

Delightful Vanilla Flavor

Supports your Weight Loss Goals,*
No Need to Sacrifice Nutrition. Enjoy the Taste!

Nature's Lab Fit Complete is a New Kind of Meal Replacement Shake

Fit Complete Meal replacement shake offers all the nutrients of a healthy meal in a delicious shake.[†] Easy to make. Tastes great.

Fit Complete Meal Replacement Shake is packed with 22 Vitamins & Minerals, 20 grams of protein and has a special blend of ModCarb™ Protein blend.

- Great Taste (Delightful Vanilla Flavor)
- 20 grams of Protein per Serving
- 22 Essential Vitamins and Minerals to replenish and recharge*
- No Artificial Colors
- No Artificial Flavors
- Non GMO

Warning: Pregnant or lactating women and people with known medical conditions and / or taking drugs should consult with a qualified healthcare practitioner prior to taking dietary supplements.

[†]This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Managing your
weight loss is easy![†]

1. Use **Fit Complete** to replace either breakfast and/or lunch
2. Eat a healthy 100–200 calorie snack between meals
3. Get a minimum of 30 minutes of exercise a day
4. Enjoy a healthy, balanced dinner
5. Drink at least 8 glasses of water a day to maintain your metabolism and flush toxins

Stay active and select a fitness program that's right for you!



Nature's Lab™
#1 Nutrient & Science Based Formulas

Fit Complete™ Meal Replacement Shake

- Tastes Great
- 20g Protein
- 22 Vitamins & Minerals
- Includes Sprouts Blend with Chia and Quinoa



Net Wt 1 lb, 6 oz (614 g)
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (31g)
Servings Per Container: Approx. 20

	Amount Per Serving	% DV*
Calories	110	
Calories from Fat	20	
Total Fat	2 g	2%
Saturated Fat	1 g	2%
Cholesterol	45 mg	12%
Total Carbohydrate	5 g	1%
Sugars	1 g	
Dietary Fiber	2 g	8%
Protein	20 g	
Vitamin A (as beta-carotene)	2500 IU	50%
Vitamin C (as ascorbic acid)	180 mg	360%
Vitamin D (as D3 cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha-tocopheryl succinate)	15 IU	30%
Vitamin K (as K1 phytonadione)	40 mcg	80%
Thiamin (as thiamin HCl)	1.5 mg	100%
Riboflavin	1.3 mg	76%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12 (as methylcobalamin)	50 mcg	833%
Biotin	90 mcg	30%
Vitamin B5 (as d-Calcium Pantothenate)	5 mg	50%
Calcium	105 mg	10%
Iron (as ferrous glycinate chelate)	2 mg	11%
Phosphorus	95 mg	19%
Iodine (from kelp)	300 mcg	250%
Magnesium (as magnesium oxide)	100 mg	25%
Manganese (as amino acid chelate)	2 mg	100%
Molybdenum (as amino acid chelate)	30 mcg	45%
Sodium	205 mg	9%
Potassium	85 mg	2%
ModCarb™ (sust. amaranth, buckwheat, chia, millet, quinoa)	500 mg	**
Microbiotic 5 Mushroom Blend	40 mg	**

*Percent Daily Values are based on a 2,000 calorie diet
**Daily Value not established

Suggested Use: Mix one scoop of Fit Complete Meal Replacement Shake in 8-10 oz of ice-cold water, milk, or non-dairy beverage, shake well and enjoy.

Fit Complete is a delicious nutrient-supplementing addition to your favorite smoothie recipe. Just blend and enjoy. Take one or more servings daily for optimal health.

For delicious smoothie ideas, visit www.natureslab.com

Other Ingredients: Fit Complete Protein Blend (whey protein concentrate, pea protein isolate, rice protein concentrate), soluble corn fiber, natural flavor, Krystar® crystalline fructose, xanthan gum, guar gum, silicon dioxide, sucralose, and acesulfame potassium.

Contains: Milk, Soy

Free of: Eggs, Peanuts, Tree Nuts, Shellfish, Yeast, Preservatives, Titanium Dioxide, Artificial Colors and Flavors.

Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.

ModCarb™ is a trademark of VDF FutureCeuticals, Inc.

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