FastFuel – Lean Complex is designed as a twice-daily, high-protein shake packed with important nutrients — vitamins, minerals, fiber, digestive enzymes and probiotics. It’s great for busy people looking for a quick, nourishing snack or for those wanting to maintain lean tissue on a weight management program.
Use of FastFuel – Lean Complex

We recommend using two servings of FastFuel – Lean per day to complement an otherwise whole-food diet. If using in a weight management program, it may be appropriate to modify other foods in the diet to work FastFuel – Lean Complex into the plan.

As mentioned above, if using two servings of FastFuel – Lean Complex per day, you’ll get a reasonable dose of vitamins and minerals with your shakes. However, if you use just one serving per day or use it as an occasional protein shake, we recommend the use of a high-quality multivitamin.

Grass-Fed Whey Protein

Our grass-fed whey protein comes from pasture-raised, grass-fed cows in Southern Australia. It contains the highest concentrations of immunoglobulin, lactoferrin and serum albumin of whey proteins available. These whey factors help to support immune function.

Of course, being from Southern Australia, the cows are not treated with growth hormone nor are they fed chemically-treated grass. We searched long and hard to find the perfect source of whey protein, and we’re excited to include it in this new product as we have in FastFuel Complete. High-protein diets have consistently outperformed normal or lower protein diets for fat loss and for maintaining lower body weights after weight is lost.

Whey protein has been shown to provide some unique benefits compared to other protein sources.

Whey protein contains a very high concentration of essential amino acids, making it the highest quality protein source available. These amino acids increase protein synthesis, decrease protein breakdown, and even support the development of neurotransmitters important for maintaining a normal mood.

Whey consumption seems to cause a number of hormonal changes related to appetite. Following whey consumption, cholecystokinin, leptin and GLP-1 increase, and ghrelin production decreases.1

Whey protein has been shown to suppress appetite and increase satiety better than casein, soy and egg albumin.2

Vitamin and Mineral Blend

We included a complete blend of the most bioactive vitamins and minerals.

We know that many people just beginning their weight loss journey are new to using nutritional supplements. We felt, for this product, it made sense to include a good dose of micronutrients with each serving of FastFuel – Lean Complex, so people wouldn’t need to remember to take their multivitamins in addition.

For someone who is just starting their weight management journey, we recommend taking two servings per day of FastFuel – Lean for the protein benefits, but also to consume adequate levels of the micronutrients included. Otherwise, if using FastFuel – Lean just once a day or occasionally, we recommend the addition of a high-quality multivitamin.

We’ve included 5-methyltetrahydrofolate, the natural form of folate, not the cheap folic acid form. We used metylcobalamin, not cyanocobalamin, for vitamin B12. Most of the minerals are bisglycinate chelates, not cheap mineral salts which are found in many supplements. The magnesium and calcium found in FastFuel – Lean are naturally occurring in the dairy.

Cynambar™

Cynambar is a proprietary blend of two standardized herbal extracts, kidney bean (Phaseolus vulgaris) and artichoke (Cynara scolymus). A 2011 study observed 20 overweight subjects supplementing with this combination over a period of 8 weeks; they experienced a reduction in hunger scores and greater weight loss compared to the placebo group.

Kidney bean extract contains alpha-amylase inhibitors and phytohaemagglutinin. Alpha-amylase inhibitors decrease carbohydrate metabolism and lower the rise in blood sugar from carbohydrate intake. They also tend to slow gastric emptying, making people feel full longer.

Phytohaemagglutinins stimulate cholecystokinin (CKK) and glucagon-like peptides which also control appetite. Artichoke extract has been shown to influence carbohydrate and fat metabolism. Artichoke leaf extract has also been shown to normalize cholesterol levels in those with elevated cholesterol.3

Enzymes and Probiotics

To further support good digestive health, we’ve included enzymes to support the digestion of the protein, fat and carbohydrate. We also added some probiotics to support healthy gut flora.

Monk Fruit, Inulin and Stevia

As with all Life Time nutritional products, there are no artificial flavors, colors or sweeteners found in FastFuel – Lean Complex. It is sweetened with three sources of natural sweetness: Monk fruit, inulin and stevia.

Sunfiber™

Sunfiber is a prebiotic fiber made from hydrolyzed guar gum, a water-soluble, carbohydrate-derived fiber from the seeds of the guar plant (Cyamopsis tetragonoloba). Research on Sunfiber shows it can help maintain normal blood sugar levels, enhance nutrient absorption, and help maintain optimal digestive function.4

Fiber also plays an important role in helping to feed good bacteria in the digestive tract.


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