

FIT Food[®] Lean Whey

Whey Protein Shake Mix



Available in Creamy Chocolate No Added Sugar, No Stevia & Vanilla Delight No Added Sugar, No Stevia

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]

Clinical Applications

- » Supports Healthy Body Composition*
- » Supports Immune Health*
- » Supports Normal Muscle Recovery Following Exercise*
- » Supports Gastrointestinal Health*
- » Contributes to Macro-Nutrition*

*FIT Food[®] Lean Whey represents an extraordinary breakthrough in body composition/weight management functional food formulas. Our medical board of advisors' primary objective in researching and developing FIT Food Lean Whey was to find a pure source of quality whey protein that is free of genetically-engineered hormones (rBST and rBGH) which, though banned in other countries, are used in the United States dairy industry. There are growing concerns regarding the effects of these hormones, especially in early puberty. After a thorough review, our researchers determined that the stringent standards imposed by the New Zealand Ministry of Agriculture and Forestry (MAF) upon New Zealand dairy farmers results in the purest and most bioactive whey protein available. In addition to prohibiting the use of synthetic hormones in New Zealand's dairy industry, MAF-mandated feeding, climate, and calf-birthing practices further contribute to the superior quality of New Zealand's whey protein. Although importing New Zealand whey protein into the United States is more costly, our board of advisors recommended that FIT Food Lean Whey must contain 100% pure New Zealand whey protein.**

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 g of fat, including 0.5 g from medium-chain triglycerides; and 11-13 g of carbohydrate, including 6-8 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]

Added Sugar- and Stevia-Free FIT Food Lean Whey is free of both added sugar (including fructose) 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]

FIT Food® Lean Whey Creamy Chocolate No Added Sugar, No Stevia Nutrition Facts

10 Servings per container

Serving size	1 Packet (about 42g)
Amount per serving	
Calories	140
	%Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 230mg	10%
Total Carbohydrate 13g	5%
Dietary Fiber 8g	29%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 1mg	6%
Potassium 330mg	7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Whey protein concentrate, inulin (from chicory), cocoa powder, natural avors (no MSG), sunower oil, taurine, medium-chain triglyceride oil, L-glutamine, cellulose gum, xanthan gum, guar gum, fungal proteases^{S1}, sea salt, monk fruit extract, and glycine.

CONTAINS: Milk (whey protein concentrate).

DIRECTIONS: Mix the contents of one packet (42 g) in 8-12 oz cold water and consume. Adjust amount of water according to thickness desired.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional.

WARNING: Very low calorie protein diets (below 400 Calories per day) may cause serious illness or death. Do Not Use for Weight Reduction in Such Diets Without Medical Supervision. Not for use by infants, children, or pregnant or nursing women.

STORAGE: Keep closed in a cool, dry place out of reach of children.

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

Typical Amino Acid Profile Per Serving:

Alanine	1,110 mg	Methionine	530 mg
Arginine	570 mg	Phenylalanine	710 mg
Aspartic Acid	2,330 mg	Proline	1,340 mg
Cysteine	590 mg	Serine	1,110 mg
Glutamic Acid	3,800 mg	Taurine	500 mg
Glycine	470 mg	Threonine	1,530 mg
Histidine	400 mg	Tryptophan	500 mg
Isoleucine	1,450 mg	Tyrosine	730 mg
Leucine	2,350 mg	Valine	1,320 mg
Lysine	1,910 mg		

 S1. AMINOGEN® is a registered trademark of Innophos Nutrition, Inc. AMINOGEN® is protected under U.S. Patent 5,387,422.



References

- Hayes A, Cribb PJ. Effect of whey protein isolate on strength, body composition and muscle hypertrophy during resistance training. *Curr Opin Clin Nutr Metab Care*. 2008 Jan;11(1):40-44. [PMID: 18090657]
- Luhovyy BL, Akhavan T, Anderson GH. Whey proteins in the regulation of food intake and satiety. *J Am Coll Nutr*. 2007 Dec;26(6):704S-12S. [PMID: 18187437]
- Marshall K. Therapeutic applications of whey protein. *Altern Med Rev*. 2004 Jun;9(2):136-56. [PMID: 15253675]
- Souza GT, Lira FS, Rosa Neto JC, et al. Dietary whey protein lessens several risk factors for metabolic diseases: a review. *Lipids Health Dis*. 2012 Jun 7;11(1):67. [PMID: 22676328]
- Pal S, Ellis V. The chronic effects of whey proteins on blood pressure, vascular function, and inflammatory markers in overweight individuals. *Obesity (Silver Spring)*. 2010 Jul;18(7):1354-59. [PMID: 19893505]
- Lara-Villoslada F, Olivares M, Xaus J. The balance between caseins and whey proteins in cow's milk determines its allergenicity. *J Dairy Sci*. 2005 May;88(5):1654-60. [PMID: 15829656]
- Castell L. Glutamine supplementation in vitro and in vivo, in exercise and in immunodepression. *Sports Med*. 2003;33(5):323-45. [PMID: 12696982]
- Walsh NP, Blannin AK, Robson PJ, et al. Glutamine, exercise and immune function. Links and possible mechanisms. *Sports Med*. 1998 Sep;26(3):177-91. [PMID: 9802174]
- Yatabe Y, Miyakawa S, Ohmori H, et al. Effects of taurine administration on exercise. *Adv Exp Med Biol*. 2009;643:245-52. [PMID: 19239155]
- Aminogen. Triarco Industries. <http://www.triarco.com/consumercenter/aminogen/>. Accessed July 3, 2012.
- El Khoury D, Cuda C, Luhovyy BL, et al. Beta glucan: health benefits in obesity and metabolic syndrome. *J Nutr Metab*. 2012;2012:851362. [PMID: 22187640]
- de Luis DA, de la Fuente B, Izaola O, et al. Randomized clinical trial with an inulin enriched cookie on risk cardiovascular factor in obese patients [in Spanish]. *Nutr Hosp*. 2010 Jan-Feb;25(1):53-59. [PMID: 20204256]
- Queenan KM, Stewart ML, Smith KN, et al. Concentrated oat beta-glucan, a fermentable fiber, lowers serum cholesterol in hypercholesterolemic adults in a randomized controlled trial. *Nutr J*. 2007 Mar 26;6:6. [PMID: 17386092]
- Nilsson AC, Ostman EM, Holst JJ, et al. Including indigestible carbohydrates in the evening meal of healthy subjects improves glucose tolerance, lowers inflammatory markers, and increases satiety after a subsequent standardized breakfast. *J Nutr*. 2008 Apr;138(4):732-39. [PMID: 18356328]
- Paddon-Jones D, Westman E, Mattes RD, et al. Protein, weight management, and satiety. *Am J Clin Nutr*. 2008 May;87(5):1558S-1561S. Review. [PMID: 18469287]
- Jürgens H, Haass W, Castañeda TR, et al. Consuming fructose-sweetened beverages increases body adiposity in mice. *Obes Res*. 2005 Jul;13(7):1146-56. [PMID: 16076983]
- Stanhope KL, Schwarz JM, Keim NL, et al. Consuming fructose-sweetened, not glucose-sweetened, beverages increases visceral adiposity and lipids and decreases insulin sensitivity in overweight/obese humans. *J Clin Invest*. 2009 May;119(5):1322-34. doi:10.1172/JCI37385. [PMID: 19381015]

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.

© XYMOGEN
DRS-216
Rev. 11/22/22

