

# *FIT* **FAST**

- JUST **SHAKE IT** -



# INNOVATION IN HARMONY WITH NATURE

## *FIT* **FAST**

- ✓ The highest quality, fast assimilability
- ✓ No excessive fat
- ✓ Optimal content of carbohydrates
- ✓ Gluten free
- ✓ No casein
- ✓ Contains prebiotics
- ✓ Good for heart
- ✓ Low glycemic index
- ✓ MACA Superfood
- ✓ Good for enamel
- ✓ Full range of amino acids, including BCAA

**FIT FAST** by Earth Power was created by specialists whose aim was to select ingredients of the finest quality, that will support our everyday diet, and to prepare aromatic and tasty food supplement which will not only facilitate slimming but also cleansing organism from toxins and boosts work of all organs and tissues in human body.

**no preservatives | no edulcorant | no aspartame | no dextrins**

**Earth Power** products are made in harmony with nature using the power of a single herb, plant or extract to benefit from the mutual synergy of all ingredients, which works as catalyst. This special combination of healthy ingredients positively influences our health much stronger than if there would be only one.

## Do you know that...

Obesity poses a threat for human health and life as it increases the risk of chronic civilization diseases, such as cardiovascular diseases, some cancers (especially those connected with intake of polluted food), type 2 diabetes, gallstone. Mass reduction is - what needs to be underlined - the main method of prevention and treatment of those diseases.







## Why **whey** protein?

**The whey protein** isolates is a kind of whey protein. Its core feature is wide range of amino acids (contains full scope of amino acids). **FITFAST** isolate is also quickly assimilated, it assimilates straight from alimentary apparatus in just few minutes.

### **LACTOFERRIN**

As far as biological activity is concerned the most important whey protein is lactoferrin. It can be characterised by a number of properties, the most important however, is the creation of bacteriostatic environment by bonding ions of iron. Antioxidant properties are connected with its immunomodulation functions i.a. It prevents from creation of deposits of  $\beta$ -Amyloid during Alzheimer's disease. It has also anticarcinogenic function as it activates anticoagen p-53, antiviral (influences DNA and RNA viruses) and has also opioids function, antimycotic and probiotic.

## Do you know that ...

Thanks to appropriate content of **whey protein isolate**, FIT-FAST products are rich in EAA, BCAA, (indispensable amino acids) and L-glutamine, widely known as the most important ingredients of lean muscle mass.

### **BV 159?!**

Scientific research has proved that the best assimilated amino acids are those deriving from whey protein. They are characterised by the highest biological value of BV 158. The ratio determining amount of protein that can be absorbed by an organism at one time).





## Peruvian **miracle**

- ✓ Improves intellect, memory and facilitates acquisition of information.
- ✓ Has also antidepressant properties
- ✓ Improves the work of neurotransmitters
- ✓ Prevents such diseases as and arthritis
- ✓ Regulates hormone balance
- ✓ Improves muscles endurance
- ✓ Results in increase of lean muscle mass



## Do you know that ...

**MACA** is rich in nutrients such as: amino acids, vitamins - A, B1, B2, B6, C, E, fatty acids - linoleic acid, palmitic acid, oleic acid and minerals - iron, potassium, copper, calcium, sodium, manganese.

# MACA

## Do you know that ...

A legend says that Inca warriors ate **MACA** before a fight. It aimed to give them more strength to fight with the enemy.

**Maca** is a wonderful plant that comes from the Peruvian Andes. The altitude the plant grows (3500-4500 above sea level) and the harsh, cold climate has given the plant great properties. It can strengthen the organism, give ample amount of energy and power. It is also an aphrodisiac that improves libido.

Maca is still precious and even indispensable food of native inhabitants of the Andes. Due to its property and high value the root was also used as a medium of exchange in ancient times. Maca is also an adaptogen, which means it can adapt to the whole organism and immunise against different difficult situations and stress.





# Why inulin?



Inuline is a natural probiotics. It means that it stimulates the increase of beneficial intestinal bacteria such as Lactobaccillus or Bifidobacterium. These bacteria are essential for proper functioning of the whole organism, that is why they are called „probiotics“ (Greek - „supporting life“)

Apart from probiotics effect, inuline is classified as a soluble cellulose, therefore it can decrease the level of glucose and cholesterol in blood, as well as increase bio-accessibility of mineral ingredients.

Inuline can be found in such fruit and vegetable as endive, onion, garlic, asparagus, artichoke, bananas and some grains.

# Why dietary fiber?

Dietary fiber is an insoluble and indigestible plant fiber. Its ability to expand makes the fiber a perfect remedy for many complaints.

Fiber plays an important part in proper work of digestive tract. The presence of fibre in intestines influences the work of the whole body. Diet full in dietary fiber is particularly recommended to prevent from civilization diseases: obesity, diabetes, sclerosis.

## DIETARY FIBER

- ✓ Helps losing extra kilogrammes
- ✓ Cleans intestines
- ✓ Removes toxins from the body
- ✓ Regulates the level of sugar in blood.





# SUGAR?! YES !!



## Xylitol

Xylitol also called brown sugar is a natural sweetening. It is slowly processed in an organism with minimal involvement of insulin therefore it has over 14 times lower glycemic index than sugar. It is recommended in the diet of diabetics, in people with disturbed glucose tolerance and immunity to insulin.

## Xylitol:

- ✓ Reduces dental plaque
- ✓ Helps to maintain teeth mineralization
- ✓ Decreases glycemic response after meals
- ✓ Increases production of collagen
- ✓ Reduces the risk of osteoporosis

## Why sugar?

**Why is the purest, easily assimilated slight amount of glucose included in each portion of Fit Fast?**

Glucose stimulates production of hormones called insulin by direct influence on pancreas beta cells and glucose receptors present outside the pancreas, but within the gastrointestinal tract.

**The food supplement Fit Fast was intentionally enriched with small dose of the purest glucose - 15g per full portion** to induce small physiological ejection of insulin and to block hypoglycaemic, that often occurs in slimming diets or physical activity. It is especially important to supplement small amounts of carbohydrates after physical exertion, in period of so called „anabolic window“ that occurs during 1-2 hours after the exertion.

Contrary to popular opinions of laymen, that are „afraid“ of sugars in food supplement, an addition of small amount of glucose is not harming but beneficial, as the insulin inhibits gluconeogenesis and simultaneously blocks the production of urea. It means that **the negative natural physiologic transformation of amino acids into glucose, that occurs while restoration of organism, By blocking gluconeogenesis the insulin protects amino acids in our body against their destruction and transfer into glucose.**

It is worth mentioning that adequately induced insulin is believed to be one of the most powerful hormones supporting regeneration and restoration of body used in professional sport.

**Glucose in Fit Fast protects us also against too high dose of stress hormone called cortisol**, which, if present in low quantities at night, has anabolic effect. In morning hours and under intensive stress (including cellular stress in disease) it has catabolic effect, if produced in excess, so in other words has negative influence on our body. It causes also retention and accumulation of fat in our body, and influences our brain by increasing appetite.

**To sum up: Fit Fast glucose helps in muscles restoration, protects against hyperglycaemic, uplifts our mood, increases our vitality and immunity to stress.**

MD, PhD Janusz Wietecha





# FIT FAST

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## Chocolate and Maca

## ♀ WOMEN

Loss of extensive body weight (mainly fat) and reduction of cellulite by improving quality of sub tissues and their metabolism. Skin nutrition and improvement of its firmness Fight against osteoporosis.

### Nutritional value:

	1 portion**	100 g
Calorie kcal/kJ	152.25/640,50	319,17/1342,76
protein	18,50 g	38,77 g
unsaturated fatty acids	0,18 g	0,39 g
poly saturated fatty acids	0,32 g	0,68 g
lactose	0,09 g	0,19 g
dietary fiber	4,74 g	10,03 g
cholesterol	1,32 g	2,79 g
Carbohydrates in total	19,66 g	41,66 g
Sugars	13,97 g	29,61 g
potasium	233,40 mg	489,31 mg
calcium	104,50 mg	13,06* 219,08 mg
sodium	92,75 mg	194,44 mg
phosphor	85,75 mg	10,72* 179,77 mg
magnesium	40,08 mg	13,36* 84,03 mg
iron	2,00 mg	5,00* 4,19 mg
Niacin	1,27 mg	7,06* 2,66 mg
zinc	0,40 mg	2,67* 0,84 mg

\*%RDA - % recommended daily allowance

\*\* 1 portion = 4 measuring cups = 47,7 g

## ♂ MEN



Loss of excessive fat with simultaneous restoration of muscle mass, restoration of male figure and enhancement of vitality.

## Vanilla and Maca



### Nutritional value:

	1 portion**	100 g
Calorie kcal/kJ	146.72/617,73	327,12/1377,32
protein	18,50 g	41,33 g
unsaturated fatty acids	0 g	0 g
poly saturated fatty acids	0 g	0 g
lactose	0,09 g	0,19 g
dietary fiber	4,13 g	9,22 g
cholesterol	1,44 g	3,21 g
Carbohydrates in total	19,29 g	43,02 g
Sugars	14,23 g	31,73 g
calcium	102,75 mg	12,84* 229,10 mg
potasium	61,65 mg	137,46 mg
phosphor	51,38 mg	6,42* 114,55 mg
sodium	31,58 mg	70,40 mg
magnesium	12,33 mg	4,11* 27,49 mg

\*%RDA - % recommended daily allowance

\*\* 1 portion = 4 measuring cups = 47,7 g

**FIT FAST**  
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**SUCCESS!**



**Passion  
of team**



**Mission  
and involvement**



**Great taste  
and easy to prepare**



**The highest European  
standards of production**



**Best natural ingredients**



**Scientific approach**