

dotFIT Unflavored WheySmooth



*NO Artificial Flavoring or Sweeteners



Nutrition Facts

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

Amount per serving	
Calories	150
	% Daily Value*
Total Fat 3 g	4%
Saturated Fat 1g	5%
Trans Fat 0g	**
Cholesterol 60 mg	20%
Total Carbohydrate 6 g	2%
Dietary Fiber 0 g	0%
Total Sugars 2 g	
Protein 25 g	
Sodium 170 mg	7%
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.

