

# FIT Food™ Whey

## Whey Protein Shake Mix



Available in Vanilla Delight & Creamy Chocolate

### 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.<sup>[1-5]</sup> Its roles in the maintenance of blood pressure and blood lipid levels already within the normal range are also areas of interest.<sup>[3,5]</sup> As a rich source of the sulfur-containing amino acids cysteine and methionine, whey protein can enhance immune function through intracellular conversion to glutathione.<sup>[3]</sup> 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.<sup>[3,4]</sup> Furthermore, whey protein has displayed lower allergenicity than casein.<sup>[6]</sup>

**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.<sup>[7,8]</sup> This amino acid aids in intestinal cell proliferation, thereby helping to preserve gut barrier function and intestinal health.<sup>[8]</sup> 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.\*<sup>[9]</sup>

### Clinical Applications

- » Supports Healthy Body Composition\*
- » Supports Immune Health\*
- » Supports Normal Muscle Recovery Following Exercise\*
- » 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.\*<sup>[10]</sup>

**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; 3-3.5 g of fat, including 0.5 g from medium-chain triglycerides; and 13-16 g of carbohydrate, including 8 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.<sup>[14]</sup> Furthermore, both fiber and protein tend to increase feelings of satiety.\*<sup>[14,15]</sup>

**Fructose Free** FIT Food Whey Vanilla Delight contains evaporated cane juice and stevia in place of fructose. FIT Food Whey Creamy Chocolate is free of both added sugar and stevia, and is sweetened only with monk fruit extract. Animal and human research suggests that consuming fructose-containing beverages increases visceral adiposity.<sup>[16,17]</sup>

**FIT Food™ Whey Creamy Chocolate Nutrition Facts**

Serving Size 2 scoops (about 42g)  
Servings Per Container About 14\*

Amount Per Serving		Calories From Fat 30
		% Daily Value*
<b>Calories</b>	140	
<b>Total Fat</b>	3g	5%
Saturated Fat	2g	10%
<b>Cholesterol</b>	45mg	15%
<b>Sodium</b>	260mg	11%
<b>Potassium</b>	330mg	9%
<b>Total Carbohydrate</b>	13g	4%
Dietary Fiber	8g	32%
Sugars	3g	
<b>Protein</b>	21g	
Vitamin A		0%
Vitamin C		0%
Calcium		8%
Iron		8%

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

**INGREDIENTS:** New Zealand whey protein concentrate, inulin, cocoa powder processed with alkali, natural flavors, sunflower oil, medium-chain triglyceride oil, taurine, L-glutamine, cellulose gum, xanthan gum, guar gum, Aminogen® (proprietary plant enzyme blend), sea salt, monk fruit extract, glycine, and silica.

**CONTAINS:** Milk (whey protein concentrate).

**DIRECTIONS:** Mix two scoops (42 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.

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

**STORAGE:** Keep tightly closed in a cool, dry place out of reach of children.

**FIT Food™ Whey Vanilla Delight also available****Typical Amino Acid Profile Per Serving:**

Alanine	1,110 mg	Methionine	530 mg
Arginine	570 mg	Phenylalanine	710 mg
Aspartic Acid	2,330 mg	Proline	1,340 mg
Cysteine	590 mg	Serine	1,110 mg
Glutamic Acid	3,800 mg	Taurine	500 mg
Glycine	470 mg	Threonine	1,530 mg
Histidine	400 mg	Tryptophan	500 mg
Isoleucine	1,450 mg	Tyrosine	730 mg
Leucine	2,350 mg	Valine	1,320 mg
Lysine	1,910 mg		



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

**References**

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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.