

DIRECTIONS: Mix one level scoop (28 g) with 6-8 oz of cold water and consume daily, or use as directed by your healthcare professional. Adjust the amount of water according to thickness desired.

Consult your healthcare professional before use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

FIT Food® Lean Collagen features bovine collagen peptides complemented with beta-hydroxy-beta-methylbutyrate (HMB) and vitamin D3, making it an optimal choice for supporting collagen production, the integrity of connective tissues, and muscle health. A natural metabolite of leucine, HMB increases lean muscle mass through dual mechanisms: inhibiting protein degradation and promoting protein synthesis. This versatile formula rapidly disperses in water and is ideal for athletes or for individuals who need an easily digested protein source.*

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

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



FITFood® LEAN Collagen

15 g Bovine Collagen Peptides per Serving

Mocha Latte

Dietary Supplement
NET WT 13.83 oz (392 g)

ePV:



Supplement Facts		
Serving Size: 1 Scoop (about 28 g) Servings Per Container: About 14		
Amount Per Serving %Daily Value		
Calories	100	
Total Fat	2 g	3%†
Saturated Fat	0.5 g	3%†
Total Carbohydrate	5 g	2%†
Dietary Fiber	1 g	4%
Protein (from bovine collagen peptides)	15 g	
Vitamin D3 (cholecalciferol)	12.5 mcg	63%
Calcium (from calcium beta-hydroxy-beta-methylbutyrate-monohydrate ^{S1} and ingredients with naturally occurring calcium)	400 mg	31%
Sodium (naturally occurring)	120 mg	5%
Calcium Beta-Hydroxy-Beta-Methylbutyrate-Monohydrate ^{S1}	3 g	**
† Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value not established.		
Other Ingredients: Natural flavors (no MSG), sunflower oil, cocoa powder, silica, medium-chain triglyceride oil, cellulose gum, xanthan gum, and monk fruit extract.		

XYMOGEN® Exclusive Professional Formulas
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S1. myHMB® is a registered trademark of Metabolic Technologies, LLC. Nutritional uses of calcium beta-hydroxy-beta-methylbutyrate-monohydrate and vitamin D are licensed to Metabolic Technologies, LLC, under U.S. patents 8,815,280, 9,259,430, and 9,539,224.

Typical Amino Acid Profile Per Serving:

Alanine	1,290 mg	Proline	1,905 mg
Arginine	1,095 mg	Serine	480 mg
Aspartic Acid	870 mg	Threonine	270 mg
Cysteine	0 mg	Hydroxylysine	240 mg
Glutamic Acid	1,530 mg	Tryptophan	0 mg
Glycine	3,330 mg	Tyrosine	120 mg
Histidine	150 mg	Valine	360 mg
Hydroxyproline	1,785 mg		
Isoleucine	210 mg		
Leucine	405 mg		
Lysine	540 mg		
Methionine	135 mg		
Phenylalanine	315 mg		

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