

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 by : Thorne Research, Inc.
Formulated by: Life Time Fitness, Inc.
2902 Corporate Place, Chanhassen, MN 55317
LTF1080 LTF108001



Formulated by the healthy way
of life experts at Life Time Fitness,
Fast Fuel Lean Complex is high-protein
metabolic support you need to achieve
lean, toned muscle definition. Every serving
contains 30 grams of 100% Grass-Fed
Whey and 7 grams of dietary fiber to
support lean muscle mass and healthy
digestion. Supplement your fitness and
weight loss efforts with vitamins and
minerals including Cynambra™ a healthy
blend of herbal extracts to support healthy
blood sugar levels.

- › Supports Satiety and Lean
Muscle Mass with Grass-Fed Whey*
- › Helps stabilize blood sugar levels*
- › Controls food cravings*

Recommended Use: Mix two level scoops with 8-10 oz.
of water or preferred beverage daily or as recommended
by a qualified fitness professional.

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.



NET WT 39.5 OZ (2.7 LB) | 1120 G

LEAN + FIT

FAST FUEL

high-protein, multivitamin metabolic support*

LEAN COMPLEX

Grass-Fed

Vanilla

dietary supplement

SUPPLEMENT FACTS

Serving Size: Two Level Scoops (56 g)
Servings Per Container: 20 (Approximately)

Two Level Scoops (56 g) Contain:	% DV	Two Level Scoops (56 g) Contain:	% DV
Calories	210	Calcium	140 mg 14%
Calories from Fat	45	Iodine (as Potassium Iodide)	52.5 mcg 35%
Total Fat	5 g 8%*	Magnesium	10 mg 3%
Saturated Fat	2 g 10%*	Zinc	(as Zinc Bisglycinate Chelate) 5.25 mg 35%
Cholesterol	85 mg 28%*	Selenium	(as L-Selenomethionine) 24 mcg 35%
Total Carbohydrate	16 g 5%*	Copper (as Copper Bisglycinate)	700 mcg 35%
Dietary Fiber	7 g 28%*	Manganese (as Manganese (II) Glycinate Chelate)	700 mcg 35%
Soluble Fiber	7 g **	Chromium	(as Chromium Picolinate) 42 mcg 35%
Sugars	6 g **	Molybdenum (as Molybdenum (II) Glycinate Chelate)	25 mcg 35%
Other Carbohydrate	3 g **	Sodium	(as Sea Salt and Sodium Citrate) 310 mg 13%
Protein	30 g 60%*	Potassium (as Potassium Citrate)	340 mg 10%
Vitamin A (as Beta Carotene)	1,750 IU 35%	Choline Citrate	20 mg **
Vitamin C (as Ascorbic Acid)	21 mg 35%	Boron (from Bororganic™ Glycine)††	8 mcg **
Vitamin D (as Vitamin D3)	600 IU 150%	Vanadium (as Vanadium (II) Bisglycinate Chelate)	7 mcg **
Vitamin E (as d-Alpha Tocopheryl)	10.5 IU 35%	Proprietary Blend†††	260 mg
Thiamin (as Thiamin HCl)	520 mcg 35%	Common Bean	(Phaseolus vulgaris) dry extract **
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	590 mcg 35%	Artichoke (Cynara scolymus) dry extract	**
Niacin (as Niacinamide)	7 mg 35%		
Vitamin B6 (as Pyridoxal 5'-Phosphate)	700 mcg 35%		
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	200 mcg 50%		
Vitamin B12 (as Methylcobalamin)	12 mcg 200%		
Biotin	105 mcg 35%		
Pantothenic Acid (as Calcium Pantothenate)	3.5 mg 35%		

Other Ingredients : Whey Protein Concentrate, Flavors, Inulin (from Chicory), Sunflower Oil, Evaporated Cane Juice Sugar, Gum Arabic, Partially Hydrolyzed Guar Gum††††, Xanthan Gum, Digestive Enzyme Blend (Bromelain, Amylase, Protease, Lipase, Cellulase), Stevia extract (leaf) (Rebaudioside A 95%), Monk Fruit concentrate (fruit) (Siraitia grosvenorii)†††††, Lactobacillus acidophilus, Bifidobacterium lactis.

Contains ingredients derived from milk (whey protein concentrate).

WARNING: If you are pregnant or nursing, trying to conceive, have a medical condition or are taking any prescription drug, consult your physician or health-care professional before taking this product. **KEEP OUT OF REACH OF CHILDREN.** Do not use if safety seal inside the cap is broken or missing. Store in a dry place and avoid excessive heat. **NOTICE:** Use this product as a food supplement. Do not use for weight reduction.

† This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A.
†† This product uses Albion's Bororganic™ Glycine. Bororganic Glycine is a trademark of Albion.
††† This product uses Cynambra, a proprietary blend of Phaseolus vulgaris dry extract and Cynara scolymus dry extract used under exclusive license from Indena S.p.A. Cynambra is a trademark of Thorne Research, Inc.
†††† This product uses Sunfiber®, Sunfiber is a registered trademark of Taiyo International, Inc.
††††† This product uses Tate and Lyle's Purefruit Select™ (Monk Fruit concentrate). Purefruit Select is a trademark of Tate and Lyle Ingredients Americas, LLC.
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