

FIT Food™ Lean Whey



Available in Chocolate

- Source of essential amino acids involved in muscle protein synthesis
- Excellent source of protein, which helps build and repair body tissues
- Helps build antibodies
- Source of digestive enzymes
- Source of fiber to support good health
- Helps support and maintain a healthy digestive system

Discussion

New Zealand Biosciences™ Proprietary Whey Protein Blend (NZ whey protein concentrate, L-glutamine, glycine, and taurine) is sourced from New Zealand, which is known for its highly strict dairy processing standards. Guaranteed 100% pure (hormone free), this high-biological-value whey protein concentrate contains a rich array of essential and non-essential amino acids. Whey protein is considered the “gold standard” of protein for serious athletes. Research suggests that it supports healthy body composition, retention of lean muscle mass, glucose metabolism, satiety, and gastrointestinal health.^[1-5] Its roles in the maintenance of blood pressure and blood lipid levels already within the normal range are also areas of interest.^[3,5] As a rich source of the sulfur-containing amino acids cysteine and methionine, whey protein can enhance immune function through intracellular conversion to glutathione.^[3] Whey protein also delivers high levels of naturally occurring bioactive immunoglobulins that are resistant to peptic digestion. Immunoglobulins from whey have been observed to support intestinal immunity and a healthy response to inflammation.^[3,4] Furthermore, whey protein has displayed lower allergenicity than casein.^{*[6]}

Glutamine and Glycine, in combination with the cysteine-rich whey protein, promote glutathione synthesis and combat free radicals. Glutamine, crucial in nitrogen metabolism, is important for replenishing amino acid stores, especially after exercise or stress.^[7,8] This amino acid aids in intestinal cell proliferation, thereby helping to preserve gut barrier function and intestinal health.^[8] 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, as 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.*^[9]

Aminogen® is a patented, natural, plant-derived enzyme system.

It promotes protein digestibility and amino acid absorption, thereby boosting nitrogen retention and aiding in the synthesis of muscle mass and strength, as well as promoting deep muscle recovery.^{*[10]}

Medium-Chain Triglycerides provide a rapidly absorbed, easily metabolized, and quick form of energy.

Beneficial Macronutrient Ratio In every serving, FIT Food Lean Whey provides 21 g of high-quality whey protein; 3-3.5 g of fat, including 0.5 g from medium-chain triglycerides; and 13-16 g of carbohydrate, including 8 g of fiber. This composition supports a healthy balance of macronutrients and fiber. High-fiber foods tend to slow the absorption of glucose into the bloodstream.^[14] Furthermore, both fiber and protein tend to increase feelings of satiety.^{*[14,15]}

Fructose Free FIT Food Lean Whey Chocolate is free of both added sugar and stevia, and is sweetened only with monk fruit extract. Animal and human research suggests that consuming fructose-containing beverages increases visceral adiposity.^[16,17]

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FIT Food™ Lean Whey Chocolate

Medicinal Ingredients (2 scoops contain)

Servings Per Container: About 14

Whey Protein (from New Zealand whey protein concentrate)(<i>Bos taurus</i> , milk)	21 g
Inulin (<i>Cichorium intybus</i> , root)	6.6 g
Aminogen® Fungal protease (from <i>Aspergillus flavus var. oryzae</i> and <i>Aspergillus niger</i>)	300 mg (15,000 FCC HUT)

Non-Medicinal Ingredients:

Cocoa powder processed with alkali, natural flavours, sunflower oil, taurine, medium-chain triglyceride oil, L-glutamine, cellulose gum, xanthan gum, guar gum, sea salt, monk fruit extract, glycine.

Recommended Dose

Adults: Blend, shake or briskly stir two level scoops (42g) into 235 - 355 mL chilled water. Take once daily or as directed by your healthcare practitioner. Take two hours before or after taking other medications or natural health 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, have diabetes, have a gastrointestinal lesion/ulcer, are taking an anticoagulant/ blood thinner or an anti-inflammatory, or are having surgery. Hypersensitivity (e.g., allergy) has been known to occur; in which case, discontinue use. May cause mild gastrointestinal discomfort. If you have a milk allergy, do not use this product.

Nutritional Information

Amount per 2 Scoops

Calories	140
Calories from Fat 30	
Total Fat	3 g
Saturated Fat 2 g	
Cholesterol 45 mg	
Sodium 260 mg	
Potassium 330 mg	
Total Carbohydrate	13 g
Dietary Fiber 8 g	
Sugars 3 g	
Protein	21 g

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Aminogen® is protected by US patent No. 5,387,422.



References

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Additional references available upon request

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