

Life Lite Vegan Complete



Clinical Applications

- Supports Protein Metabolism and Healthy Body Composition*
- Supports Cardiovascular Health*
- Supports Gastrointestinal Health*
- Supports Antioxidant Systems*
- Provides Essential Micronutrients*

Life Lite Vegan Complete is a nutrient-rich shake mix ideal for vegans, individuals sensitive or allergic to soy and/or dairy, or those seeking an alternative source of quality protein. Life Lite Vegan Complete features Vegan Protein Blend, an all-natural pea and rice protein blend; Aminogen®, a plant enzyme that enhances protein digestibility and absorption; and Artinia® chitin-glucan, a novel fiber that supports antioxidant systems in the body. This fructose-free formula provides an array of micronutrients as well, including high-potency vitamins C and B12, activated B vitamins, and Albion® TRAACS® chelated minerals (the real amino acid chelate system).*

All 3rd Opinion Inc Formulas Meet or Exceed cGMP Quality Standards

Discussion

Vegan Protein Blend, 3rd Opinion Inc's proprietary blend of highly digestible pea protein concentrate, pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine, is the cornerstone of Life Lite Vegan Complete. Aminogen is added to enhance protein digestion and absorption.^[1] The combination of pea protein and rice protein achieves an amino acid score of 100% and supports protein metabolism and healthy body composition.*^[2]

Protein is required for cell and tissue repair, hormone and enzyme synthesis, and a variety of metabolic functions. It is especially important for maintaining lean body mass during increased physical activity. Protein supplementation has been found to be a determining factor in increasing fat-free mass and exercise-stimulated fat oxidation. Subjects who consumed a significantly higher protein intake (~80 g/d versus ~59 g/d) experienced a significant increase in fat oxidation and fat-free mass with a significant decrease in fat mass and body fat percentage.^[3] Studies have indicated that increased protein intake enhances satiety^[2,4-6] and supports diminished food intake during subsequent meals.^[7] One randomized crossover study suggested that pea protein was superior to milk protein with respect to satiety and intermeal interval.^[8] Research has also demonstrated that pea protein stimulates release of cholecystokinin and glucagon-like peptide 1, gastrointestinal hormones that modulate appetite sensations.*^[9]

While pea-based protein provides a satisfying and versatile source of protein, it also supports cardiovascular health. Animal studies have suggested that it positively affects lipid homeostasis by modulating gene expression; that is, upregulating genes that affect hepatic cholesterol uptake and downregulating genes that affect fatty acid synthesis.*^[10,11]

Artinia® Chitin-Glucan is incorporated into Life Lite Vegan Complete to support antioxidant activity and cardiovascular health. Artinia is a purified, insoluble, gluten-free fiber ingredient composed of chitin (N-acetyl-D-glucosamine) and beta(1,3)-glucan chains.^[12] Artinia has been researched for its effects on maintaining oxidative balance and artery health, key components of cardiovascular health. A 12-week animal study indicated that chitin-glucan supports cardiovascular health by maintaining healthy arteries, reducing cardiac superoxide anion and liver malondialdehyde (markers of oxidation), and enhancing superoxide dismutase and glutathione peroxidase activity.*^[13]

Human trials have revealed significantly positive results as well. A six-week, multicenter, randomized, double-blind, placebo-controlled study (n = 130) of Artinia revealed that 1.5 g/d significantly supported subjects' LDL cholesterol at levels already within normal range, and 4.5 g/d significantly supported subjects' natural antioxidant systems and oxidative balance of LDL cholesterol.^[14,15] A 28-day pilot study found Artinia to be safe and well-tolerated at a dose of 4.5 g/d.^[16] Life Lite Vegan Complete provides 2.25 g of Artinia per serving. Artinia is a healthy alternative to phytosterol supplementation and has not been observed to interfere with absorption of fat-soluble vitamins or antioxidants.*

Micronutrient Support Life Lite Vegan Complete delivers a balanced profile of vitamins, minerals, and antioxidants, nutrients vital to supporting the vast array of metabolic processes in the body.^[17] B vitamins are present in their bioactive forms, including riboflavin 5'-phosphate, pyridoxal 5'-phosphate, methylcobalamin, and 5-methyltetrahydrofolate as Quatrefolic®.*^[18]

Fructose-Free Life Lite Vegan Complete contains dried cane syrup and stevia in place of fructose. Animal and human research suggests that superfluous consumption of fructose increases visceral adiposity, disrupts lipid regulation, and elevates cardiometabolic risk.*^[19-23]

Glutamine The conditionally essential amino acid glutamine is important for replenishing amino acid stores, especially after exercise or stress.^[24] Glutamine also supports intestinal cell proliferation and thereby preserves gut barrier function and intestinal health.*^[25-27]

Inulin This soluble fiber is fermented by colonic bacteria into short-chain fatty acids that exert a positive effect on lipid metabolism and support healthy colon transit time.*^[28,29]



Supplement Facts

Serving Size: 2 Scoops (about 40 g)
Servings Per Container: About 14

	Amount Per Serving	%DV†
Calories	150	
Calories from Fat	40	
Total Fat	5 g	8%
Saturated Fat	2 g	10%
Total Carbohydrate	14 g	5%
Dietary Fiber	7 g	28%
Sugars	5 g	**
Protein	15 g	30%
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	1875 IU	38%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	125 mg	208%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	50 IU	167%
Thiamin (as thiamine mononitrate)	5 mg	333%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	294%
Niacin (as niacinamide and niacin)	16 mg	80%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	250%
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	100 mcg	25%
Vitamin B12 (as methylcobalamin)	125 mcg	2083%
Biotin	250 mcg	83%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (as DimaCal® di-calcium malate, d-calcium pantothenate, and calcium ascorbate)	30 mg	3%
Iron (naturally occurring)	3.6 mg	20%
Iodine (as potassium iodide)	25 mcg	17%
Magnesium (as Albion® di-magnesium malate)	25 mg	6%
Zinc (as TRAACS® zinc bisglycinate chelate)	3.25 mg	22%
Selenium (as Albion® selenium glycinate complex)	25 mcg	36%
Manganese (as TRAACS® manganese bisglycinate chelate)	0.125 mg	6%
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	125 mcg	104%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	12.5 mcg	17%
Sodium (naturally occurring)	280 mg	12%
Potassium (from ingredients with naturally occurring potassium and Albion® potassium glycinate complex)	500 mg	14%
Artinia® (chitin-glucan from <i>Aspergillus niger</i>)	2.25 g	**
Aminogen® (proprietary enzyme blend from <i>Aspergillus niger</i> and <i>Aspergillus oryzae</i>)	300 mg	**
Choline (as choline dihydrogen citrate)	9 mg	**
Inositol	9 mg	**
PABA (para-aminobenzoic acid)	3.25 mg	**
Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	187.5 mcg	**

† Percent Daily Values (DV) are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

Other Ingredients: Vegan Protein Blend (Starr Walker's proprietary blend of pea protein concentrate, pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine), dried cane syrup, inulin (from chicory), sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, tripotassium citrate, cellulose gum, xanthan gum, guar gum, silica, and stevia leaf extract.

Directions

Mix two scoops (40 g) in 6-8 oz cold water and consume. Adjust amount of water according to thickness desired. May be used as a snack or meal supplement, or taken 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. **WARNING:** This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

Does Not Contain

Wheat, gluten, yeast, soy protein, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.



Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.



Albion, DimaCal, TRAACS, and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904 and patents pending.



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

ARTINIA® is a registered trademark of Novus Nutrition Brands, LLC. Protected by US patent 7,556,946.

Typical Amino Acid Profile Per Serving:

Alanine	675 mg	Methionine	166 mg
Arginine	1,352 mg	Phenylalanine	856 mg
Aspartic Acid	1,824 mg	Proline	682 mg
Cysteine	148 mg	Serine	840 mg
Glutamic Acid	2,661 mg	Taurine	500 mg
Glycine	644 mg	Threonine	586 mg
Histidine	390 mg	Tryptophan	154 mg
Isoleucine	726 mg	Tyrosine	601 mg
Leucine	1,312 mg	Valine	787 mg
Lysine	1,143 mg		

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***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.**

