

RAW® Fit™ is a Certified Organic, RAW, Plant-Based Vegan high-protein powder that is an easy way to increase your protein intake. It has a mild, slightly sweet flavor that mixes great with your favorite food or beverage and contains RAW, Organic and clinically studied ingredients to help you burn fat, maintain healthy blood sugar, boost your energy, lose weight and look great!

- Support healthy blood sugar levels and burn fat naturally with the power of Svetol® Green Coffee Bean Extract, RAW Food Created Chromium, Organic Cinnamon, and Organic Sprouted Grains!
- Help regulate your cortisol levels and manage stress related cravings with RAW Organic Ashwagandha!
- Build lean muscle mass, help repair it after work-outs and sustain it on a sensible meal plan with 28g of RAW certified organic plant protein - a **complete** protein with 13 organic sprouts - and a biological value of 98.2%!
- Naturally filling and satisfies hunger with RAW Organic Soluble and Insoluble Fiber from certified organic grains, seeds, legumes and fruits.
- Promotes healthy and comfortable digestion and elimination with live probiotics and enzymes!

Heat can denature proteins, reducing their availability to your body. But Garden of Life's Certified Organic plant proteins are different: always gently produced at low temperature without any added fillers or carriers (like maltodextrin which can come from GMO corn) preserving their **complete** amino acid integrity and whole-food, Certified Organic, NDAN-GMO goodness.

Garden of Life's commitment to sustainability begins with organic farming. CERTIFIED ORGANIC plant protein from sprouted grains and legumes is truly good for our planet, unlike conventional farming practices that utilize 150+ synthetic pesticides leaching into our water supply and soil, promoting genetically modified seed crops and reducing our planet's biodiversity. In addition to CERTIFIED ORGANIC farming practices, packaging, vegetable oils, sustainably farmed peppers and 100% clean run our company's operations.

RAW • VEGAN • CERTIFIED ORGANIC • GLUTEN FREE • DAIRY FREE • LACTOSE FREE • SOY FREE • NO FILLERS
NO SYNTHETIC NUTRIENTS • NO ARTIFICIAL FLAVORS OR SWEETENERS • NO PRESERVATIVES • NO PEA PROTEIN

¹ 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.

Alanine	882mg
Arginine	1228mg
Aspartic Acid	1638mg
Cysteine	432mg
Glutamic Acid	3098mg
Glycine	967mg
Histidine	403mg
Isoleucine**	1049mg
Leucine**	1638mg
Lysine*	922mg
Methionine*	416mg
Phenylalanine*	788mg
Proline	1096mg
Serine	886mg
Threonine*	855mg
Tryptophan*	281mg
Tyrosine	738mg
Valine**	1084mg

¹⁰Essential Amino Acids
¹¹Branch Chained Amino Acids

BV (Biological Value) provides a measurement of how efficient the body utilizes the protein consumed in the diet: the human body is using the Organic **Asa Fit**® to 38.2% efficiency which compares very similarly to animal proteins, and is far superior to other vegetarian proteins such as pea protein at 4.9%, soy at 16%, and soy isolate at 37.9%.



Conclusions



RAW
Fit

High Protein for Weight Loss¹

Burns Fat[†]
Satisfies Hunger[†] • Fights Cravings[†]
Low Glycemic Index[†]



VEGAN • GLUTEN FREE • DAIRY FREE • SOY FREE



Net Wt 16 oz (451 g)

RAW Food Dietary Supplement

Supplement Facts

Amount Per Serving		% Daily Value
Calories 170		
Calories from Fat 10		
Total Fat 1 g		2%
Saturated Fat 0 g		
Polysaturated Fat < 0.5 g		
Monounsaturated Fat < 0.5 g		
Cholesterol 25 mg		1%
Potassium (naturally occurring) 180 mg		1%
Total Carbohydrate 12 g		4%
Dietary Fiber 4 g		16%
Soluble Fiber 1 g		
Insoluble Fiber 3 g		
Sugars < 1 g		
Other Carbohydrate 7 g		
Protein 28 g		56%
Vitamin A* 1,500 IU		30%
Vitamin E (naturally occurring) 2 mg		4%
Vitamin B* 1,000 IU		200%
Vitamin C* 30 IU		100%
Vitamin K* 80 mg		100%
Calcium (naturally occurring) 100 mg		10%
Iron (naturally occurring) 3 mg		30%
Chromium* 120 mg		100%
Magnesium (naturally occurring) 348 mg		90%

[illegible]^a Percent Daily Values based on a diet of 2,000 calories a day.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Store in a cool, dry place.
Do not use if safety seal is
broken or missing.

Keep out of reach of children.

Contains no filler ingredients,
artificial colors, flavors,
sweeteners or preservatives.

Packaged by weight not volume. Settling may occur.

- To learn more about **RAW Food-Created Nutrients™** used exclusively by Garden of Life go to www.gardenoflife.com

Svetal[®] is a registered trademark of Naturex, Inc.



Recyclable Bottle



Distributed by **Garden of Life LLC**
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Made in the U.S.A.

www.gardenoflife.com

Certified Organic by Oregon Tilth