FIT Food™ VEGAN

Vegan Protein Shake Mix

Available in Creamy Chocolate & Vanilla Delight

Clinical Applications

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

FIT Food™ VEGAN is an easy-to-mix functional food for vegans, individuals sensitive or allergic to soy and/or dairy, or anyone seeking an alternative source of quality protein. FIT Food Vegan features VegaPro™, an all-natural rice and pea protein blend.*

Discussion

VegaPro™ is XYMOGEN’s proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, and taurine. Also added is Aminogen™—a patented, natural, plant-derived enzyme system clinically proven to increase protein digestibility and amino acid absorption.[1] Its action boosts nitrogen retention, aids in the synthesis of muscle mass and strength, and promotes deep muscle recovery.*

The non-genetically modified (non-GMO), highly digestible pea protein isolate in VegaPro is naturally obtained by simple water extraction, keeping all the nutritional qualities intact. Its 90% protein content features a well-balanced amino acid profile, including a high content of lysine, arginine, and branched-chain amino acids to help maintain lean body mass and reduce body fat.[1] Pea protein has the highest lysine concentration (7.2%) of all vegetable-based proteins and the highest arginine concentration (8.7%) among all commercially available proteins. The combination of pea protein and rice protein achieves an amino acid score of 100%.*

Fructose Free FIT Food Vegan contains evaporated cane juice and stevia in place of fructose. Animal and human research suggests that consuming fructose-containing beverages increases visceral adiposity.[3,4]

Glutamine, crucial in nitrogen metabolism, is important for replenishing amino acid stores, especially after exercise or stress.[5] This amino acid aids in intestinal cell proliferation, thereby preserving gut barrier function and intestinal health.*

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, 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.[6]

Fiber Blend (inulin from non-GMO chicory, beta glucans, oat fiber, and corn bran) FIT Food VEGAN provides 6 g of fiber per serving. These fibers favorably affect serum lipids, healthy intestinal flora, the formation of short-chain fatty acids, and glucose tolerance.[7] Beta glucans and lignins impact the binding of bile acids and support the maintenance of healthy cholesterol levels already within the normal range.[8] Beta glucans may also offset stress to the immune system caused by intense exercise.[9]

Satisfaction: An Added Benefit of Increasing Protein Intake

Signals that originate from the gut—in response to mechanical (gastric distention) and chemical changes that occur after the ingestion of food—let us know when we’ve had enough to eat. Among the macronutrients in food, proteins have been identified as having the greatest impact in this regard. Thus, the effect of consuming high-protein foods has been observed not only to yield a strong feeling of satisfaction immediately after intake but also to support a lower food intake during a subsequent meal.[10]

It is possible that not all proteins afford the same degree of satiety. A study on human and rat duodenal biopsies demonstrated that exposure to pea protein resulted in the release of the greatest amount of cholecystokinin (CCK) and glucagon-like peptide 1.[11] These gastrointestinal hormones modulate appetite sensations.

*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.
Methionine
Mix two scoops (39 g) in 8-12 oz cold water and consume. Adjust
20%
Threonine
10%
Proline
Tyrosine
Taurine 5%
5%
34%
Serine 14%
Vegan Vanilla Delight
Valine
Tryptophan 5%
2%
Wheat, gluten, yeast, soy, animal or dairy products, fish,
931 mg
Calories From Fat 25
Keep tightly closed in a cool, dry place out of reach of children.
Phenylalanine 25%
FIT Food™ Vegan Vanilla Delight
Serving Size 2 scoops (about 39g)
Servings Per Container About 14

Amount Per Serving Calories 140
Calories From Fat 25
% Daily Value* 
Total Fat 3g
Saturated Fat 1g
Sodium 330mg
Potassium 355mg
Total Carbohydrate 14g
Dietary Fiber 5g
Protein 17g
Sugars 6g
Calcium 2%
Iron 25%

Typical Amino Acid Profile Per Serving:
Alanine 798 mg
Arginine 1,600 mg
Aspartic Acid 2,156 mg
Cysteine 176 mg
Glutamic Acid 3,244 mg
Glycine 2,762 mg
Histidine 462 mg
Isoleucine 857 mg
Leucine 1,562 mg
Lysine 1,351 mg
Methionine 197 mg
Phenylalanine 1,014 mg
Serine 992 mg
Taurine 500 mg
Proline 810 mg
Threonine 697 mg
Tyrosine 710 mg
Valine 931 mg

Additional references available upon request

References