occurring aciacium) Iron (naturally occurring) 3 mg 17° Iodine (as potassium iodide) 25 mcg 17° Magnesium (as di-magnesium malate)s² 25 mg 6° Zinc (as zinc bisglycinate chelate)s² 3.25 mg 30° Selenium (as selenium glycinate complex)s² 25 mcg 45° Manganese (as manganese bisglycinate chelate)s² 25 mcg 45° Molybdenum (as chromium nicotinate glycinate chelate)s² 125 mcg 357° Molybdenum (as molybdenum glycinate chelate)s² 125 mcg 357° Molybdenum (as molybdenum glycinate chelate)s² 125 mcg 357° Molybdenum (as molybdenum glycinate chelate)s² 125 mcg 28° Sodium (naturally occurring) 340 mg 15° Potassium (from tripotassium citrate, potassium glycinate complex², 510 mg 11° and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger)s³ 2.25 g * Mixed Tocopherols 18 mg * Inositol 9 mg * PABA (para-aminobenzoic acid) 3.25 mg * Vanadium (as vanadium nicotinate glycinate chelate)s² 187.5 mcg *	Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) ^{S1}	100 mcg DFE	25%
Pantothenic Acid (as d-calcium pantothenate) Choline (as choline dihydrogen citrate) Calcium (as dicalcium malates and ingredients with naturally occurring acalcium) Iron (naturally occurring) Iron (naturally occurring) Iron (naturally occurring) Iron (naturally occurring) Magnesium (as di-magnesium malate) 25 mcg 179 Magnesium (as di-magnesium malate) 25 mcg 25 mg 69 Zinc (as zinc bisglycinate chelate) 25 mcg 309 Selenium (as selenium glycinate complex) 25 mcg 459 Manganese (as manganese bisglycinate chelate) 25 mcg 459 Manganese (as manganese bisglycinate chelate) 25 mcg 3579 Molybdenum (as molybdenum glycinate chelate) 25 mcg 3579 Molybdenum (as molybdenum glycinate chelate) 25 mcg 3579 Molybdenum (as molybdenum glycinate chelate) 25 mcg 3579 Molybdenum (from tripotassium citrate, potassium glycinate complex 27, 510 mg 119 and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger) 35 mg 2.25 g 35 mg 450 Mixed Tocopherols 18 mg 18 mg 18 Inositol 9 mg 4 PABA (para-aminobenzoic acid) 3.25 mg 450 Vanadium (as vanadium nicotinate glycinate chelate) 187.5 mcg 450	Vitamin B12 (as methylcobalamin)	125 mcg	5208%
Choline (as choline dihydrogen citrate) Calcium (as dicalcium malates and ingredients with naturally occurring potassium of incomplex in and ingredients with naturally occurring potassium (incomplex ingredients with naturally occurring and ingredients with naturally occurring potassium of incomplex in and ingredients with naturally occurring potassium and ingredients with naturally occurring potassium of incomplex in and ingredients with naturally occurring potassium and ingredients with naturally occurring potassium and ingredients with naturally occurring and ingredients with naturall	Biotin	250 mcg	833%
Calcium (as dicalcium malates and ingredients with naturally occurring calcium) Iron (naturally occurring) Iodine (as potassium iodide) Magnesium (as di-magnesium malate)s2 Zinc (as zinc bisglycinate chelate)s2 Zinc (as zinc bisglycinate chelate)s2 Zinc (as zinc bisglycinate complex)s2 Ze5 mg Zinc (as zinc bisglycinate complex)s2 Ze5 mg Zinc (as zinc bisglycinate chelate)s2 Ze5 mg Asselenium (as selenium glycinate complex)s2 Ze5 mg Asselenium (as selenium glycinate chelate)s2 Asselenium (as chromium nicotinate glycinate chelate)s2 Ze5 mg Solum (naturally occurring) Asselenium (as molybdenum glycinate chelate)s2 Ze5 mg Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complexs2, and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger)s3 Ze2.5 g Mixed Tocopherols In 8 mg * Inositol P mg PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate)s2 * * * * * * * * * * * * *	Pantothenic Acid (as d-calcium pantothenate)	50 mg	1000%
calcium) Iron (naturally occurring) Iron (naturally occurring) Iron (naturally occurring) Magnesium (as di-magnesium malate) ⁸² Zinc (as zinc bisglycinate chelate) ⁸² Selenium (as selenium glycinate complex) ⁸² Selenium (as selenium glycinate complex) ⁸² Manganese (as manganese bisglycinate chelate) ⁸² Chromium (as chromium nicotinate glycinate chelate) ⁸² Molybdenum (as molybdenum glycinate chelate) ⁸² Molybdenum (as molybdenum glycinate chelate) ⁸² Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complex ⁸² , and mg 159 Potassium (from tripotassium citrate, potassium glycinate complex ⁸² , 510 mg 119 and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger) ⁸³ 2.25 g * Mixed Tocopherols 18 mg * Inositol 9 mg * PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) ⁸² 187.5 mcg	Choline (as choline dihydrogen citrate)	9 mg	2%
Iodine (as potassium iodide) 25 mcg 179 Magnesium (as di-magnesium malate) ^{S2} 25 mg 69 Zinc (as zinc bisglycinate chelate) ^{S2} 3.25 mg 30° Selenium (as selenium glycinate complex) ^{S2} 25 mcg 45° Manganese (as manganese bisglycinate chelate) ^{S2} 0.125 mg 5° Chromium (as chromium nicotinate glycinate chelate) ^{S2} 125 mg 357° Molybdenum (as molybdenum glycinate chelate) ^{S2} 12.5 mcg 28° Sodium (naturally occurring) 340 mg 15° Potassium (from tripotassium citrate, potassium glycinate complex ^{S2} , and ingredients with naturally occurring potassium) 510 mg 11° Chittin-glucan (from Aspergillus niger) ^{S3} 2.25 g * Mixed Tocopherols 18 mg * Inositol 9 mg * PABA (para-aminobenzoic acid) 3.25 mg * Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} 187.5 mcg *	Calcium (as dicalcium malate $^{\rm s2}$ and ingredients with naturally occurring calcium)	45 mg	3%
Magnesium (as di-magnesium malate)s2 25 mg 60 2 inc (as zinc bisglycinate chelate)s2 3.25 mg 300 300 Selenium (as selenium glycinate complex)s2 25 mcg 450 450 Manganese (as manganese bisglycinate chelate)s2 0.125 mg 50 Chromium (as chromium nicotinate glycinate chelate)s2 125 mcg 3570 Molybdenum (as molybdenum glycinate chelate)s2 12.5 mcg 280 Sodium (naturally occurring) 340 mg 150 Potassium (from tripotassium citrate, potassium glycinate complexs2, 510 mg 110 and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger)s3 2.25 g * Mixed Tocopherols 18 mg * Inositol 9 mg PABA (para-aminobenzoic acid) 3.25 mg * Vanadium (as vanadium nicotinate glycinate chelate)s2 187.5 mcg *	Iron (naturally occurring)	3 mg	17%
Zinc (as zinc bisglycinate chelate) \$2 \ 3.25 mg 30000 \$25 lenium (as selenium glycinate complex) \$2 \ 25 mcg 45000 \$25 lenium (as selenium glycinate complex) \$2 \ 25 mcg 45000 \$25 lenium (as selenium glycinate chelate) \$2 \ 25 mcg 45000 \$25 lenium (as chromium nicotinate glycinate chelate) \$2 \ 2125 mcg 28000 \$2500	lodine (as potassium iodide)	25 mcg	17%
Selenium (as selenium glycinate complex) ^{S2} Manganese (as manganese bisglycinate chelate) ^{S2} O.125 mg Selenium (as chromium nicotinate glycinate chelate) ^{S2} Molybdenum (as molybdenum glycinate chelate) ^{S2} Molybdenum (as molybdenum glycinate chelate) ^{S2} 12.5 mcg Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complex ^{S2} , and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger) ^{S3} 2.25 g Mixed Tocopherols 18 mg * Inositol 9 mg PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} 187.5 mcg	Magnesium (as di-magnesium malate) ^{S2}	25 mg	6%
Manganese (as manganese bisglycinate chelate) ^{\$2} Chromium (as chromium nicotinate glycinate chelate) ^{\$2} 125 mcg 357° Molybdenum (as molybdenum glycinate chelate) ^{\$2} 12.5 mcg 28° Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complex ^{\$2} , 510 mg and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger) ^{\$3} 2.25 g * Mixed Tocopherols 18 mg * Inositol 9 mg PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) ^{\$2} 187.5 mcg	Zinc (as zinc bisglycinate chelate) ^{S2}	3.25 mg	30%
Chromium (as chromium nicotinate glycinate chelate) ^{\$2} Molybdenum (as molybdenum glycinate chelate) ^{\$2} 12.5 mcg 889 Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complex ^{\$2} , and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger) ^{\$3} 12.25 g * Mixed Tocopherols 18 mg * Inositol PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) ^{\$2} 187.5 mcg *	Selenium (as selenium glycinate complex) ^{S2}	25 mcg	45%
Molybdenum (as molybdenum glycinate chelate) ^{S2} 12.5 mcg 28° Sodium (naturally occurring) 340 mg 15° Potassium (from tripotassium citrate, potassium glycinate complex ^{S2} , 510 mg 11° and ingredients with naturally occurring potassium) Chitin-glucan (from <i>Aspergillus niger</i>) ^{S3} 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) ^{S2} 187.5 mcg *	Manganese (as manganese bisglycinate chelate) ^{S2}	0.125 mg	5%
Sodium (naturally occurring) Potassium (from tripotassium citrate, potassium glycinate complex ^{S2} , 510 mg and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger) ^{S3} 2.25 g * Mixed Tocopherols Inositol PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} 187.5 mcg	Chromium (as chromium nicotinate glycinate chelate) ^{S2}	125 mcg	357%
Potassium (from tripotassium citrate, potassium glycinate complex ^{\$2} , and ingredients with naturally occurring potassium) Chitin-glucan (from <i>Aspergillus niger</i>) ^{\$3} Mixed Tocopherols Inositol PABA (<i>para</i> -aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) ^{\$2} 119 119 119 119 119 119 119 1	Molybdenum (as molybdenum glycinate chelate) ^{S2}	12.5 mcg	28%
and ingredients with naturally occurring potassium) Chitin-glucan (from Aspergillus niger) ^{S3} Mixed Tocopherols Inositol PABA (para-aminobenzoic acid) Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} 187.5 mcg ** 2.25 g ** 18 mg * 9 mg * PABA (para-aminobenzoic acid) 3.25 mg * Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} 187.5 mcg	Sodium (naturally occurring)	340 mg	15%
Mixed Tocopherols	Potassium (from tripotassium citrate, potassium glycinate complex ^{S2} , and ingredients with naturally occurring potassium)	510 mg	11%
Inositol 9 mg * PABA (para-aminobenzoic acid) 3.25 mg * Vanadium (as vanadium nicotinate glycinate chelate) ^{s2} 187.5 mcg *	Chitin-glucan (from <i>Aspergillus niger</i>) ^{s3}	2.25 g	*:
PABA (<i>para</i> -aminobenzoic acid) 3.25 mg * Vanadium (as vanadium nicotinate glycinate chelate) ⁵² 187.5 mcg *	Mixed Tocopherols	18 mg	*:
Vanadium (as vanadium nicotinate glycinate chelate) ^{S2} 187.5 mcg *	Inositol	9 mg	*1
variation (as variation incominate grycinate chetate)	PABA (para-aminobenzoic acid)	3.25 mg	*
	Vanadium (as vanadium nicotinate glycinate chelate) ^{s2}	187.5 mcg	*1

Other Ingredients: Inulin (from chicory), natural flavors (no MSG), sunflower oil, glycine, medium-chain triglyceride oil, taurine, cellulose gum, xanthan gum, fungal proteases⁵⁴, guar gum, monk fruit extract, and L-glutamine.

DIRECTIONS: Mix the contents of one packet (38 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 practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

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.

‡This formula is not a low-calorie dietary supplement. Please see the Supplement Facts panel for more details.

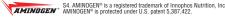


Quatrefolic • S1. Quatrefolic • is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.



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





Lysine

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

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Additional references available upon request

