

Directions: Mix 2 scoops (50g) in 8 - 12 oz. cold water. Adjust amount of water according to thickness desired.

XYMOGEN®'s innovative FIT Food™ (Functional Integrated Therapeutics) program is now better than ever with new FIT Food™ LITE Whey, containing 40% less sugar! FIT Food LITE Whey represents an extraordinary breakthrough in body composition/weight management Functional Food formulas.

Our Medical Board of Advisors' primary objective in researching and developing FIT Food LITE Whey was to find a pure source of quality whey protein that is free of genetically-engineered hormones [rBST & rBGH] which, though banned in other countries, are used in the U.S. dairy industry. There are growing concerns regarding the effects of these hormones including early puberty in children.

After a thorough review, our researchers determined that the stringent standards imposed by the New Zealand Ministry of Agriculture & Fisheries (MAF) upon New Zealand dairy farmers results in the purest and most bioactive whey protein in the world. In addition to prohibiting the use of synthetic hormones in New Zealand's dairy industry, MAF-mandated feeding, climate, and calf-birthing practices further contribute to the superior quality of New Zealand's whey protein. Although importing New Zealand whey protein into the U.S. is more costly, XYMOGEN's Board of Advisors recommended that FIT Food LITE Whey must contain 100% pure New Zealand whey protein.

FIT Food LITE Whey promotes fat burning and improved lean body mass with the following enhancement:*

	FIT Food™ LITE Bioactive Whey	Soy-Based Formula	FIT Food™ LITE Superiority
Biological Value [BV]	104	74	40%
Protein Equivalency	21 Grams [one serving]	30 Grams [two servings]	The BV of bioactive whey is 40% greater than that of soy protein. As a result, 30 grams [two servings] of the soy formula would be required to equal the amino acid nourishment of just 21 grams [one serving] of FIT Food™ LITE Whey.
Source of Protein	Imported New Zealand	Domestic United States DuPont® Corporation	The N.Z. Ministry of Agriculture & Fisheries imposes the most stringent environmental requirements on New Zealand farmers.
Dietary Fiber	6 Grams	5 Grams	20%
MCT [Medium Chain Triglycerides]	2 Grams	0 Grams	Readily-utilizable Source of Energy and Essential Lipids.

The sale of FIT Food™ LITE Whey 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.

*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.

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

This product Contains Ingredients Derived From Milk.

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
WHEY

TASTES
GREAT!
LESS
SUGAR!

21g
PROTEIN

- 100% BioActive Whey Protein with Natural Immunoglobulins
- 40% More Protein
- Low Glycemic Index
- No Soy
- No Fructose



Functional Food
Pharmaceutical Grade • Professional Use Only
NET WT. 24.64 oz. (700g)

Berry Blast

Nutrition Facts

Serving Size: 2 scoops (50 g)

Servings Per Container: 14

Amount Per Serving

Calories 180 Calories From Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1.5g 8%

Cholesterol 60mg 19%

Sodium ???mg ?%

Potassium ???mg ?%

Total Carbohydrate 22g 7%

Dietary Fiber 6g 25%

Sugars 11g

Protein 21g

Immunoglobulins 2.1g

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: New Zealand Biosciences® Proprietary Whey Protein Blend (NZ Whey Protein Concentrate, L-Glutamine, Glycine, Taurine, Sodium Caseinate), Evaporated Cane Juice Solids, Fiber Blend (Inulin from Chicory, Beta Glucans, Oat Fiber, Corn Bran), Sunflower Oil, Freeze Dried Dried Blueberries, Drum Dried Raspberries, Drum Dried Cranberries, Natural Flavors, Citric Acid, Medium Chain Triglycerides, Aminogen®, Sodium Chloride, 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	391mg
Alanine	999mg
Valine	1,206mg
Leucine	2,240mg
Isoleucine	1,330mg
Serine	999mg
Threonine	1,412mg
Tyrosine	606mg
Aspartic Acid	2,219mg
Phenylalanine	606mg
Tryptophan	316mg
Proline	1,226mg
Methionine	420mg
Cystine	482mg
Lysine	1,826mg
Histidine	296mg
Arginine	461mg
Glutamine	3,804mg
Taurine	500 mg

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