

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



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

LTFL2745 LLTFL274502



Formulated by the healthy way
of life experts at Life Time Fitness,

FastFuel Complete is a complete protein powder unlike any other. Grass-Fed FastFuel Complete contains whey from 100% grass-fed cows. The minimally processed whey contains the highest amounts of key nutrients like immunoglobulins, lactoferrin and serum albumin available. We've also added a unique fiber blend and enzymes to support digestion, medium-chain triglycerides, and a whole food fruit and vegetable blend. Mix with water or other liquid for a great-tasting, nutritious shake.

› Fruit and Vegetable Complex Provides Unique Blend of Antioxidants

› Enzymes and fiber to support digestive health

Free of hormones, pesticides, gluten,
› GMOs, artificial colors, flavors and sweeteners

Recommended Use: Mix two rounded scoops of powder (58 grams) with 8 to 10 oz. of water or milk.

TO REORDER shop.lifetimefitness.com

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



NET WT 41 OZ (2.6 LB) | 1160 G

grass-fed whey protein

FAST FUEL

COMPLETE

Grass-Fed

Chocolate

dietary supplement

SUPPLEMENT FACTS

Serving Size: 2 Rounded Scoops (Approximately 58 g)
Servings Per Container: 20 (Approximately)

Approximate Amount Per Serving	%Daily Value	
Calories	230	
Calories from Fat	60	
Total Fat	7 g	11%†
Saturated Fat	3 g	15%†
Cholesterol	75 mg	25%†
Total Carbohydrate	17 g	6%†
Dietary Fiber	5 g	20%†
Soluble Fiber	4 g	**
Insoluble Fiber	1 g	**
Sugars	8 g	**
Other Carbohydrate	3 g	**
Protein	30 g	60%†
Calcium	135 mg	13%
Sodium	200 mg	8%
Potassium	340 mg	10%

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

INGREDIENTS: Whey Protein Concentrate, Organic Cane Sugar, Fiber Blend (Inulin (from Chicory), Bamboo Fiber, Pea Fiber, Flax Seed Powder, Apple Fiber), Cocoa Powder, Sunflower Oil, Flavors, Medium Chain Triglycerides, Sea Salt, Potassium Citrate, Xanthan Gum, Sodium Citrate, Stevia extract (leaf) Rebudioside A 95%, Enzyme Blend (Bromelain, Protease, Amylase, Cellulase, Lipase), Whole Food Complex (Dried Raspberries, Dehydrated Carrot, Freeze Dried Apricot, Freeze Dried Mango, Freeze Dried Pineapple, Dehydrated Broccoli, Dehydrated Cabbage, Dehydrated Beet, Dehydrated Spinach), *Lactobacillus Acidophilus*, *Bifidobacterium Lactis*.

Contains ingredient derived from milk (whey protein).

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.