

# dotFIT Unflavored WheySmooth



\*NO Artificial Flavoring or Sweeteners



## Nutrition Facts

30 servings per container  
Serving size 1 Scoop (38g)

Amount per serving	
Calories	150
	<b>% Daily Value*</b>
<b>Total Fat</b> 3 g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	**
<b>Cholesterol</b> 60 mg	<b>20%</b>
<b>Total Carbohydrate</b> 6 g	<b>2%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 2 g	
<b>Protein</b> 25 g	
<b>Sodium</b> 170 mg	<b>7%</b>
Vitamin D 0 mcg	0%
Calcium 200 mg	15%
Iron 0 mg	0%
Potassium 224 mg	5%

\*\*Daily Value not established.

## 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?

- It contains 150 calories per serving
- There are 25 grams of protein per serving
- **UNFLAVORED, (no artificial flavoring or sweeteners) use any of the dotFIT flavor packs or flavor on your own!**
- **Perfect for baking**
- **Have it your WHEY!**

## 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.

