

FIT Food™ Whey

Whey Protein Shake Mix



Available in Creamy Chocolate, Vanilla Delight, Berry Blast, & Banana

Discussion

New Zealand Biosciences™ Proprietary Whey Protein Blend (NZ whey protein concentrate, L-glutamine, glycine, and taurine) is sourced from New Zealand, which is known for its highly strict dairy processing standards. Guaranteed 100% pure (hormone free), this high-biological-value whey protein concentrate contains a rich array of essential and non-essential amino acids. Whey protein is considered the “gold standard” of protein for serious athletes. Research suggests that it supports healthy body composition, retention of lean muscle mass, glucose metabolism, satiety, and gastrointestinal health.^[1-5] Its roles in the maintenance of blood pressure and blood lipid levels already within the normal range are also areas of interest.^[3,5] As a rich source of the sulfur-containing amino acids cysteine and methionine, whey protein can enhance immune function through intracellular conversion to glutathione.^[3] Whey protein also delivers high levels of naturally occurring bioactive immunoglobulins that are resistant to peptic digestion. Immunoglobulins from whey have been observed to support intestinal immunity and a healthy response to inflammation.^[3,4] Furthermore, whey protein has displayed lower allergenicity than casein.^{*[6]}

Glutamine and Glycine, in combination with the cysteine-rich whey protein, promote glutathione synthesis and combat free radicals. Glutamine, crucial in nitrogen metabolism, is important for replenishing amino acid stores, especially after exercise or stress.^[7,8] This amino acid aids in intestinal cell proliferation, thereby helping to preserve gut barrier function and intestinal health.^[8] Glycine, an inhibitory (calming) neurotransmitter, is vital as a constituent of collagen and a building block for other substances such as coenzyme-A, nucleic acids, creatine phosphate, purines, bile, and other amino acids.*

Taurine, as a derivative of sulfur-containing cysteine, has many healthful clinical applications, including the support of stable cell membranes, cardiovascular health, glucose tolerance, detoxification, and bile salt synthesis.*^[9]

Clinical Applications

- » Supports Healthy Body Composition*
- » Supports Immune Health*
- » Supports Post-Exercise Recovery*
- » Supports Gastrointestinal Health*
- » Contributes to Macro-Nutrition*

***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.**

Aminogen® is a patented, natural, plant-derived enzyme system. It promotes protein digestibility and amino acid absorption, thereby boosting nitrogen retention and aiding in the synthesis of muscle mass and strength, as well as promoting deep muscle recovery.*^[10]

Fiber Blend (inulin from non-GMO chicory, beta glucans, oat fiber, and corn bran) FIT Food Whey provides 7 g of fiber per serving. These fibers favorably affect serum lipids, healthy intestinal flora, the formation of short-chain fatty acids, and glucose tolerance.^[11,12] Beta glucans and lignins impact the binding of bile acids and support the maintenance of cholesterol levels already within normal range.^[13] Furthermore, beta glucans may offset stress to the immune system caused by intense exercise.*^[14]

Medium-Chain Triglycerides provide a rapidly absorbed, easily metabolized, and quick form of energy.

Beneficial Macronutrient Ratio In every serving, FIT Food Whey provides 21 g of high-quality whey protein; 5 g of fat, including 1 g from medium-chain triglycerides; and 20 g of carbohydrate, including 7 g of fiber. This composition supports a healthy balance of macronutrients and fiber. High-fiber foods tend to slow the absorption of glucose into the bloodstream.^[15] Furthermore, both fiber and protein tend to increase feelings of satiety.*^[15,16]

Fructose Free FIT Food Whey contains evaporated cane juice and stevia in place of fructose. Animal and human research suggests that consuming fructose-containing beverages increases visceral adiposity.^[17,18]

FIT Food Whey Chocolate Nutrition FactsServing Size: 2 Scoops (52 g)
Servings Per Container: 14

Amount Per Serving		
Calories 190		Calories From Fat 45
		% Daily Value*
Total Fat 5g		8%
Saturated Fat 1.5g		8%
Cholesterol 55mg		18%
Sodium 260mg		11%
Potassium 480mg		14%
Total Carbohydrate 20g		7%
Dietary Fiber 7g		28%
Sugars 9g		
Protein 21g		42%
Vitamin A		0%
Vitamin C		10%

Not a significant source of *trans* fat, calcium, and iron.
* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: New Zealand Biosciences™ proprietary whey protein blend (whey protein concentrate, taurine, L-glutamine, glycine), evaporated cane juice, fiber blend (inulin (from chicory), oat fiber, corn bran, beta-glucans), cocoa powder, sunflower oil, natural flavors (no MSG), medium-chain triglycerides, sodium chloride, Aminogen®, potassium citrate, xanthan gum, guar gum, sodium citrate, and stevia leaf extract.

Contains: Milk (whey protein concentrate).

DIRECTIONS: Mix two scoops (52 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.

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

CAUTIONS: Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

STORAGE: Keep tightly closed in a cool, dry place. Contents sold by weight, not volume. Some settling may occur during shipping and handling.

FIT Food™ Whey Vanilla, Berry Blast, & Banana also available

Typical Amino Acid Profile:

Glycine	391 mg	Tryptophan	316 mg
Alanine	999 mg	Proline	1,226 mg
Valine	1,206 mg	Methionine	420 mg
Leucine	2,240 mg	Cystine	482 mg
Isoleucine	1,330 mg	Lysine	1,826 mg
Serine	999 mg	Histidine	296 mg
Threonine	1,412 mg	Arginine	461 mg
Tyrosine	606 mg	Glutamine	3,804 mg
Aspartic Acid	2,219 mg	Taurine	500 mg
Phenylalanine	606 mg		

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

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Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

*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.