

**PROFESSIONAL USE ONLY**

**DIRECTIONS:** Mix two scoops (39 g) in 6-8 oz cold water and consume. Adjust amount of water according to thickness desired. May be used as a snack or meal supplement, or taken 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. The labeling on this product does not comply with California's Proposition 65. Therefore, this product may not be sold in California.

**FIT Food™ Vegan Complete** is a nutrient-rich shake mix ideal for vegans, individuals sensitive or allergic to soy and/or dairy, or those seeking an alternative source of quality protein. FIT Food Vegan Complete features VegaPro™, an all-natural pea and rice protein blend; Aminogen®, a plant enzyme that enhances protein digestibility and absorption; and Artinia® chitin-glucan, a novel fiber that supports antioxidant systems in the body. This fructose-free formula provides an array of micronutrients as well, including high-potency vitamins C and B12, activated B vitamins, and Albion® TRAACS® chelated minerals (the real amino acid chelate system).\*

- Free of Gluten, Dairy, Lactose, and Other Common Allergens
- Non-GMO
- No Soy Protein
- No Fructose

\*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 protein, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.



NET WT  
19.26 oz  
(546 g)

Dietary  
Supplement



# fitfood™ VEGAN COMPLETE

Vegan Protein Shake Mix  
With Micronutrients and Artinia



Dutch  
Chocolate

15g  
PROTEIN

## Supplement Facts

Serving Size: 2 Scoops (about 39 g)  
Servings Per Container: About 14

|                                                                                                         | Amount Per Serving | %DV*  |
|---------------------------------------------------------------------------------------------------------|--------------------|-------|
| <b>Calories</b>                                                                                         | 140                |       |
| Calories from Fat                                                                                       | 35                 |       |
| <b>Total Fat</b>                                                                                        | 4 g                | 6%    |
| Saturated Fat                                                                                           | 1 g                | 5%    |
| <b>Total Carbohydrate</b>                                                                               | 14 g               | 5%    |
| Dietary Fiber                                                                                           | 7 g                | 28%   |
| Sugars                                                                                                  | 5 g                | **    |
| <b>Protein</b>                                                                                          | 15 g               | 30%   |
| Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)                                   | 1875 IU            | 38%   |
| Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)             | 125 mg             | 208%  |
| Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)                                       | 50 IU              | 167%  |
| Thiamin (as thiamine mononitrate)                                                                       | 5 mg               | 333%  |
| Riboflavin (as riboflavin 5'-phosphate sodium)                                                          | 5 mg               | 294%  |
| Niacin (as niacinamide and niacin)                                                                      | 16 mg              | 80%   |
| Vitamin B6 (as pyridoxal 5'-phosphate)                                                                  | 5 mg               | 250%  |
| Folate (as Quatrefolic® (5S)-5-methyltetrahydrofolic acid, glucosamine salt)                            | 100 mcg            | 25%   |
| Vitamin B12 (as methylcobalamin)                                                                        | 125 mcg            | 2083% |
| Biotin                                                                                                  | 250 mcg            | 83%   |
| Pantothenic Acid (as d-calcium pantothenate)                                                            | 50 mg              | 500%  |
| Calcium (as DimaCal® di-calcium malate, d-calcium pantothenate, and calcium ascorbate)                  | 30 mg              | 3%    |
| Iron (naturally occurring)                                                                              | 3.6 mg             | 20%   |
| Iodine (as potassium iodide)                                                                            | 25 mcg             | 17%   |
| Magnesium (as Albion® di-magnesium malate)                                                              | 25 mg              | 6%    |
| Zinc (as TRAACS® zinc bisglycinate chelate)                                                             | 3.25 mg            | 22%   |
| Selenium (as Albion® selenium glycinate complex)                                                        | 25 mcg             | 36%   |
| Manganese (as TRAACS® manganese bisglycinate chelate)                                                   | 0.125 mg           | 6%    |
| Chromium (as TRAACS® chromium nicotinate glycinate chelate)                                             | 125 mcg            | 104%  |
| Molybdenum (as TRAACS® molybdenum glycinate chelate)                                                    | 12.5 mcg           | 17%   |
| Sodium (naturally occurring)                                                                            | 270 mg             | 11%   |
| Potassium (from ingredients with naturally occurring potassium and Albion® potassium glycinate complex) | 400 mg             | 11%   |
| Artinia® (chitin-glucan from <i>Aspergillus niger</i> )                                                 | 2.25 g             | **    |
| Aminogen® (proprietary enzyme blend from <i>Aspergillus niger</i> and <i>Aspergillus oryzae</i> )       | 300 mg             | **    |
| Choline (as choline dihydrogen citrate)                                                                 | 9 mg               | **    |
| Inositol                                                                                                | 9 mg               | **    |
| PABA (para-aminobenzoic acid)                                                                           | 3.25 mg            | **    |
| Vanadium (as TRAACS® vanadium nicotinate glycinate chelate )                                            | 187.5 mcg          | **    |

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

**Other Ingredients:** VegaPro™ (XYMOGEN's proprietary blend of pea protein concentrate, pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine), dried cane syrup, inulin (from chicory), sunflower oil, cocoa powder, natural flavors (no MSG), medium-chain triglyceride oil, tripotassium citrate, cellulose gum, xanthan gum, guar gum, silica, and stevia leaf extract.

**Quatrefolic®** - Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.

**Albion Medallion** - Albion, DimaCal, TRAACS, and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904 and patents pending.

**AMINOGEN®** is a registered trademark of Triarco Industries. AMINOGEN® is protected under US patent 5,387,422.

ARTINIA® is a registered trademark of Novus Nutrition Brands, LLC. Protected by US patent 7,556,946.

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This package is completely recyclable ♻️

Typical Amino Acid Profile Per Serving:

|               |          |               |        |
|---------------|----------|---------------|--------|
| Alanine       | 675 mg   | Methionine    | 166 mg |
| Arginine      | 1,352 mg | Phenylalanine | 856 mg |
| Aspartic Acid | 1,824 mg | Proline       | 682 mg |
| Cysteine      | 148 mg   | Serine        | 840 mg |
| Glutamic Acid | 2,661 mg | Taurine       | 500 mg |
| Glycine       | 644 mg   | Threonine     | 586 mg |
| Histidine     | 390 mg   | Tryptophan    | 154 mg |
| Isoleucine    | 726 mg   | Tyrosine      | 601 mg |
| Leucine       | 1,312 mg | Valine        | 787 mg |
| Lysine        | 1,143 mg |               |        |

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