

Fit Essentials



PC

Be Well Stay Well Age Well

*Fit Essentials represents an extraordinary breakthrough in body composition/weight management functional food formulas. Our medical board of advisors' primary objective in researching and developing Fit Essentials 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.**

All Phillips Clinic Formulas Meet or Exceed cGMP Quality Standards

Clinical Applications

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

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]

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 Essentials 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 Essentials 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 Essentials contains evaporated can juice and stevia in place of fructose. Animal and human research suggests that consuming fructose-containing beverages increases visceral adiposity.^[17,18]

***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.**

(702) 363-4000 • PhillipsClinicLV.com

Phillips Clinic
5970 S. Rainbow Blvd., Ste. 100
Las Vegas, NV 89118-2540

Fit Essentials



Vanilla

Nutrition Facts

Serving Size: 2 scoops (50 g)
Servings Per Container: 14

Amount Per Serving

Calories 190	Calories From Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 200mg	8%
Potassium 280mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 21g	
Immunoglobulins 2.1g	
Vitamin A 0%	Calcium 0%
Vitamin C 10%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: New Zealand Biosciences® Proprietary Whey Protein Blend (NZ Whey Protein Concentrate, L-Glutamine, Glycine, Taurine), Evaporated Cane Juice Solids, Fiber Blend (Inulin from Chicory, Beta Glucans, Oat Fiber, Corn Bran), Sunflower Oil, Natural Flavors, Medium Chain Triglycerides, Aminogen®, Sodium Chloride, Potassium Citrate, Xanthan Gum, Guar Gum, Sodium Citrate, Stevia Leaf Extract.

Contains: Milk (whey protein concentrate).



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

Directions

Mix two scoops (50 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.

Typical Amino Acid Profile Per Serving:

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

References

- Hayes A, Cribb PJ. Effect of whey protein isolate on strength, body composition and muscle hypertrophy during resistance training. *Curr Opin Clin Nutr Metab Care*. 2008 Jan;11(1):40-44. [PMID: 18090657]
- Luhovyy BL, Akhavan T, Anderson GH. Whey proteins in the regulation of food intake and satiety. *J Am Coll Nutr*. 2007 Dec;26(6):704S-12S. [PMID: 18187437]
- Marshall K. Therapeutic applications of whey protein. *Altern Med Rev*. 2004 Jun;9(2):136-56. [PMID: 15253675]
- Souza GT, Lira FS, Rosa Neto JC, et al. Dietary whey protein lessens several risk factors for metabolic diseases: a review. *Lipids Health Dis*. 2012 Jun 7;11(1):67. [PMID: 22676328]
- Pal S, Ellis V. The chronic effects of whey proteins on blood pressure, vascular function, and inflammatory markers in overweight individuals. *Obesity (Silver Spring)*. 2010 Jul;18(7):1354-59. [PMID: 19893505]
- Lara-Villoslada F, Olivares M, Xaus J. The balance between caseins and whey proteins in cow's milk determines its allergenicity. *J Dairy Sci*. 2005 May;88(5):1654-60. [PMID: 15829656]
- Castell L. Glutamine supplementation in vitro and in vivo, in exercise and in immunodepression. *Sports Med*. 2003;33(5):323-45. [PMID: 12696982]
- Walsh NP, Blannin AK, Robson PJ, et al. Glutamine, exercise and immune function. Links and possible mechanisms. *Sports Med*. 1998 Sep;26(3):177-91. [PMID: 9802174]
- Yatabe Y, Miyakawa S, Ohmori H, et al. Effects of taurine administration on exercise. *Adv Exp Med Biol*. 2009;643:245-52. [PMID: 19239155]
- Aminogen. Triarco Industries. <http://www.triarco.com/consumercenter/aminogen/>. Accessed July 3, 2012.
- El Khoury D, Cuda C, Luhovyy BL, et al. Beta glucan: health benefits in obesity and metabolic syndrome. *J Nutr Metab*. 2012;2012:851362. [PMID: 22187640]
- de Luis DA, de la Fuente B, Izaola O, et al. Randomized clinical trial with a inulin enriched cookie on risk cardiovascular factor in obese patients [in Spanish]. *Nutr Hosp*. 2010 Jan-Feb;25(1):53-59. [PMID: 20204256]
- Queenan KM, Stewart ML, Smith KN, et al. Concentrated oat beta-glucan, a fermentable fiber, lowers serum cholesterol in hypercholesterolemic adults in a randomized controlled trial. *Nutr J*. 2007 Mar 26;6:6. [PMID: 17386092]
- Vetvicka V, Vancikova Z. Anti-stress action of several orally-given β-glucans. *Biomed Pap Med Fac Univ Palacky Olomouc Czech Repub*. 2010 Sep;154(3):235-38. [PMID: 21048809]
- Nilsson AC, Ostman EM, Holst JJ, et al. Including indigestible carbohydrates in the evening meal of healthy subjects improves glucose tolerance, lowers inflammatory markers, and increases satiety after a subsequent standardized breakfast. *J Nutr*. 2008 Apr;138(4):732-39. [PMID: 18356328]
- Paddon-Jones D, Westman E, Mattes RD, et al. Protein, weight management, and satiety. *Am J Clin Nutr*. 2008 May;87(5):1558S-1561S. Review. [PMID: 18469287]
- Jürgens H, Haass W, Castañeda TR, et al. Consuming fructose-sweetened beverages increases body adiposity in mice. *Obes Res*. 2005 Jul;13(7):1146-56. [PMID: 16076983]
- Stanhope KL, Schwarz JM, Keim NL, et al. Consuming fructose-sweetened, not glucose-sweetened, beverages increases visceral adiposity and lipids and decreases insulin sensitivity in overweight/obese humans. *J Clin Invest*. 2009 May;119(5):1322-34. doi:10.1172/JCI37385. [PMID: 19381015]

Cautions

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

***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.**

