

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 an easy-to-mix functional food for vegans, individuals sensitive or allergic to soy and/or dairy, or anyone seeking an alternative source of quality protein. FIT Food Vegan features VegaPro™, an all-natural rice and pea protein blend.**

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 Vanilla Nutrition Facts

Serving Size 2 scoops (43g)
Servings Per Container About 14

Amount Per Serving	
Calories 150	Calories From Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Sodium 330mg	14%
Potassium 330mg	9%
Total Carbohydrate 16g	5%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 17g	34%
Calcium	4%
Iron	25%

Not a significant source of *trans* fat, cholesterol, vitamin A, or vitamin C.
* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: VegaPro™ (XYMOGEN's proprietary blend of pea protein concentrate, pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine), organic dried cane syrup, fiber complex (inulin (from chicory) and oat fiber), cocoa powder, sunflower oil, natural flavors (no MSG), cellulose gum, xanthan gum, medium-chain triglycerides oil, tripotassium citrate, Aminogen® (proprietary plant enzyme blend), guar gum, stevia leaf extract, and silica.

DIRECTIONS: Mix two scoops (43 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.†


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. The labeling on this product does not comply with California's Proposition 65. Therefore, this product may not be sold in California.

DOES NOT CONTAIN: Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

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

Typical Amino Acid Profile Per Serving:

Alanine	725 mg	Methionine	178 mg
Arginine	1,453 mg	Phenylalanine	921 mg
Aspartic Acid	1,962 mg	Proline	734 mg
Cysteine	159 mg	Serine	903 mg
Glutamic Acid	2,861 mg	Taurine	500 mg
Glycine	2,693 mg	Threonine	631 mg
Histidine	420 mg	Tryptophan	166 mg
Isoleucine	781 mg	Tyrosine	646 mg
Leucine	1,420 mg	Valine	846 mg
Lysine	1,230 mg		

 AMINOGEN® is a registered trademark of Triarco Industries.
AMINOGEN® is protected under US 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.