

PLEDGE OF EXCELLENCE

Life Time Fitness is committed to helping you enjoy a healthier, more active life. We know proper nutrition is critical to achieving optimal health and fitness. We also recognize how difficult it is to make all those essential nutrients a part of your daily life. That's why we've combined our experience, commitment and knowledge to create a superior line of exclusive nutritional supplements. You can count on Life Time Fitness for scientifically sound, premium-quality products that give your body perfectly timed, precisely formulated daily support.

- Made from the most bio-available ingredients in effective combinations and dosages
- Produced by highly credible manufacturers in the industry
- Developed using the latest technology and research with scientifically proven nutrients
- 100% Satisfaction Guarantee

THORNE
RESEARCH



Manufactured for: Thorne Research, Inc.
Formulated by: Life Time Fitness, Inc.
2902 Corporate Place, Chanhassen, MN 55317

**Formulated by the healthy way
of life experts at Life Time Fitness,**
Dairy-free Fast Fuel Complete is unlike any
other dietary supplement out there. Its
unique ingredients include digestive
enzymes and a fruit and vegetable blend,
all in one great-tasting combination. And it
contains no artificial colors, flavors or
sweeteners. Mix with water or your favorite
beverage to make a delicious, on-the-go
drink, or a fantastic post-workout shake.

› **Fruit and vegetable complex provides
unique blend of antioxidants**

› **Digestive enzymes and high fiber
content aid in digestion***

› **Soy and gluten-free**

Recommended Use: Mix two rounded scoops of powder
(54 grams) with 10 to 12 oz. of water or liquid of your choice.

TO REORDER shop.lifetimefitness.com

*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.

LTFL2554
LLTFL255402

NET WT 38 OZ (2 LB 6 OZ) | 1080 G

LIFETIME
FITNESS

balanced macronutrient supplement

FAST FUEL

COMPLETE



Vanilla dairy-free

dietary supplement

SUPPLEMENT FACTS

Serving Size: 2 Rounded Scoops (Approximately 54 g)
Servings Per Container: 20 (Approximately)

Approximate Amount Per Serving	%Daily Value	
Calories	190	
Calories from Fat	45	
Calories from Saturated Fat	10	
Total Fat	5 g	8%†
Saturated Fat	1 g	5%†
Total Carbohydrate	13 g	4%†
Dietary Fiber	5 g	20%†
Soluble Fiber	4 g	**
Insoluble Fiber	1 g	**
Sugars	5 g	**
Protein	30 g	60%†
Calcium	18 mg	2%
Sodium	290 mg	12%
Potassium	130 mg	4%

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

INGREDIENTS: Protein Blend (Pea Protein Isolate, Potato Protein, Chiorella Protein), Organic Cane Sugar, Fiber Blend (Inulin (from Chicory), Bamboo Fiber, Pea Fiber, Flax Seed, Apple Fiber), Sunflower Oil, Natural Flavors, Medium Chain Triglycerides, Sodium Chloride, Potassium Citrate, Sodium Citrate, Stevia Extract, Whole Food Complex (Freeze Dried Apricot, Freeze Dried Mango, Drum Dried Raspberry, Dehydrated Carrot Powder, Freeze Dried Pineapple, Dehydrated Broccoli, Dehydrated Cabbage, Dehydrated Beet, Dehydrated Spinach), Enzyme Blend (Bromelain, Protease, Amylase, Cellulase, Lipase), Lactobacillus Acidophilus, Lactobacillus Bifidus.

WARNING: If you are pregnant or nursing, have a medical condition or are taking any prescription drug, consult your physician or healthcare professional before taking this product.

KEEP OUT OF REACH OF CHILDREN.

Do not use if safety seal under cap is broken or missing. Store in a dry place and avoid excessive heat.

NOTICE: Use this product as a dietary supplement. Do not use for weight reduction.

