



# FITFood<sup>®</sup>LEAN COMPLETE

French Vanilla  
Sugar- & Stevia-Free<sup>‡</sup>

Dietary Supplement  
10-1.3 oz (38 g) Single Serving Packets  
NET WT 13.4 oz (380 g)

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| Supplement Facts                                                                                                                     |                    |                  |
|--------------------------------------------------------------------------------------------------------------------------------------|--------------------|------------------|
| Serving Size: 1 Packet (about 38 g)                                                                                                  |                    |                  |
| Servings Per Container: 10                                                                                                           |                    |                  |
|                                                                                                                                      | Amount Per Serving | %DV              |
| Calories                                                                                                                             | 150                |                  |
| Total Fat                                                                                                                            | 5 g                | 6% <sup>†</sup>  |
| Saturated Fat                                                                                                                        | 2.5 g              | 13% <sup>†</sup> |
| Total Carbohydrate                                                                                                                   | 11 g               | 4% <sup>†</sup>  |
| Dietary Fiber                                                                                                                        | 7 g                | 25%              |
| Protein (from Pea Protein Isolate and Rice Protein Concentrate)                                                                      | 15 g               |                  |
| 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 [6S]-5-methyltetrahydrofolic acid, glucosamine salt) <sup>§</sup>                                                         | 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 dicalcium malate <sup>§</sup> and ingredients with naturally occurring calcium)                                          | 45 mg              | 3%               |
| Iron (naturally occurring)                                                                                                           | 3 mg               | 17%              |
| Iodine (as potassium iodide)                                                                                                         | 25 mcg             | 17%              |
| Magnesium (as di-magnesium malate) <sup>§</sup>                                                                                      | 25 mg              | 6%               |
| Zinc (as zinc bisglycinate chelate) <sup>§</sup>                                                                                     | 3.25 mg            | 30%              |
| Selenium (as selenium glycinate complex) <sup>§</sup>                                                                                | 25 mcg             | 45%              |
| Manganese (as manganese bisglycinate chelate) <sup>§</sup>                                                                           | 0.125 mg           | 5%               |
| Chromium (as chromium nicotinate glycinate chelate) <sup>§</sup>                                                                     | 125 mcg            | 357%             |
| Molybdenum (as molybdenum glycinate chelate) <sup>§</sup>                                                                            | 12.5 mcg           | 28%              |
| Sodium (naturally occurring)                                                                                                         | 340 mg             | 15%              |
| Potassium (from tripotassium citrate, potassium glycinate complex <sup>§</sup> , and ingredients with naturally occurring potassium) | 510 mg             | 11%              |
| Chitin-glucan (from <i>Aspergillus niger</i> ) <sup>§</sup>                                                                          | 2.25 g             | **               |
| Mixed Tocopherols                                                                                                                    | 18 mg              | **               |
| Inositol                                                                                                                             | 9 mg               | **               |
| PABA (para-aminobenzoic acid)                                                                                                        | 3.25 mg            | **               |
| Vanadium (as vanadium nicotinate glycinate chelate) <sup>§</sup>                                                                     | 187.5 mcg          | **               |

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**Other Ingredients:** Inulin (from chicory), natural flavors (no MSG), sunflower oil, glycine, medium-chain triglyceride oil, taurine, cellulose gum, xanthan gum, fungal proteases<sup>§†</sup>, guar gum, monk fruit extract, and L-glutamine.

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### Typical Amino Acid Profile Per Serving:

|               |          |
|---------------|----------|
| Alanine       | 800 mg   |
| Arginine      | 1,610 mg |
| Aspartic Acid | 2,120 mg |
| Cysteine      | 190 mg   |
| Glutamic Acid | 3,110 mg |
| Glycine       | 2,760 mg |
| Histidine     | 460 mg   |
| Isoleucine    | 830 mg   |
| Leucine       | 1,550 mg |
| Lysine        | 1,320 mg |
| Methionine    | 210 mg   |
| Phenylalanine | 1,020 mg |
| Proline       | 830 mg   |
| Serine        | 980 mg   |
| Taurine       | 500 mg   |
| Threonine     | 720 mg   |
| Tryptophan    | 190 mg   |
| Tyrosine      | 710 mg   |
| Valine        | 930 mg   |

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### PROFESSIONAL USE ONLY

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

**DIRECTIONS:** Mix the contents of one packet (38 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 professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional. The labeling on this product does not comply with California's Proposition 65. Therefore, this product may not be sold in California.

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

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

<sup>‡</sup>This formula is not a low-calorie dietary supplement. Please see the Supplement Facts panel for more details.



S1. Quatrefolic<sup>®</sup> is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.



S2. Albion<sup>®</sup>, DimaCal<sup>®</sup>, TRAACS<sup>®</sup>, and the Albion Gold Medallion<sup>®</sup> are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904.

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

- Free of Gluten, Dairy, Lactose, and Other Common Allergens
- Non-GMO
- No Soy Protein
- No Sugar, Stevia, or Artificial Sweeteners
- Sweetened with Monk Fruit

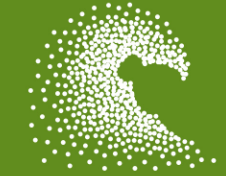
S3. KiOtransine<sup>®</sup> is a registered trademark of KitoZyme S.A.



S4. AMINOGEN<sup>®</sup> is a registered trademark of Innophos Nutrition, Inc. AMINOGEN<sup>®</sup> is protected under U.S. patent 5,387,422.

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clean  
seas  
turn the tide  
on plastic

#CleanSeas

XYMOGEN is committed to reducing the amount of plastics used throughout our business, particularly in the packaging of our products. With our participation in the United Nations Environment Programme Clean Seas initiative, we strive to positively decrease our environmental footprint, providing results that can ultimately:

- » Help free the ocean of litter, making it safer for millions of marine animals.
- » Reduce the use of non-renewable resources.
- » Keep wild-caught seafood healthy and safe to eat.
- » Protect maritime economies such as organic fishing, tourism, and recreation.

\*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.