

PROFESSIONAL USE ONLY

Not for resale on third-party websites,
including, but not limited to, Amazon® and eBay®.

DIRECTIONS: Mix two scoops (41 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. The labeling on this product does not comply with California's Proposition 65. Therefore, this product may not be sold in California.

FIT Food™ Lean Complete is a nutrient-rich shake mix ideal for vegans, individuals sensitive or allergic to soy and/or dairy, or those seeking an alternative source of quality protein. FIT Food Lean Complete features VegaPro®, an all-natural pea and rice protein blend; Aminogen®, a plant enzyme that enhances protein digestibility and absorption; and Artinia® chitin-glucan, a novel fiber that supports antioxidant systems in the body. This fructose-free formula provides an array of micronutrients as well, including high-potency vitamins C and B12, activated B vitamins, and Albion® TRAACS® chelated minerals (the real amino acid chelate system).*

- Free of Gluten, Dairy, Lactose, and Other Common Allergens
- Non-GMO
- No Soy Protein
- No Fructose

*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.

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

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



FITFoodLEAN COMPLETE

French Vanilla

Dietary Supplement

NET WT 20.25 oz (574 g)



ePV:



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

XYMOGEN®

Exclusive Professional Formulas
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AMINOGEN® is a registered trademark of Innophos Nutrition, Inc. AMINOGEN® is protected under US patent 5,387,422.



Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.

ARTINIA® is a registered trademark of Novus Nutrition Brands, LLC. Protected by US patent 7,556,946.

Supplement Facts

Serving Size: 2 Scoops (about 41 g)
Servings Per Container: About 14

	Amount Per Serving	%DV
Calories	160	
Total Fat	4.5 g	6%†
Saturated Fat	2 g	10%†
Total Carbohydrate	14 g	5%†
Dietary Fiber	7 g	25% **
Total Sugars	5 g	
Includes 5g Added Sugars		
Protein	15 g	10%
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)	33.5 mg	223%
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 Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	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 DimaCal® dicalcium malate and ingredients with naturally occurring calcium)	40 mg	3%
Iron (naturally occurring)	3 mg	17%
Iodine (as potassium iodide)	25 mcg	17%
Magnesium (as Albion® di-magnesium malate)	25 mg	8%
Zinc (as TRAACS® zinc bisglycinate chelate)	3.25 mg	30%
Selenium (as Albion® selenium glycinate complex)	25 mcg	45%
Manganese (as TRAACS® manganese bisglycinate chelate)	0.125 mg	5%
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	125 mcg	357%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	12.5 mcg	28%
Sodium (naturally occurring)	330 mg	14%
Potassium (from tripotassium citrate, Albion® potassium glycinate complex, and ingredients with naturally occurring potassium)	510 mg	11%
Artinia® (chitin-glucan from <i>Aspergillus niger</i>)	2.25 g	**
Mixed Tocopherols	18 mg	**
Inositol	9 mg	**
PABA (para-aminobenzoic acid)	3.25 mg	**
Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	187.5 mcg	**

† Percent Daily Values (DV) are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

Other Ingredients: VegaPro® (XYMOGEN's proprietary blend of pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine), dried cane syrup, inulin (from chicory), sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, Aminogen® fungal proteases, cellulose gum, xanthan gum, guar gum, silica, and stevia leaf extract.

Typical Amino Acid Profile Per Serving:

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	Taurine	500 mg
Glycine	2,760 mg	Threonine	720 mg
Histidine	460 mg	Tryptophan	190 mg
Isoleucine	830 mg	Tyrosine	710 mg
Leucine	1,550 mg	Valine	930 mg
Lysine	1,320 mg		

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