

# dotFIT All Natural WheySmooth



## SUPPLEMENT FACTS

Serving Size: 1 1/2 Scoops (Approx. 35.3 g)  
Servings Per Container: 26

	Amount Per Serving	% Daily Value*
Calories	140	
Calories from Fat	15	
Total Fat	1.5 g	2%
Saturated Fat	1 g	5%
Cholesterol	65 mg	22%
Sodium	65 mg	3%
Potassium	250 mg	7%
Total Carbohydrate	6 g	2%
Sugars	2 g	**
Protein	25 g	50%
Vitamin A	<2%	• Vitamin C 0%
Calcium	15%	• Iron <2%
Vitamin D	0%	• Thiamin 0%
Riboflavin	0%	• Vitamin B-6 0%
Vitamin B-12	0%	• Pantothenic acid 0%
Phosphorus	<2%	• Magnesium 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Who is this for?

- Anyone looking to add a low calorie, high quality protein to their diet for health, performance or body composition change.
- Optimal protein intake is essential for healthy aging, preserving and building muscle tissue, and boosting satiety during weight loss. At least 1 gram of protein per pound of lean body mass is needed for exercising individuals, and more may be beneficial for individuals restricting calories.

## What makes this product unique?

- Contains 140 calories per serving
- There is a 0.3:1 ratio of carbohydrates to protein
- There are 25 grams of high quality protein per serving (whey protein concentrate and whey protein isolate)
- Grass fed, non-GMO, rBGH free, gluten free, Stevia sweetened
- No artificial colors or flavors
- Whey protein is domestic and the product is manufactured in the USA

## How should I take this?

- Add one (1) scoop to one (1) cup of cold water or liquid or add to foods as desired to meet daily protein targets.

