

# MFIT Victus: A Hunger-Defeating, Comprehensive MRP!

written by Mike Roberto | September 24, 2019

How often have you found yourself extremely busy and then, all of a sudden, realizing that you've forgotten to eat?!



MFIT is back with something *big*! Victus is a *loaded* meal replacement powder designed to help you get quality nutrition in an effective way!

Life is crazy these days – we're constantly running around with no end in sight. When days spiral out of control, it becomes easy to forget about our *long* term goals... like *growing*! Believe it or not, one of those forgotten affairs is often something that's *imperative* for living – *eating*! We're all for fasting once in a while, but sometimes, you want to make *gains*!

We've all been there. Luckily, we have *meal replacement powders* to save the day. However, not all MRPs are created equal, and we may have just found one that rises above the masses.

## MFIT SUPPS *Victus*: Keep the Gains and Forget the Fast

**MFIT SUPPS**, PricePlow's 2019 Rookie of the Year brand, is already expanding their product profile with **Victus**, an extremely *well-made, high-quality* meal replacement powder. It's loaded with the quality nutrition you seek in those situations where you're looking for a quick, *nutritious* meal on-the-go! In addition to the usual macronutrients, it packs an *incredible* amount of *vitamins and minerals*, as well as some helpful *digestive enzymes* to aid efficient digestion. Overall, it's a great addition to the arsenal of our favorite new brand!

In this post, we'll tell you all you need to know about this *comprehensive* MRP from MFIT – its ingredients, its macros, and the guys behind the product! Before we get into all of that, however, make sure you're subscribed to PricePLOW – we'll get you some *awesome* deals, as well as industry news, reviews, and interviews!

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## Victus – victorious in the battle against appetite!

Meal replacements are best suited in situations when you're running around, on-the-go, or just generally need to get in some additional *healthy* calories. The vast majority of such products, however, don't always use nutritious ingredients, thus leading to somewhat "*dirty*" or "*empty*" formulas and macros. This tendency motivated the guys at MFIT, and they decided to set out to fight against it!



Guy and Nick are proud of every MFIT product –

especially Victus!

Victus is the result of that mission – high-quality nutrition that does more than a typical MRP does! Using some of the best ingredients in the industry, it supplies macronutrients that fit into the daily diets of most individuals, sliding easily into a day's worth of calories, for most people. It'll leave you better off than most other powders, ensuring you're hitting your daily vitamin intake, in addition to promoting gut health!

Before getting into the ingredients, let's show the macros, since we know you MRP fans go for that straight away:

## Nutritional Facts

Supplement Facts			
Serving Size: 27.9 grams (Approximately 2 Scoops)			
Servings Per Container: 22			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	300		
Total Fat	8 g	16%	
Saturated Fat	4 g	79%*	
Cholesterol	80 mg	16%	
Total Carbohydrate	31 g	11%	
Dietary Fiber	9 g	32%*	
Total Sugars	2 g	1	
Protein	34 g	1	
Vitamin A (as Beta Carotene)	800 mcg	100%	
Vitamin C (Ascorbic Acid)	90 mg	100%	
Vitamin E (as Tocopherols)	20 mg	100%	
Vitamin K (as K <sub>1</sub> -Phylloquinone)	60 mcg	100%	
Vitamin B <sub>1</sub> (as Thiamine HCl)	1.2 mg	100%	
Biotin	1.2 mg	100%	
Black	50 mg	100%	
Vitamin B6 (as Pyridoxine HCl)	1.2 mg	100%	
Niacin	600 mg (as NIACINamide)	100%	
Vitamin B12 (as Cyanocobalamin)	1.4 mcg	100%	
Iron	30 mg	100%	
Resveratrol (as Trans-Resveratrol)	1 mg	100%	
Calcium	800 mg	100%	
Zinc	5.50 mg	100%	
Phosphorus (from Dicalcium Phosphate)	200 mg	100%	
Iodine (from Kelp)	50 mcg	100%	
Magnesium (as Magnesium Oxide)	80 mg	100%	
Selenium (as Zinc Selenate)	4 mcg	100%	
Copper (as Copper Oxide)	50 mcg	100%	
Manganese (as Manganese Ascorbate Chelate)	2 mg	100%	
Chromium (as Chromium Ascorbate Chelate)	60 mcg	100%	
Molybdenum (as Molybdenum Sulfate)	20 mcg	100%	
Sodium	100 mg	6%	
Potassium	200 mg	6%	
Green Leaf Extract	100 mg	1	
Expensive Blend	100 mg	1	
Multivitamins, Biotin, Pepsin, Protease, Amylase, Cellulase			
MacCarbs® Blend	20 g	1	
Organic Gel Bean Protein, Organic Barley Protein, Organic Wild Rice Protein, Organic Amaranth, Organic Quinoa Protein, Organic Chia Seed Protein			

For an MRP, this one packs some *quality* macros, great for a meal substitute!

The macronutrients differ a bit based on the flavor of Victus you're choosing, but they're still *very* similar! Per each 2-scoop serving, here's what you're getting:

- **Calories:** 300 to 310
- **Fat:** 6g to 7g
- **Carbohydrates:** 31g to 33g
  - **Fiber:** 9g to 11g
  - **Sugars:** 2g
- **Protein:** 34g to 35g

When looking to get in a quick, healthy meal on-the-go, it's pretty difficult to get low-fat macros any better than this! On top of that, you can trust that MFIT is supplying all this through the *high-quality* sources your body *needs* to function at its best (these are discussed below).

Coming in around a solid 300 calories per, it also gives you the flexibility to customize your *own* full serving – if you need more calories, use two (or even

three) scoops!

When you consider all of the *extra* vitamins and minerals covered below, Victus is truly a *healthy, well-rounded* meal replacement powder!

Now let's dive into what makes this new product from MFIT so special:

## **Victus Ingredients**

As we've come to see with MFIT products, their labels are rather extensive, filled with many top-notch ingredients that fit the overall mission of the given formula. In this meal replacement powder, that means MFIT is supplying everything you'd hope to get from a quality meal – optimal amounts of macronutrients alongside a considerable load of micronutrients. There's so much going on inside Victus, and we're excited to outline it for you!

- **Proteins sources – an *effective* mix!**

Understanding both the immediate and long-term needs of a quality meal, Victus accomplishes something truly significant with its protein sources. It delivers a blend of proteins with *varying digestive rates*, which allows it to both get protein into your system immediately and feed you over a prolonged period of time. We're not sure of the exact ratios used, but here are the main types of proteins you can find within Victus:

- **Whey protein concentrate (WPC)**



Victus uses WPC, just like MFiT's leading protein powder, Whey Protein Matrix! If you're searching for a solid whey protein powder (with some extra goodies), give this one a look!

**Whey protein concentrate (WPC)** is likely the centerpiece of this protein blend, and for good reason! It's a high-quality powder that comes from pasteurized whey, containing anywhere between 25% to 80% of actual protein.[1] The extra "stuff" in this particular variate are things like fats and carbohydrates, inherent in most dairy products. It digests at a moderate rate and delivers a full amino acid profile, so you can expect some grade-A muscle-building and satiation coming from WPC!

- **Whey protein isolate (WPI)**

**Whey protein isolate (WPI)**, like WPC, also comes from dairy. It actually is made *from* WPC in a sense – WPI is made by *further stripping WPC of constituents*, meaning it removes those extra fats and carbs to create a lighter, leaner protein source. One of the main aspects taken away is *lactose*, a dairy-based sugar that can sometimes cause issues for people. Being virtually strictly protein, it also digests a bit faster than WPC. Overall, WPI is as *equally effective* as WPC, just a touch thinner and a bit leaner in terms of macronutrients.

- **Casein protein**

**Casein protein** is also a dairy-based protein but operates somewhat differently than WPC and WPI. While those two protein sources digest relatively quickly, casein has been shown to *digest at a slower rate*, [2] feeding muscle-building amino acids to your muscles over a longer period of time. In addition to its protein content, it carries with it some fats, carbs, and constituents that are useful in boosting your overall health. [3] Casein brings a *thicker* texture to the powder, which no doubt gives it a creamier feel.

- **A bit of protein from the carb source**

It's also important to note that even the *carbohydrate* source (which we cover below) contributes to the overall protein content, as well, albeit to a relatively low degree!

Each type of protein here packs a full amino acid profile, and by mixing up the speed of digestion, Victus is thus able to provide a more stable feeding of it to your body. Helping curb immediate hunger while maintaining satiety in the long-run, each protein source used here works synergistically with the rest in order to deliver a solid dose of the *muscle-building* macronutrient!

- **ModCarb<sup>®</sup> Blend – 25g**



When it comes to exceptional nutrition, there's perhaps no larger discrepancy than the one that lies within carbohydrates. The differences between *complex* and *simple* carbohydrates are pretty distinct, but the most important contrast is how the body digests the two of them. Although they are both turned into *glucose* (a fuel source for the body), they do so at differing rates.

*Simple* carbohydrates, which are built with either one or two sugar molecules, are broken down extremely fast. They spike blood sugar, which in turn raises insulin, the hormone used to turn glucose into energy. Simple carbs are quick energy, but eating too many too frequently can lead to serious issues, such as diabetes or heart disease. That being said, eating simple carbs is advantageous at certain times, such as getting fuel to muscles during or after a workout. But, in regards to satiety and healthy nutrition, they pale in comparison to complex carbs!

*Complex* carbohydrates are made of three or more sugar molecules, which makes them more difficult to break down, which essentially means they provide a *more sustained, longer-lasting* energy source. In nature, they usually deliver solid doses of *vitamins* and *fiber* each of which has its own variety of health benefits. They generally don't spike insulin levels as much as fast-digesting carbs. Simply put, complex carbs are necessary for properly fueling the body, assuming you're relying on carbs for energy!



ModCarb<sup>®</sup> uses *oat bran*, just one of its many *high-quality* carbohydrate sources!

**ModCarb<sup>®</sup>** is an *incredibly clean* carbohydrate blend formulated by *FutureCeuticals*.<sup>[3]</sup> It contains *six high-quality, organic, and **gluten-free*** complex carbohydrate sources:

- Organic **oat bran** powder,
- Organic **buckwheat** grain powder,
- Organic **millet grain** powder,
- Organic ***Amaranthus retroflexus*** grain powder,
- Organic ***Chenopodium quinoa*** grain powder,
- Organic **chia seed** powder.

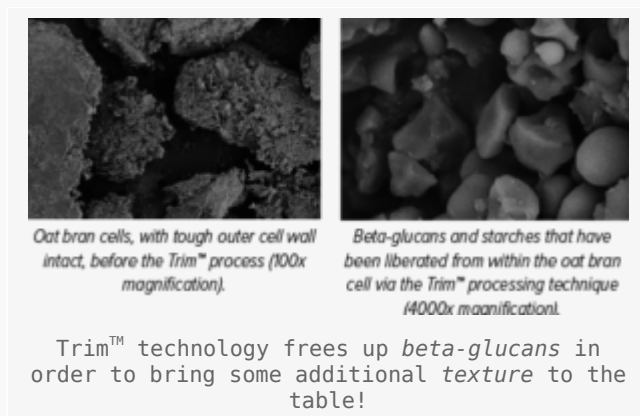
It's hard to find a more unique list of complex carbs than these – chances are you're *not* getting all of them in your diet! They're *exactly* the type of carbs that bring the body more than just calories, providing fuel *and* micronutrition that powers you throughout the day.

### **High-quality carbs mean ancillary nutrition!**

We alluded to it earlier, but consuming high-grade carbohydrates brings other nutrients to the table. For example, a portion of the *protein* in *Victus* comes from this powder, as does the majority of its *fiber* content. It also helps supply some of the essential micronutrients that are crucial for overall health. ModCarb<sup>®</sup> utilizes the auxiliary benefits of exceptional carbohydrate

sources, which allows it to be more of a well-rounded source of nutrition!

## Uses *Trim™* processing!



*FutureCeuticals* also uses an advanced manufacturing process to create this blend, which adds a benefit that surely does not go unnoticed. **Trim™** technology “*liberates the digestible, highly soluble matrix of nutrients locked behind the tough cell wall of grains and seeds*”, releasing *beta-glucans* and *starches* that are typically imprisoned within grains.[4] This USDA-developed process releases these compounds into the powder, which when mixed, help deliver a *creamier* texture to the powder! It also means that this blend, and this *Victus* itself, doesn’t rely on thickeners to the degree that other products do!

By releasing the excess inclusions within the carb sources in *ModCarb*<sup>□</sup>, **Trim™** gives the powder a *better texture*, making it even *more enjoyable* to drink!

### • **Fat sources – MCT oils are the star of the show!**

Rounding out the sources of our macronutrients in *Victus*, the main fat source here is **MCT oil**. Growing more popular as of late, MCT oil has some pretty interesting research behind it – MCTs have shown the ability to *suppress appetite via increased leptin levels*,[35] in addition to being suggested as a viable option for *promoting weight loss*. [36]

MCT oil is also touted as an *excellent source of energy*, [37] mainly because of its rapid digestion rate. Not only that, but it may even help *promote additional fat-burning*, [38] which can be extremely beneficial when looking to maintain a balanced physique while trying to gain mass.

It’s important to note that while MCT oil is the main fat source used in this formula, it’s by no means the *only* source of healthy fats! You’ll also be getting smaller amounts of fats from both the *WPC* and *casein*, as well as *ModCarb*<sup>□</sup>. Overall, however, the fat content here is of the *healthy* variety,



and we're happy to have them!

- **Full-spectrum vitamins and minerals blend!**

What truly separates this meal replacement powder from the pack is its hefty *vitamins and minerals* content. In fact, Victus delivers a *full-spectrum* blend, meaning that it brings virtually every essential nutrient to the table.



MFIT wants to keep your body happy, and with all of the vitamins and minerals within Victus, they're definitely putting a smile on our face!

There are quite a few inclusions that are dosed at their *full daily value*, such as *vitamin A*, *vitamin C*, and *vitamin B12*. Even the components that aren't at 100% of their daily value are dosed optimally – they're at amounts that allow you to *easily* reach your full daily value through the rest of your diet! Here's just a *taste* of why these vitamins and minerals are so important!

- **B vitamins** – Victus delivers *all eight of the B vitamins*, which are key for *turning carbohydrates into usable energy* and may also bring some *mood-boosting* benefits to the table! [6,7]
- **Vitamin A** – a powerhouse nutrient that's crucial for your *eyesight* and *immune health*! [8,9]
- **Vitamin C** – this *immune-boosting* vitamin also helps facilitate proper digestion and nutrient absorption! [10]
- **Vitamin D** – although you can get vitamin D via sunlight, getting some more

through food is recommended. This nutrient helps *maintain bone strength*, fight off illnesses, and may even *aid fat loss*![11,12,13]

- **Vitamin E** – works to keep your *skin and muscles healthy*![14]
- **Vitamin K** – although its typically touted for its ability to facilitate *prothrombin* production, which helps with proper blood-clotting,[15] Research has also suggested that vitamin K may have some *cognitive* benefit![16]
- **Calcium** – you’ve likely been hearing about calcium since your childhood, but that’s only because of how important it truly is! It’s crucial for *proper bone health* and *hormonal function*,[17,18] and may even work with vitamin D to help out with *weight management*![19]
- **Iron** – keeps your blood flow in check by creating *hemoglobin*, which helps oxygenated blood move throughout the body![20]
- **Phosphorus** – the second most abundant mineral within the body (behind calcium), phosphorus is used for a variety of things, such as *cellular function*, *muscular contractions*, and *blood pressure regulation*. [21]
- **Iodine** – *incredibly important for proper thyroid functioning*, [22] iodine is a mineral in our diets that we likely aren’t getting enough of! Beings it helps assist things like *hormone production* and *metabolism functioning*, [23,24] getting a decent dose of it here is more than welcome!
- **Magnesium** – used for *over 600* bodily functions, [25] magnesium truly shines with its abilities to *improve cognition* and *enhance insulin sensitivity*. [26,27]
- **Zinc** – operating mainly as a catalyst for hundreds of enzymes, zinc plays a role in virtually every bodily process, including those that take place within the digestive tract and the brain! [28,29]
- **Copper** – mainly used in conjunction with *iron*, as the two tag-team hemoglobin production and blood flow regulation.
- **Manganese** – this one helps *regulate blood sugar levels*, [30] which when consuming calories, such as those in an MRP like Victus, is incredibly useful!
- **Chromium** – plays a huge role in *regulating insulin levels* and *appetite*. [31,32] This trace mineral helps Victus fully satisfy your hunger!
- **Molybdenum** – yet another mineral that most of us may be deficient in, molybdenum works as an *antioxidant*, ridding the body of various toxins. [33]
- **Sodium** – regulating hydration, nerve impulses, and muscle contractions, sodium gets a bad rap these days, but it’s an incredibly important part of our diets!
- **Potassium** – *regulating muscular functioning*, [34] potassium is important for keeping your body happy, as well as keeping it from *cramping*!

Part meal replacement, part *multivitamin*, this full spectrum of vitamins and minerals allows Victus to be so much more than just a concoction of macronutrients!

- **Enzyme Blend – 100mg**



IF Victus sounds great to you, wait until you hear about Havoc from MFIT Supps! This loaded pre-workout helps you unleash chaos in the gym!

In order to help you easily digest and absorb all of the great nutrients within Victus, MFIT tosses in a little something *extra* to help out! Using an **enzyme blend** – *bromelain, papain, protease, amylase, cellulase* – Victus delivers a great mixture of probiotics to keep the gut happy. The gut microbiome is intrinsically linked to virtually *everything*, and when it gets off-kilter, it can throw off your *mood, recovery, sleep*, and even cause inflammation![39]

Keeping the gut healthy is obviously incredibly important, especially when we're consuming calories. By aiding the digestion of its contents, Victus gives you the things you need to easily absorb it, going the extra mile that some other products don't!

- **Stevia Leaf Extract – 155mg**

Because MFIT strives to keep things as clean as possible, leaving out any ingredients they deem unnecessary, **stevia** is the sweetener of choice here. It's an *all-natural* sweetener that's grown increasingly popular in recent years, having found its way into numerous products and labels. Even though it's *very sweet*, it does have a bit of a *bite* to it – some people love it,

some people can't stand it, but nonetheless, it's a decent option when looking to flavor things without introducing anything artificial!

Given that there's already carbohydrates inside, which generally taste good, stevia makes sense and we probably don't *need* anything as over-the-top sweet for Victus.

155mg of stevia is a decent amount, used to fully drive home the flavor of Victus you choose. When looking to keep things natural, it's a great option to maintain great flavor. MFIT has shown that they know what they're doing when it comes to *taste*, and we've no doubt that that knowledge is at play here!

## Flavor options

MFIT likes to keep things simple in terms of flavors – they'd much rather hone in on a few flavors and execute them well. We've enjoyed the taste of each of their offerings, and we don't expect the story to be any different with Victus. Here are the options available for this *awesome* MRP right now, and who knows, maybe we'll see some more additions in the future:

## MFIT, our 2019 Brand Rookie of the Year!



MFIT SUPPS is a newcomer to the industry, but have nonetheless taken it by storm. Run by A&Z Pharmaceutical manufacturing guru Nick Karalekas, the company has seen some phenomenal growth early on, even adding six-time IFBB Champion Guy Cisternino to the fold! We've been wowed by their initial launches, such as Havoc and Trigger, both of which are phenomenal pre-workout formulas. MFIT has

been very impressive, and it surely hasn't gone unnoticed.

In fact, PricePlow has just named MFIT as its **2019 Supplement Brand Rookie of the Year!** Seeing a company come out of the gates hot, redefining what *quality* and *effectiveness* truly mean in our industry, we've enjoyed watching them grow. That being said, if the launch of Victus is any indication, they don't plan on slowing down any time soon!

## Conquer hunger with Victus



Stay tuned, because MFIT plans keep things at *full throttle!*

Just because they've recently burst onto the scene doesn't mean MFIT SUPPS is incapable of staking their claim for the top offering in different supplement categories. In fact, the reason we've named them our 2019 Supplement Brand Rookie of the Year is that they've done *exactly that* – it takes a truly special brand to put out such quality this early on in their business venture. They've put out some of our favorite products of the year and seeing MFIT take interest in *meal replacement powders* initially got us *very excited*.

As it turns out, that anticipation was well-placed. Victus is one of the most *comprehensive, high-quality* MRPs we've seen in recent years, using top-notch ingredients to deliver some *awesome* macronutrients per serving. Joining the likes of WPC, WPI, casein, ModCarb<sup>®</sup>, and MCT oil are *incredibly important* digestive enzymes, as well as a *full-spectrum* vitamin and mineral profile! Victus gives you just about everything you could ask for in a *healthy* meal – solid macros, digestion aid, and vitamins and minerals. If you're in a pinch, need a meal on-the-go, or are just simply trying to get more calories in, you can't find many better options than MFIT's Victus!

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PS: Sounds like it might be time for a GDA to take along those carbs... Stay tuned...!

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