INDIVIDUAL PRODUCT LIBRARY: WHAT IS IT, HOW IT WORKS, WHO USES IT, HOW TO TAKE IT, SUMMARIES, ETC.

-FOR INDIVIDUAL PROMOTIONS, **EMAIL CAMPAIGNS, AT SAMPLE TABLES AND TEACHING MATERIALS**

- **WheySmooth and All-Natural WheySmooth**
- **Pre/Post & Meal Replacement**
- **FirstString**
- **LeanMeal**
- **Plant Protein**
- **DotFIT Bars as group**

Connect your marketing team with ours

Top Reasons to Choose dotFIT Protein Powders

1. **Specialized controlled release protein blends** (whey isolate, whey concentrate, calcium caseinate, micellar casein) for quick and sustained amino acid release giving your body immediate muscle-building signals plus sustained recovery to maximize muscle protein synthesis, while also delivering whey's natural occurring bio-active health, immune and growth factor compounds.
2. **3rd-Party Tested & NSF Certified for Sport** – Every batch is independently tested to ensure label accuracy, purity, and absence of banned substances, eliminating the risk of "protein spiking", contamination or excessive levels of heavy metals such as lead.
3. **Guaranteed Label Accuracy** – What's on the label is actually in the tub, unlike many mass-market brands that have faced lawsuits for under-delivering protein and mislabeling ingredients.
4. **Formulas for Every Goal & Lifestyle** – Multiple blends designed for weight control, performance, muscle gain, plant-based diets, and all-natural preferences, with targeted macronutrient ratios.
5. **Premium Protein Sources** – optimal blends of ultra-filtered whey concentrate, isolate, casein, micellar casein, or plant proteins to deliver the highest biological value and complete amino acid profiles (including fortified EAAs in plant formulas to match whey).
6. **Lactose-Free & Allergen-Friendly** – All mixes are lactose (ultra-filtration), gluten and soy protein free-free.
7. **Fortified with Calcium & Potassium** – supporting bone health, muscle function, and recovery beyond just protein content.
8. **Superior Taste & Mixability** – Consistently wins taste tests, with smooth texture and versatility for shakes, smoothies, or baking.
9. **All-Natural, When Preferred** – **All-Natural whey and plant protein line** contains no artificial colors, flavors, sweeteners, preservatives, GMO ingredients, or rBGH; grass-fed sourced and pure plant protein options available.
10. **Professional Integration & Support** – **Backed and delivered by professionals as needed**, the dotFIT Practitioner Product Line comes with meaningful guidance, usage plans, and recipes are available—something mass retail can't offer.
11. **Convenience & Cost Savings on Food** – Designed or can be used as true meal replacements when needed, lowering grocery bills while delivering high-quality nutrition at a lower price and calories per gram than other foods or 3rd-party tested supplement brands

The practice called "protein-spiking" is when manufacturers add cheaper non-protein ingredients, such as amino acids, to increase the nitrogen content, which then makes it appear as if the product contains more protein than it actually has. Class action suits have been filed against many top brands

dotFIT Proteins Overview – video/Trainer script

The primary protein-based products contain high-quality protein blends that includes whey isolate, whey concentrate, calcium caseinate, and micellar casein delivers the best of both worlds: **speed and sustain**. Whey isolate and concentrate digest quickly—raising blood amino acids within ~45–90 minutes to rapidly stimulate muscle protein synthesis—while casein proteins digest slowly, releasing amino acids steadily over several hours to reduce muscle breakdown and support recovery between meals. Together, this creates a more complete anabolic environment than any single protein source alone, improving muscle repair, growth, satiety, and overall protein utilization—making it an ideal choice for healthy exercisers and athletes who want consistent results throughout the day, not just a short-lived spike. ***Real protein for real exercisers.*** We also have very specialized all-vegan and meal replacements blends.

Trainer Quick Pitch:

“Instead of a protein that hits fast and fades, this blend gives your body immediate muscle-building signals plus sustained recovery support—so you’re covered from your workout through the hours after.”

Tagline Options:

- **“Fast + Sustained = Better Results.”**
- **“Immediate Fuel. Lasting Recovery.”**
- **“More Than Protein—It’s Timed Performance Nutrition.”**

ALL AGES: Bigger Stronger Faster – Pick your Goal

Highest quality control release protein blend (predominately whey concentrate (delivering whey's natural occurring bio-active health, immune and growth factor compounds**) & isolate for immediate release, with sustain release casein blend) in a lactose-free mix with proper fast acting carbs to energize, recover and build more muscle faster and perform better**

Nutrition Facts

32 servings per container
Serving size 2 Scoops (77g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	*
Cholesterol 45mg	15%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Total Sugars 3g	
Protein 21g	42%
Sodium 230mg	10%

Vitamin D	0	mcg	0%
Calcium	200	mg	15%
Iron	0	mg	0%
Potassium	200	mg	4%

NSF-CS--use what the athletes use to recover & build faster

Guarantee, economically and conveniently, you hit your daily 1gm/LB/LBM to recover & stay active

~60% carbs, 30% protein, 10% fat= current science recommendation that supports naturally maximizing anabolic hormone levels to optimize muscle protein synthesis, glycogen/energy restoration & performance for athletes of all ages. *Especially those with the primary goal of increasing size, strength & speed* - Use what the athletes use!

Includes whey's natural occurring health, immune and growth factor bio-actives

Delicious ideal nutrition to maximize muscle growth including an easy tasty vehicle to meet calorie and protein needs to gain desired weight/muscle.

Many Healthy Delicious Recipes

FORTIFIED WITH CALCIUM & POTASSIUM

PARENT/YOUTH PRESENTATION

DIETARY SUPPORT TO MAXIMIZE YOUR CHILD'S STRUCTURAL AND FUNCTIONAL GROWTH & DEVELOPMENT
THE BUILDING BLOCKS NECESSARY TO BUILD A LASTING STRONG FOUNDATION

Nutrition Facts

32 servings per container
Serving size 2 Scoops (77g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	*
Cholesterol 45mg	15%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Total Sugars 3g	
Protein 21g	42%
Sodium 230mg	10%

Vitamin D	0	mcg	0%
Calcium	200	mg	15%
Iron	0	mg	0%
Potassium	200	mg	4%

BIGGER STRONGER FASTER – Pick your Goal
Whey isolate and concentrate protein control release protein blend, including whey's natural occurring bio-active health, immune and growth factor compounds in a lactose-free mix with proper carbs to recover and build more muscle faster and perform better
NSF-CS – use what the athletes use

Lactose-free whey protein & NSF-CS for all ages

Delicious ideal active youth nutrition to maximize energy, growth & development (incl height) to make them better on the field and in the classroom

Convenient delivery system of important nutrients often missed in kid's diet such as fruits, vegetables, milk, etc., -i.e., great smoothie recipes

Many healthy recipes

Healthy food that supplies the building blocks for your child's structural development & daily recovery and NSF Certified. Plus, an easy, tasty vehicle to meet calorie & protein needs to gain desired weight/muscle

FORTIFIED WITH CALCIUM & POTASSIUM FOR STRONG BONES
2 SERVINGS DELIVERS 400MGS OF EACH

Guarantee, economically and conveniently, you hit your daily 1gm/LB/LBM to recover & stay active

FirstString Product Summary (PDSRG)

It's not just a protein shake—it's a **precision-designed performance system in a shaker cup**.

What the Product Is

FirstString™ is a scientifically formulated, **rapidly digesting "food-form" performance shake** that combines carbohydrates, with a premium 4-stage specialized controlled release protein blend of predominately whey isolate and whey concentrate for fast amino acid release combined with calcium caseinate and micellar casein for sustained release, and low fat in an optimal ratio (~2:1 CHO: protein). It is designed to function as both a **training fuel and recovery formula including** , meeting NSF Certified for Sport standards and aligning with NCAA nutrition guidelines.

What It Does

FirstString™ delivers **targeted nutrient timing support** to maximize training outcomes. Pre-workout, it helps **fuel glycogen stores and reduce muscle breakdown** by delivering essential amino acids (especially leucine). Post-workout, it enhances the **muscle protein synthesis (MPS) response and accelerates glycogen replenishment** during the critical metabolic window, leading to improved recovery, performance, and long-term gains, while also delivering whey's natural occurring bio-active health, immune and growth factor compounds.

Who Would Use It - FirstString™ is ideal for:

- **Strength and power athletes** (bodybuilders, powerlifters, sprinters)
- **Team sport athletes** (football, basketball, soccer, etc.)
- **Short- to mid-distance endurance athletes**
- **Youth athletes** needing quality calories for growth/development including using as a delivery system for fruits/veggies – i.e., protein rich smoothies
- Anyone needing **clean, effective weight gain or performance nutrition support**
- It's especially valuable for individuals who train hard and need **precise, convenient nutrition to match performance demands**.

FirstString Product Summary (PDSRG)

It’s not just a protein shake—it’s a **precision-designed performance system in a shaker cup**.

How to Use It

- **Pre-workout:** Consume ~30–40 minutes before training to fuel performance and reduce muscle breakdown
- **Post-workout:** Consume immediately after training to maximize recovery and muscle-building response
- **Daily use:** Can be integrated between meals or added to smoothies to increase total calorie and nutrient intake
- Consistent use around training sessions helps **maximize each workout and improve the next one**.

Video/trainer script

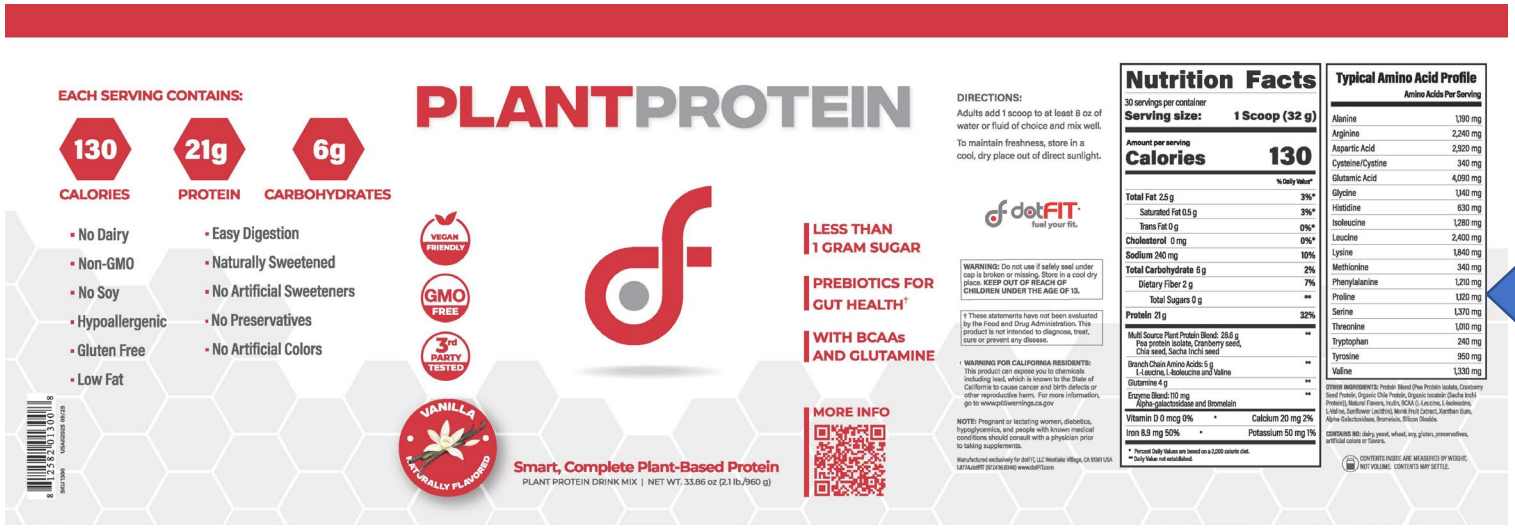
FirstString™ is a complete performance nutrition solution that removes the guesswork from fueling and recovery. By delivering the **right nutrients at the right time in the right ratio including utilizing a controlled release whey protein blend for fast and sustained amino acid release**, it helps athletes train harder, recover faster, and build more muscle—while also supporting total daily nutrition. It’s not just a protein shake—it’s a **precision-designed performance system in a shaker cup**.

“Fuel the Work. Build the Result.”

HIGH ANABOLIC LOW-CALORIE ALL-NATURAL FORMULA FOR ALL GOALS FOR THE VEGETARIAN/VEGAN

Guarantee, economically and conveniently, you hit your daily 1gm/LB/LBM to recover & stay active

All-Natural Protein for Vegetarians/Vegans & Those with Animal Protein Allergies. No gas or bloating as is common with other plant protein powders (special enzyme package)



Fortified with extra EAAs makes it the highest biological value (BV) plant protein available to feed your muscles and support the environment. Hypoallergenic, gluten free, contains no dairy or soy and is non-GMO

Many Delicious Healthy Recipes

Plant Protein Summary

Overview *(repositioned Takeaway — top of product page)* PlantProtein is a vegan protein built to perform like whey. Its pea-isolate base is fortified with BCAAs, glutamine, and seed proteins — chia, cranberry, and sacha inchi — to closely match the amino acid profile that drives muscle building, all at just 130 calories for 21 grams of protein. A built-in digestive enzyme blend means none of the gas or bloating plant proteins are known for. It's gluten-free, soy-free, dairy-free, non-GMO, and sweetened naturally with stevia. *PlantProtein — plant-based, built to perform like whey.*

What is it? PlantProtein is a plant-based protein powder built around pea protein isolate and fortified with BCAAs, glutamine, and small amounts of chia, cranberry, and sacha inchi seed proteins. Together they closely mimic the amino acid profile of whey — the benchmark for protein quality — in a fully vegan formula. Each serving delivers 21 grams of protein in just 130 calories, with under a gram of sugar. It's hypoallergenic, gluten-free, dairy-free, soy-free, and non-GMO, with a digestive enzyme blend built in -and - with no artificial sweeteners or flavors. Third-party tested.

What does it do? Protein is what your body uses to build and preserve lean muscle, and the amino acids that drive that process — especially the BCAAs and leucine — are exactly what most plant proteins are short on. PlantProtein is fortified to match whey's profile, so it supports muscle protein synthesis comparably to whey, which research has shown directly. It helps you hit your daily protein target on few calories, and its enzyme blend (bromelain and alpha-galactosidase) helps you digest plant protein comfortably — without the gas and bloating that are common with other plant powders.

Plant Protein Summary

Who is it for? It's for anyone who wants a plant-based protein — vegans and vegetarians, people with dairy allergies, and anyone avoiding animal protein for health, environmental, religious, or personal reasons. Because it's high in protein and low in calories, it's well suited to weight- and fat-conscious athletes and to anyone dieting who wants to protect muscle while cutting calories. It's also valuable for older adults, whose bodies become more resistant to building muscle with age, and for anyone simply struggling to hit their protein target from food alone.

How do you use it? Mix one scoop with water or your favorite liquid and stir or blend. Use it before or after workouts, or anytime you need to top up your daily protein. Because it's low in calories, it fits cleanly into a weight-control plan — and since it's a powder, you can build it into a fuller meal by adding fruit, greens, or other ingredients to hit your overall nutrition targets for the day.

What makes it different? Most plant proteins, compared to animal proteins (especially whey protein), fall short of on the amino acids that actually drive muscle building. PlantProtein is fortified to close that gap — matching whey's profile and carrying even more BCAAs per gram. It's pea-based with no soy, and the built-in enzyme blend means you skip the gas and bloating other plant proteins are notorious for. It's gluten-free, dairy-free, non-GMO, under a gram of sugar, and naturally flavored and sweetened — third-party tested and made to GMP standards in an NSF-certified facility exclusively for dotFIT

Pick your Goal

Highest quality control release protein blend (predominately whey concentrate & isolate for immediate release, with sustain release casein blend) in a lactose-free mix with proper carbs to recover, control bodyfat/weight, protect/build lean body mass to perform better & longer

Any Goal Including as a Meal Replacement

Nutrition Facts

20 servings per container
Serving size 2 Scoops (66g)

Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 3 g	**5%**
Saturated Fat 1 g	**5%**
Trans Fat 0g	**
Cholesterol 55 mg	**18%**
Total Carbohydrate 34 g	**11%**
Dietary Fiber 2 g	**8%**
Total Sugars 3 g	
Protein 20 g	
Sodium 150 mg	**6%**
Vitamin D 0 mcg	0%
Calcium 200 mg	15%
Iron 0 mg	0%
Potassium 170 mg	4%

INGREDIENTS: Protein Blend- Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein, Calcium Caseinate)

Guarantee, economically and conveniently, you hit your daily 1gm/LB/LBM to recover & stay active

Same lactose-free control release protein blend (predominately whey concentrate & isolate for immediate release, with sustain release casein blend) with medium carbs already in the mix. A popular gym product with a starting formula more versatile and ideal for adult recreational exercisers for recovery and weight control to support any goal including a perfect meal substitute

Many recipes available

Many recipes available

Delicious ideal active youth nutrition to maximize energy, growth & development to make them better on the field and in the classroom

Includes whey's natural occurring health, immune and growth factor bio-actives

FORTIFIED WITH CALCIUM & POTASSIUM & QUALIFIES AS A MEAL REPLACEMENT IN ITS NATIVE FORM

Pre and Post Workout Formula Summary

Overview: Pre & Post Workout Formula is dotFIT's most versatile protein powder — one formula that does the job of several. With 21 grams of fast- and extended-release whey protein, fast-acting carbs, and only 3 grams of sugar in about 250 calories, its balanced carb-to-protein ratio lets it work as a pre- or post-workout shake, a meal replacement, a weight loss or weight gain supplement depending on how you incorporate it into daily caloric planning, or a simple daily protein boost. Pick it for the job you need — and the taste you'll actually keep reaching for. *Pre & Post Workout Formula — one powder, whatever the goal*.

What is it? Pre & Post Workout Formula is a whey-based protein and carbohydrate powder built for versatility. Each serving delivers 21 grams of a fast- and extended-release protein blend (mostly whey concentrate, with whey isolate and a little casein), 33–35 grams of fast-digesting carbohydrate, and just 3 grams of sugar, in about 240–250 calories. That roughly 1.7-to-1 carb-to-protein ratio is the sweet spot that lets a single powder serve several goals. It mixes easily, tastes great, and is third-party tested.

What does it do? Around a workout, your muscles are primed to use protein and carbs — to rebuild tissue and refill energy stores. Pre & Post Workout Formula delivers both in a fast-absorbing form to make the most of that window: the whey blend supplies the amino acids that drive muscle repair and growth, while the quick carbs replenish glycogen and help shuttle those amino acids into muscle. Away from the gym, the same balanced formula works as a convenient meal replacement, a protein top-up to hit your daily target, or extra quality calories when you're trying to gain

Pre and Post Workout Formula Summary

Who is it for? It's for anyone who'd rather have one flexible powder than a shelf full of single-purpose ones. Exercisers use it before and after training to support performance and recovery; people managing their weight use it as a portion-controlled meal replacement; those building mass use it for extra quality calories; and anyone short on protein uses it to top up. You can even adjust it — add fruit, oats, or more protein — to fit a specific goal. because it is a dairy protein, anyone with unusual dairy allergies would choose the dotFIT Plant Protein.

How do you use it? Around training, mix it with water 30–40 minutes before your workout, scaling the scoops to your body size, and again right after. As a meal replacement for weight management, use it in place of a meal or two within a calorie-controlled plan. To gain, add servings through the day to meet your calorie and protein targets. It blends smoothly into water or milk, and you can build it up with other foods to dial in exactly the nutrition you want.

What makes it different? One formula, four jobs — that's the point. Its balanced carb-to-protein ratio lets it flex from pre-workout fuel to meal replacement to weight-gain shake, where most powders are locked into a single role. It uses a fast- and extended-release whey blend for both immediate and lasting amino acid delivery, keeps sugar to just 3 grams, skips aspartame, and tends not to cause the gas or bloating many protein powders do. And like every dotFIT powder, it's formulated — not spiked — to work safely alongside the rest of your regimen. Third-party tested

Highest quality control release protein blend within very low calories, 3rd party tested, NSF-CS so it works for all goals

PICK YOUR GOAL AND MAKE IT YOUR WHEY

Ingredient	Amount Per Serving	% Daily Value*
Calories	140	
Total Fat	3g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholestrol	75mg	25%
Sodium	80mg	3%
Total Carbohydrate	2g	1%
Fiber	0g	0%
Total Sugars	2g	**
Includes 0g Added Sugars	0%	
Protein	25g	50%
Vitamin D	0mcg	0%
Calcium	133mg	10%
Iron	0mg	0%
Potassium	139mg	2%

Ingredients All-Natural with Protein Blend of Whey Protein isolate and Whey Protein Concentrate

Guarantee, economically and conveniently, you hit your daily 1gm/LB/LBM to recover & stay active

Delicious high protein drink mixes to directly feed your muscles, speed recovery & control appetite to accelerate goals, mindful, your next workout is only as good as your recovery from the last. We have the best 3rd party tested protein sources that fit any lifestyle –not available in stores

Highest quality protein in an ideal, lactose-free blend containing whey concentrate & isolate with sustain release casein blend. Includes whey's natural occurring bio-active health, immune & growth factor compounds. NSF-CS. Convenient & economical way to increase protein intake for any goal and great for baking! Our families love it! 342gm Calcium!

All-Natural protein blend version of whey isolate & concentrate, including natural occurring bio-active health, immune & growth factor compounds in a lactose-free mix for the same goals and outcomes. Certified hormone/rBGH free and non-GMO, organic grass-fed cows and gluten free. No preservatives, artificial colors, flavors, sweeteners, corn, wheat or yeast and NSF-CS

3-flavors

Ingredient	Amount Per Serving	% Daily Value*
Calories	160	
Total Fat	3 g	4%
-Saturated Fat	1 g	5%
-Trans Fat	0 g	**
Cholesterol	45 mg	15%
Sodium	125 mg	5%
Total Carbohydrates	8 g	3%
-Dietary Fiber:1 g	4%	
-Total Sugars	1 g	**
Includes 0g Added Sugars	0%	
Protein	25 g	
Vitamin D	0 mcg	0%
Calcium	**342mg**	25%
Iron	1 mg	0%
Potassium	261 mg	6%

Ingredients: Protein Blend of Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate, Micellar Casein)

Many Healthy Delicious Recipes

LACTOSE-FREE & FORTIFIED WITH CALCIUM & POTASSIUM ,

WheySmooth Product Summary (PDSRG)

What is it?

WheySmooth is a premium whey protein containing a 4-stage specialized controlled release protein blend of predominately whey isolate and concentrate for fast amino acid release combined with calcium caseinate and micellar casein for sustained release, delivering nature's highest quality protein in a clean, low-calorie powder. With 25 grams of complete protein per scoop and only 160 calories, it's the simple way to support muscle, recovery, and overall health — at any stage of life. Available in chocolate, strawberry and vanilla.

What does it do?

WheySmooth fuels what your body builds and rebuilds. Through it’s controlled release proteins It delivers immediate and sustained muscle protein synthesis to help preserve lean muscle during weight loss, speeds recovery after training, and provides the natural health, immune and growth factor bio-actives found only in true whey concentrate. Whether you're chasing performance, managing your weight, or staying strong as you age, this is the protein that does more per scoop.

Who is it for?

WheySmooth is for almost everyone. Active adults and athletes who want to maximize training results. Anyone in a calorie deficit who wants to protect lean muscle while losing fat. Aging adults working to maintain strength and independence. Even busy people who just need a quick, high-quality protein source. If you're not consuming enough complete protein from food to support your fitness goals, WheySmooth fills the gap.

WheySmooth Product Summary (PDSRG)

How do you use it?

Simple. Mix one scoop with water, milk, or your favorite ingredients — fruit, oats, nut butter, whatever fits your goals. Use it before or after workouts to support recovery, between meals to hit your daily protein target, or before bed to support overnight muscle repair. Adjust the serving size to match your needs — one and a half scoops gives you 40 grams of protein in just 240 calories.

What makes ours different?

Ours isn't a generic, store-bought protein powder. WheySmooth is a premium, low-calorie, controlled-release protein system that uses true whey protein concentrate, not just isolate — so you get the natural growth factors, immunoglobulins, and bio-actives that support overall health, not just muscle. It's high in leucine — three grams per scoop — the key amino acid that triggers muscle protein synthesis. Naturally low in lactose, easy to digest, and easy to mix. NSF Certified for Sport, third-party tested for purity, potency, and banned substances. And manufactured to pharmaceutical standards exclusively for dotFIT. That's the level of quality most protein powders simply can't match.

Video/trainer script

WheySmooth™ is more than just another protein powder — it's a premium, low-calorie, controlled-release protein system designed to support lifelong strength, recovery, and body composition goals. Using a specialized blend of whey concentrate, whey isolate, calcium caseinate, and micellar casein, it delivers both fast and sustained amino acid release to directly support muscle repair, recovery, appetite control, and lean muscle preservation. With 25 grams of complete protein, 3 grams of leucine, naturally low lactose, added calcium and potassium, plus NSF Certified for Sport third-party testing, WheySmooth gives you pharmaceutical-level quality protein that fits almost any lifestyle, age, or fitness goal — all in a delicious, convenient shake."

"WheySmooth™ — Strength, Recovery & Results in Every Scoop."

All-Natural WheySmooth Product Summary

What is it?

All Natural WheySmooth is a clean, premium control release whey protein blend using both whey isolate and concentrate to also include the natural occurring growth & immune support proteins for people who want quality with no compromises. Made from certified grass-fed, hormone free, non-GMO whey - and no, gluten, artificial sweeteners, flavors, colors, and preservatives. Naturally sweetened with monk fruit. 25 grams of complete protein per scoop, just 140 calories. Available in chocolate and vanilla.

What does it do?

This is the same high-quality protein your body needs to build, recover, and stay strong — just sourced and sweetened naturally. It supports muscle protein synthesis, helps preserve lean muscle during weight loss, speeds recovery after training, and delivers the natural health, immune and growth factor bio-actives only true whey concentrate can provide. Same powerful results, all-natural ingredients.

Who is it for?

All Natural WheySmooth is for active adults and athletes who care about what's in their supplements as much as what's in their food. If you read labels, choose grass-fed dairy, try to avoid artificial sweeteners, or follow a clean-eating lifestyle, this is the protein for you. Same trusted dotFIT quality — just a natural ingredient list.

All-Natural WheySmooth Product Summary

How do you use it?

Simple. Add one scoop to 8 ounces of water, milk, or your favorite ingredients and stir. Use it before or after workouts, between meals to hit your daily protein target, or anytime you need a clean, high-quality protein boost.

What makes ours different?

Ours isn't a generic, store-bought "natural" protein. All Natural WheySmooth uses true whey protein concentrate and isolate from grass-fed cows — no hormones, no GMOs, no gluten, no preservatives, no artificial flavors, colors, or sweeteners. Naturally sweetened with monk fruit, so you get great taste without the additives. It's NSF Certified for Sport, third-party tested for purity, potency, and banned substances. And manufactured to pharmaceutical standards exclusively for dotFIT. That's clean protein you can actually trust.

Takeaway

All-Natural WheySmooth™ is more than just another natural protein powder — it's a premium, low-calorie, controlled-release protein system designed to support lifelong strength, recovery, and body composition goals using a specialized blend of true whey protein concentrate and isolate from grass-fed cows — no hormones, no GMOs, no gluten, no preservatives, no artificial flavors, colors, or sweeteners. Its *amino acid release directly supports muscle repair, recovery, appetite control, and lean muscle preservation. With 25 grams of complete protein, 3 grams of leucine, naturally low lactose, added calcium and potassium, plus NSF Certified for Sport third-party testing, All-Natural WheySmooth gives you pharmaceutical-level quality protein that fits almost any lifestyle, age, or fitness goal — all in a delicious, convenient shake."*

"All-Natural WheySmooth™ — Clean Strength, Recovery & Results in Every Scoop."

BEST HIGH WHEY PROTEIN AND FIBER MEAL SUBSTITUTE/REPLACEMENT AVAILABLE TO CURB HUNGER, CONTROL CALORIES, FEED MUSCLES AND STARVE BODYFAT SO YOU CAN ACHIEVE AND MAINTAIN YOUR DESIRED BODY COMPOSITION. FORTIFIED WITH CALCIUM & POTASSIUM

One Serving (2 Scoops):

- 170-180 Calories
- 21g Whey Protein Isolate
- 21-23g Sustained Release Carbs
  - Digestion resistant maltodextrin (Fibersol-2)
- No Sugar
- 7 g Fiber Including Beta-glucan
- 2.5 g Healthy Fats
- 235 mg Calcium
- 271 mg Potassium

High in specialized soluble fiber to help stay satisfied to ease the weight/bodyfat loss journey

Sustain release/digestive resistant carbs to deliver longer lasting energy and curb carb cravings – lactose free

Guarantee, economically and conveniently, you hit your daily 1gm/LB/LBM to recover & stay active

Best tasting & effective whey high protein & fiber, low calorie meal replacement available -all my clients that use it love it, because **also reduces necessary grocery costs**

Many Healthy Recipes

Ingredient	Amount Per Serving	% Daily Value*
Calories	180	
Total Fat	2 g	3%
Cholesterol	15 g	5%
Total Carbohydrates	22 g	8%
Dietary Fiber	7 g	25%
Total Sugars	3 g	**
Includes 1 g Added Sugars		2%
Protein	20 g	
Calcium	236 mg	18%
Sodium	160 mg	7%
Potassium	273 mg	6%
Sustained Release Carbohydrates Blend	19.8 g	**
Maltodextrin, Digestion Resistant Maltodextrin, (Fibersol & Beta Glucan), Isomaltulose, Glucomannan		
Lean Fats Blend	2.5 g	**

Meal replacements/substitutes are the #1 weight control solution including 2xs faster/more weight/fat loss & 9xs greater maintenance
(see sample menus)

LeanMeal Product Summary (PDSRG)

What is the Product

LeanMeal™ is a scientifically formulated, nutrient-dense fitness food designed to function as a high-quality meal replacement shake. Each 170-calorie serving contains **21 g of whey isolate protein**, **23 g of a sustained-release low-glycemic carbohydrate blend**, **7 g of functional fibers** (including Fibersol-2® and glucomannan), and **1.5 g of healthy fats**. Its macronutrient profile—approximately **42 % protein, 50 % carbohydrate, and 8 % fat**—is strategically balanced to support portion control, satiety, lean body mass preservation, and daily energy levels during weight reduction and maintenance phases. It is formulated in NSF-certified facilities to meet the highest standards of quality, taste, and safety and 3rd party tested.

What it Does

LeanMeal is designed to address the physiological and behavioral barriers to effective weight and bodyfat control. Its **high whey protein isolate** content enhances satiety, increases the thermic effect of food, and protects lean body mass during calorie restriction. The **low-glycemic, sustained-release carbohydrate and patented fiber blend** provides steady energy, improves fullness, supports digestive health, and helps stabilize appetite and blood glucose. By delivering **precise calorie control, high nutrient density, and meal structure**, LeanMR helps users curb hunger, maintain metabolic rate, and make sustainable progress—often outperforming traditional diet methods or mass-market shakes in both weight loss and long-term maintenance

LeanMeal Product Summary (PDSRG)

Who Would Use It

LeanMeal is ideal for:

- **Anyone pursuing healthy weight or body fat reduction**, from general exercisers to athletes needing to make a weight class.
- **Busy individuals** seeking a convenient, portable, nutrient-dense option to replace or complement meals without derailing calorie targets.
- **People aiming to preserve or build lean body mass** during dieting phases or aging.
- **Trainers and health professionals** looking to offer a structured, evidence-based tool to help clients control portions, improve diet quality, and sustain energy.
  It is appropriate for daily use across a broad population when integrated into a balanced meal plan

How to Use It

For weight reduction, LeanMR is typically used to replace **two smaller meals or snacks per day** within a calorie-restricted plan of 4–5 meals/snacks daily. This helps increase meal frequency, manage hunger, and preserve lean mass. During maintenance, 1–2 servings per day may be used for convenience, diet quality, or to help offset higher-calorie traditional meals. Users can blend LeanMR with water or add fruits, vegetables, or healthy fats to customize macronutrient intake based on their daily calorie goals

LeanMeal Product Summary (PDSRG)

What is LeanMeal™?

LeanMeal™ is a scientifically formulated, nutrient-dense fitness food designed as a high-quality meal replacement. Each 170-calorie serving provides 21 g of whey isolate protein, 23 g of low-glycemic carbohydrates, 7 g of patented fibers, and 1.5 g of healthy fats for complete, calorie-controlled nutrition.

What it Does

LeanMeal™ helps curb hunger, stabilize appetite, and preserve lean body mass while supporting energy levels during weight reduction and maintenance. Its high whey protein content boosts satiety and thermogenesis, while the specialized fiber and carbohydrate blend provides lasting energy and digestive health support.

Who Uses It

Ideal for anyone seeking healthy weight or body fat reduction, athletes needing to make weight, busy individuals wanting portable nutrition, and anyone looking to maintain lean mass while managing calories. Trainers use LeanMeal™ to give clients structure, convenience, and measurable results.

How to Use

For weight reduction, replace two smaller meals or snacks per day as part of a structured 4–5 meal plan. For maintenance, use 1–2 shakes daily for convenience and diet quality. Blend with water or customize with fruits, vegetables, or healthy fats to fit daily calorie goals.

Curb hunger. Fuel energy. Protect lean mass.

LeanMeal™ makes hitting your goals simple—every day.

Presentation

Curb hunger. Fuel energy. Protect lean mass. LeanMeal™ makes hitting your goals simple—every day.

Quick Professional Description

LeanMeal™ is a high-protein, fiber-rich fitness food that delivers complete nutrition in controlled calories to curb hunger, protect lean mass, and fuel energy—all in a convenient, great-tasting shake.
Ideal for structured weight management, body composition improvement, or everyday convenience, LeanMeal helps clients reach and maintain their goals more easily than with diet alone (2Xs faster; 9Xs greater maintenance).

🗣️ 30 Second Trainer Script (also see 1-pager PDF)

“LeanMeal is one of the simplest, most effective tools we use to help clients lose body fat and keep it off. It’s a high-protein, nutrient-dense shake that gives you precise portion control and keeps you fuller longer—without excess calories or sugar. Each serving has 21 grams of high-quality whey isolate protein plus a patented low-glycemic carb and fiber blend to provide steady energy and support your metabolism. Most people use it to replace one or two small meals a day, which makes hitting calorie goals easier, keeps energy levels up, and helps preserve lean muscle as you lose fat. It’s convenient, tastes great, and integrates perfectly into any daily plan.” Meal replacements, such as LeanMeal incorporated into daily meal planning has been shown to deliver 2-times greater weight loss and nine-times greater maintenance than diet alone.

WHAT MAKES DF BARS SPECIAL? *SYNERGY*

Taste, convenience, price & numbers (P, Carbs, Cals [fiber]) are the primary drivers of continued sales,

especially protein to calorie ratio (≤200c/12-15[20]gPro) – *BUT the bonus with dF……*

- dF bars only complement your daily food intake because they are food products, therefore the base product only contains what naturally occurs in the food matrix, so they won't interfere with your other daily nutrition or medication intake.

More Info

- We do not "spike" nutrition bars like others that add vitamins, minerals, herbs, etc. because using dF bars allows people to consume supplements, fortified foods and medications without unknowingly crossing an upper limit or causing an adverse reaction.

- People that take multiple products like a MVM, separate calcium supplement, antioxidant formula, protein shakes, etc., or any combination, unknowingly often get too much of certain nutrients since many of these products have the same added ingredients/cofactors, and now you consume a bar that also has added vitamins, minerals, etc., and no one adding up all the ingredients on the labels – you now have a potential nutrition or medication adverse reaction brewing
  - ✓ Mindful, minerals have very tight "windows" for safety and efficacy – too little or too much is bad

Protein Bars

Overview *(repositioned Takeaway — top of category/product pages)* dotBARs and dotWAFERs are dotFIT's grab-and-go protein line — a rotating range of flavors and macro profiles built on one promise: real nutrition you can carry in a pocket. Everyone delivers 12-20 grams of protein along with fiber, so it works as a satisfying snack, a smarter way to handle a sweet craving, or a portion-controlled meal substitute when whole food isn't an option. Whatever flavor you reach for, you're getting protein that helps curb hunger — not just empty calories. *dotBARs & dotWAFERs — real protein, ready when you are*.

What are they? The dotBAR and dotWAFER line is a selection of protein-rich bars in a variety of flavors and macro profiles. Some are lighter and lower in sugar; others are richer and more dessert-like; there's a crispy wafer and options built around real nuts. The flavors rotate over time, but the standard behind them doesn't: every bar delivers 12-20 grams of protein and a good source of fiber in a single, portable serving — and are microwaveable if you want yours warm.

What does They do? Protein is the most satisfying of the three macronutrients — it blunts hunger and takes more energy to digest than carbs or fat. That's the idea behind every dotBAR and dotWAFER: a protein-forward, portion-controlled serving that helps you stay full and on track between meals. As a snack, one helps tame a craving without derailing your day; as a meal substitute when you're short on time, it gives you built-in portion control that can support a weight-management plan. The protein also supports muscle maintenance and recovery.

Protein Bars

Who are they for? It's for anyone who needs real nutrition on the move — busy professionals, parents, travelers, students, and anyone who tends to skip meals or grab vending-machine junk when whole food isn't around. Because the line spans different flavors and macro ratios, there's a fit for different goals: lighter, lower-sugar options when you're watching calories; heartier ones when you want a fuller meal substitute; crispy or nut-based choices when you want variety. Ingredients and allergens differ from bar to bar, so check each label if you have a food allergy.

How do you use them? Keep them where you'll actually reach for them — your bag, your desk, the gym, or the car (out of the heat). Have one as a between-meals snack to manage hunger, as a quick pre-workout bite, or in place of a meal when whole food isn't convenient and you want easy portion control. They're microwaveable if you'd like yours warm. As with any meal-substitute approach, use them as part of a balanced overall diet rather than a wholesale replacement for whole foods, and drink plenty of water alongside.

What makes them different? Plenty of "protein" bars are candy in disguise — light on protein, heavy on sugar and filler. Every dotBAR and dotWAFER is held to a real standard: a minimum of [12-20] grams of quality protein and a good source of fiber in every serving, from a nutrition company with more than 40 years behind it. The flavors are refreshed regularly so the lineup stays interesting, but that nutrition floor never drops — which is exactly what you can't count on from a typical grocery-aisle bar.