 Accelerometer data is noisy on short time scales, and gyroscope data drifts on longer timescales, so the complementary filter combines both for greater accuracy.  However, the MPU-6050 contains a digital motion processor (DMP) which can perform the data fusion on the IMU chip iteslf.  Though the exact details of how the DMP does is calculations are not published, the DMP is still useful because presumably Invensense has a pretty good fusion algorithm and because the DMP calculations occur on the MPU-6050 chip, freeing up processor power.

Initially, the FIFO write rate was 100 Hz, which overflowed the buffer easily.  Reducing the rate to 20 Hz allowed enough time to complete the complementary filter calculations before retrieving the DMP data.