

PROFESSIONAL USE ONLY

Not for resale on third-party websites, including, but not limited to, Amazon® and eBay®.

DIRECTIONS: Mix two scoops (45 g) in 8-12 oz cold water and consume. Adjust amount of water according to thickness desired. May be used as a snack, a “rescue” food, an occasional meal replacement, or as directed by your healthcare practitioner.

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

FIT Food™ Whey represents an extraordinary breakthrough in body composition/weight management functional food formulas.

Our medical board of advisors’ primary objective in researching and developing FIT Food Whey was to find a pure source of quality whey protein that is free of genetically-engineered hormones (rBST and rBGH) which, though banned in other countries, are used in the United States dairy industry. There are growing concerns regarding the effects of these hormones, especially in early puberty.

After a thorough review, our researchers determined that the stringent standards imposed by the New Zealand Ministry of Agriculture and Forestry (MAF) upon New Zealand dairy farmers results in the purest and most bioactive whey protein available. In addition to prohibiting the use of synthetic hormones in New Zealand’s dairy industry, MAF-mandated feeding, climate, and calf-birthing practices further contribute to the superior quality of New Zealand’s whey protein. Although importing New Zealand whey protein into the United States is more costly, our board of advisors recommended that FIT Food Whey must contain 100% pure New Zealand whey protein.

FIT Food Whey promotes fat burning and improved lean body mass with the following enhancement†:

	FIT Food Whey	Soy-Based Formula	FIT Food Whey Superiority
Biological Value (BV)	104	74	40%
Protein Equivalency	21 Grams (one serving)	30 Grams (two servings)	The BV of bioactive whey is 40% greater than that of soy protein. As a result, 30 grams (two servings) of the soy formula would be required to equal the amino acid nourishment of just 21 grams (one serving) of FIT Food Whey .
Source of Protein	Imported New Zealand	Domestic United States	The New Zealand MAF imposes the most stringent environmental requirements on New Zealand farmers.
Dietary Fiber	8 Grams	5 Grams	60%
Naturally Occurring Immunoglobulins	2.1 Grams	0 Grams	Support the immune system and intestinal function.†

- **100% BioActive Whey Protein with Natural Immunoglobulins**
- **Low Glycemic Index**
- **No Soy**
- **No Fructose**
- **Non-GMO**

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

DOES NOT CONTAIN: Wheat, gluten, yeast, soy, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.



21g
PROTEIN

fitfood™
WHEY

Whey Protein Shake Mix

ePV:



NET WT
22.22 oz
(630 g)

Functional
Food

Vanilla
Delight

Nutrition Facts

Serving Size 2 Scoops (about 45g)			
Servings Per Container About 14			
Amount Per Serving			
Calories 170		Calories From Fat 35	
		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	2g		10%
Cholesterol	45mg		15%
Sodium	230mg		10%
Potassium	230mg		7%
Total Carbohydrate	16g		5%
Dietary Fiber	8g		32%
Sugars	7g		
Protein 21g			
Vitamin A	0%	•	Vitamin C 2%
Calcium	8%	•	Iron 2%
Not a significant source of <i>trans</i> fat.			
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: New Zealand Biosciences™ proprietary whey protein blend (whey protein concentrate, taurine, L-glutamine, glycine), inulin (from chicory), dried cane syrup, natural flavors (no MSG), sunflower oil, medium-chain triglyceride oil, cellulose gum, xanthan gum, Aminogen® (proprietary plant enzyme blend), guar gum, sea salt, tripotassium citrate, and stevia leaf extract.

CONTAINS: Milk (whey protein concentrate).



Aminogen® is a registered trademark of Triarco Industries. Aminogen® is protected under U.S. patent 5,387,422.

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Typical Amino Acid Profile
Per Serving:

Alanine	1,410 mg
Arginine	718 mg
Aspartic Acid	2,953 mg
Cysteine	745 mg
Glutamic Acid	4,815 mg
Glycine	582 mg
Histidine	505 mg
Isoleucine	1,835 mg
Leucine	2,979 mg
Lysine	2,421 mg
Methionine	665 mg
Phenylalanine	904 mg
Proline	1,702 mg
Serine	1,410 mg
Taurine	500 mg
Threonine	1,942 mg
Tryptophan	638 mg
Tyrosine	931 mg
Valine	1,676 mg

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