

Directions: Mix 2 scoops (45 g) in 8 - 12 oz. cold water. Adjust amount of water according to thickness desired.

XYMOGEN's innovative FIT Food program is now better than ever with new FIT Food LITE Vegan, containing 40% less sugar!

FIT Food LITE Vegan is an easy-to-mix functional food for vegans, people sensitive or allergic to soy and/or dairy, or anyone seeking an alternative source of quality protein. FIT Food LITE Vegan features VegaPro™, an all natural, vegetable-based protein.

The pea protein isolate in FIT Food LITE Vegan is rich in lysine and arginine. Lysine is of particular interest in weight control because it helps maintain lean body mass. Arginine is essential to weight control for its ability to help increase muscle mass and reduce body fat. 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 easily digestible vegetable-based protein (rice/pea blend) in FIT Food LITE Vegan features a full complement of amino acids, including branched-chain amino acids.*

*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.

The sale of FIT Food™ LITE Vegan on the internet and in health food stores is prohibited. XYMOGEN® formulas sold online or at health food stores are done so without authorization. XYMOGEN® only guarantees its formulas when prescribed by a licensed healthcare practitioner and used under professional supervision.

DOES NOT CONTAIN: Corn protein, soy, dairy, lactose, yeast, artificial colors/sweeteners/preservatives. No gluten-containing ingredients (including wheat) are added to this formula.

CAUTION: Consult your healthcare practitioner before use. Keep out of reach of children.

STORAGE: Keep tightly closed in a cool, dry place.

Contents sold by weight, not volume. Some settling may occur during shipping and handling.

XYMOGEN®
EXCLUSIVE PROFESSIONAL FORMULAS

fitfood™ LITE VEGAN

TASTES
GREAT!
LESS
SUGAR!

17g
PROTEIN

- Featuring VegaPro™ (proprietary vegan protein complex)
- Free of Gluten, Dairy, Lactose, and Other Common Allergens
- Easy-to-Digest
- GMO-Free
- No Soy
- No Fructose



Functional Food
Pharmaceutical Grade • Professional Use Only
NET WT. 22.22 oz. (630 g)

Creamy Chocolate

Nutrition Facts

Serving Size: 2 scoops (45 g)

Servings Per Container: 14

Amount Per Serving

Calories 150 **Calories From Fat** 25

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 225mg 9%

Potassium 365mg 10%

Total Carbohydrate 18g 6%

Dietary Fiber 6g 23%

Sugars 8g

Protein 17g

Vitamin A 0% • Calcium 0%

Vitamin C 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: VegaPro™ (XYMOGEN's Proprietary Blend of Rice Protein Concentrate and Pea Protein Isolate and Aminogen® L-Glutamine, Glycine, and Taurine) Evaporated Cane Juice, Fiber Complex (Inulin from Chicory, Beta Glucans, Oat Fiber, Corn Bran), Cocoa Powder, Medium Chain Triglycerides, Sunflower Oil, Natural Flavors, Potassium Citrate, Xanthan Gum, Guar Gum, Sodium Citrate, Stevia Leaf Extract.



Aminogen® is a Registered Trademark of Triarco Industries (U.S. Patent #5,387,422)

Typical Amino Acid Profile Per Serving:

Glycine	772mg
Alanine	731mg
Valine	950mg
Leucine	1,428mg
Isoleucine	765mg
Serine	901mg
Threonine	663mg
Tyrosine	646mg
Aspartic Acid	1,955mg
Phenylalanine	935mg
Tryptophan	70mg
Proline	765mg
Methionine	187mg
Cystine	170mg
Lysine	1,224mg
Histidine	425mg
Arginine	1,479mg
Glutamine	2,931mg
Taurine	500mg

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Exclusive Professional Formulas

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