

FIT Food™ VEGAN

Vegan Protein Shake Mix



Available in Creamy Chocolate & Vanilla Delight

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 Food Vegan 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,

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 Food™ VEGAN** is a delicious functional food powder that is free of soy, dairy, fructose, and gluten. Its 17 grams of protein per serving are derived from XYMOGEN's proprietary VegaPro™, a rice/pea protein blend with several additional amino acids that further enhance and maintain lean body mass. Among the ingredients in the heart-healthy proprietary fiber blend is a prebiotic for gastrointestinal support.**

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 Food VEGAN 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.

FIT Food™ VEGAN Creamy Chocolate Nutrition Facts

Serving Size: 2 Scoops (45 g)
Servings Per Container: 14

Amount Per Serving		
Calories 150		Calories From Fat 25
		% Daily Value*
Total Fat 3 g		5%
Saturated Fat 1 g		5%
Sodium 225 mg		9%
Potassium 365 mg		10%
Total Carbohydrate 18 g		6%
Dietary Fiber 6 g		24%
Sugars 8 g		
Protein 17 g		34%

Not a significant source of *trans* fat, cholesterol, vitamin A, vitamin C, calcium, and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: VegaPro™ (XYMOGEN's proprietary blend of pea protein isolate, rice protein concentrate, taurine, L-glutamine, and glycine), evaporated cane juice, fiber complex (inulin (from chicory), oat fiber, corn bran, beta-glucans), cocoa powder, natural flavors (no MSG), sunflower oil, medium-chain triglycerides, potassium citrate, Aminogen®, xanthan gum, sodium chloride, sodium citrate, stevia leaf extract and guar gum.

DIRECTIONS: Mix two scoops (45 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 as directed by your healthcare practitioner.*

DOES NOT CONTAIN: Wheat, gluten, corn protein, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

CAUTIONS: Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

STORAGE: Keep tightly closed in a cool, dry place. Contents sold by weight, not volume. Some settling may occur during shipping and handling.

Typical Amino Acid Profile Per Serving:

Glycine	772 mg	Tryptophan	70 mg
Alanine	731 mg	Proline	765 mg
Valine	950 mg	Methionine	187 mg
Leucine	1,428 mg	Cystine	170 mg
Isoleucine	765 mg	Lysine	1,224 mg
Serine	901 mg	Histidine	425 mg
Threonine	663 mg	Arginine	1,479 mg
Tyrosine	646 mg	Glutamine	2,931 mg
Aspartic Acid	1,955 mg	Taurine	500 mg
Phenylalanine	935 mg		

 AMINOGEN® is a registered trademark of Triarco Industries.
AMINOGEN® is protected under U.S. patent 5,387,422.

**References**

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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.