



# FIT Essentials™



## Clinical Applications

- Support Healthy Body Composition
- Immune Support
- Cardiovascular Health
- Healthy Glycemic Management
- Support Gastrointestinal Health
- Foundation Macro-Nutrition

*FIT Essentials™, a vital component of Functional Intergrative Therapeutics, is a delicious, high quality functional food featuring 21 grams/serving of bio-active, New Zealand-sourced, pure whey protein, a variety of fibers for gastrointestinal and cardiovascular support and additional amino acids to enhance the muscle-sparing and multiple healthful effects. Individual packets of taste-tempting flavors are available separately to enhance patient compliance.*

**All Chantilly Natural Health® Formulas Meet or Exceed cGMP quality Standards**

## Discussion

Bioactive Whey Protein Concentrate in FIT Essentials™ comes from New Zealand, known for its highly strict world standards for dairy processing. Guaranteed 100% pure, this high biological value whey concentrate contains a rich array of essential and non-essential amino acids (including more than 5 grams of branched-chain amino acids) and high levels of bioactive immunoglobulins to support the immune system and intestinal function.<sup>1,2</sup> The immunoglobulins resist peptic digestion. The immunostimulatory function of immunoglobulins increases the host defense against bacteria, viruses, parasites, and reduces inflammation and may reduce the likelihood of allergic reactions. Whey protein is the “gold standard” of protein for serious athletes. It supports healthy blood pressure, LDL cholesterol & C-reactive protein levels.<sup>3,4</sup>

Oat Fiber and Chicory Inulin supply six grams of fiber per serving of FIT Essentials. These fibers favorably affect serum lipids, microbiota, formation of short-chain fatty acids and blood sugar levels. They contain betaglucans and lignins that impact the binding of bile acids and reduction of cholesterol levels.<sup>5,6,7</sup>

Oat Beta-Glucan, a polysaccharide and fermentable soluble fiber, has been proven to have immune-enhancing, chemoprotective properties. It may offset the immunosuppression caused by intense exercise.<sup>8</sup> A randomized, controlled clinical trial demonstrated that oat beta glucan can significantly lower serum lipids in a high-risk population and may improve colon health.

Glutamine and glycine, in combination with the cysteine-rich whey protein promote glutathione synthesis, combating free radicals. Glutamine, crucial in nitrogen metabolism, is important for replenishing amino acid stores especially after exercise or stress. This amino acid aids in intestinal cell proliferation; thereby preserving gut barrier function and intestinal health. Glycine is an inhibitory (calming) neurotransmitter, an important constituent of collagen and building block for other substances such as CoA, nucleic acids, creatine phosphate, purines, and other bile and amino acids.

Taurine, a derivative of sulfur-containing, cysteine, has many healthful clinical applications including neurotransmission inhibition, cell membrane stabilization, cardiovascular benefits, glucose tolerance improvement, detoxification support and synthesis of bile salts.

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

Dosing: Mix two scoops of FIT Essentials™ with 10-12 oz cold water depending upon desired thickness. (Other liquids may be used; however, they will affect the glycemic load.) Blend in contents of flavor packet if desired. Stir briskly, blend or shake. Consume as a part of comprehensive, individualized food/supplement protocol. May be used as a very low-calorie meal replacement (with additional nutritional supplementation), a portion of a meal (e.g. with fruit and vegetables), a snack or a “pre-meal” consumed 20-30 minutes before a meal to reduce actual meal consumption, or 1/2 serving pre and post-exercise workout.

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## Nutrition Facts

Serving Size: 2 Scoops (60 g)		
Servings Per Container: 14		
<b>Amount Per Serving</b>		
Calories 210		Calories From Fat 30
<b>Amount Per Serving</b>		
		<b>%Daily Value*</b>
Total Fat	3 g	5%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	55 mg	18%
Sodium	60 mg	3%
Potassium	440 mg	13%
Total Carbohydrate	29 g	10%
Dietary Fiber	6 g	24%
Sugars	14 g	
Protein	21 g	42%
Vitamin A		0%
Vitamin C		0%
Calcium	100 mg	10%
Iron	2.6 mg	15%
Immunoglobulins	2.1 g	**

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

**Other Ingredients:** New Zealand Biosciences® Proprietary Whey Protein Concentrate, Fructose, Xylitol, Cocoa, Natural Flavors, Oat Fiber, Chicory Inulin, Oat Beta-Glucan, L-Glutamine, L-Glycine, L-Taurine, Corn Bran, Xanthan Gum, Medium Chain Triglycerides, Soy Lecithin.

### Typical Amino Acid Profile:

Amino Acid	Milligrams per serving	Amino Acid	Milligrams per serving
L-Alanine	466	L-Lysine*	2226
L-Arginine**	574	L-Methionine*	392
L-Aspartic Acid	2744	L-Phenylalanine*	728
L-Cysteine	532	L-Proline	1526
L-Glutamic Acid	4032	L-Serine	1344
L-Glutamine	2736	L-Taurine	650
L-Glycine	2526	L-Threonine*	1806
L-Histidine**	434	L-Tryptophan*	392
L-Isoleucine (BCAA)*	1358	L-Tyrosine**	770
L-Leucine (BCAA)*	2464	L-Valine (BCAA)*	1288

\* ESSENTIAL AMINO ACID  
 \*\* CONDITIONALLY ESSENTIAL AMINO ACID

## References

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4. Pins JJ, Keenan JM. Effects of whey peptides on cardiovascular disease risk factors. J Clin Hypertens (Greenwich). 2006 Nov; 8(11):775-82 [PMID: 17086017]
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## Contraindications:

Use under supervision of a health care practitioner.

\*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.