

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

DIRECTIONS: Mix two scoops (34 g) in 6-8 oz of 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™ Lean 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 Lean 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 sugar- and stevia-free formula provides an array of micronutrients, including high-potency 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 Sugar, Stevia, or Artificial Sweeteners**
- **Sweetened with Monk Fruit**

*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 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.

‡This formula is not a low-calorie dietary supplement. Please see the Supplement Facts panel for more details.



FITFoodLEAN COMPLETE

**Dutch Chocolate
Sugar- & Stevia-Free‡**

Dietary Supplement
NET WT 16.79 oz (476g)

ePV:



Supplement Facts

Serving Size: 2 Scoops (about 34 g)
Servings Per Container: About 14

	Amount Per Serving	%DV†
Calories		110
Total Fat	2.5 g	3%‡
Saturated Fat	1.5 g	8%‡
Total Carbohydrate	11 g	4%‡
Dietary Fiber	8 g	29%‡
Protein	15 g	
Vitamin A (86% as natural beta-carotene and 14% as retinyl palmitate)	982.5 mcg	109%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	125 mg	139%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	33.5 mg	223%
Zinc (as thiamine mononitrate)	5 mg	417%
Riboflavin (as riboflavin 5-phosphate sodium)	5 mg	385%
Niacin (as niacinamide and niacin)	16 mg	100%
Vitamin B6 (as pyridoxal 5-phosphate)	5 mg	294%
Folate (as Quatrefolic® (5S)-5-methyltetrahydrofolic acid, glucosamine salt)	100 mcg DFE	25%
Vitamin B12 (as MecobalActive™ methylcobalamin)	125 mcg	5208%
Biotin	250 mcg	833%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1000%
Choline (as choline dihydrogen citrate)	9 mg	2%
Calcium (from DimaCal® di-calcium malate, and ingredients with naturally occurring calcium)	60 mg	5%
Iron (naturally occurring)	4 mg	22%
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	30%
Selenium (as Albion® selenium glycinate complex)	25 mcg	45%
Manganese (as TRAACS® manganese bisglycinate chelate)	0.125 mg	5%
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	125 mcg	357%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	12.5 mcg	28%
Sodium (naturally occurring)	290 mg	13%
Potassium (from ingredients with naturally occurring potassium and Albion® potassium glycinate complex)	400 mg	9%
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	**
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); inulin (from chicory), natural flavors (no MSG), cocoa powder, medium-chain triglyceride oil, tripotassium citrate, sunflower oil, cellulose gum, xanthan gum, monk fruit extract, and guar gum.

Typical Amino Acid Profile Per Serving:

Alanine	675 mg	Methionine	166 mg
Arginine	1,350 mg	Phenylalanine	866 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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MecobalActive™ is a trademark of Ferrer Health Tech.
The active form of B₁₂.

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