

# dotFIT WheySmooth



## Nutrition Facts

Serving Size: 1 Scoop (40g)

Servings Per Container: approximately 28.5 servings

### Amount Per Serving

Calories 160

Calories from Fat 25

		% Daily Value*
<b>Total Fat</b>	2.5g	4%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Cholesterol</b>	75mg	25%
<b>Sodium</b>	125mg	5%
<b>Total Carbohydrate</b>	8g	3%
Dietary Fiber	1g	4%
Sugars	2g	
<b>Protein</b>	25g	

Vitamin A 0%

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Vitamin C 0%

Calcium 15%

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Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*% Daily Value not established.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4	

## 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 recommended for exercising individuals, and more may be beneficial for individuals restricting calories.

## What makes this product unique?

- It contains 160 calories per serving
- There is a 0.3:1 ratio of carbohydrates to protein.
- There are 25 grams of high quality, fast and slow releasing proteins per serving (whey protein concentrate, calcium caseinate, egg white protein, whey protein isolate and micellar casein)

## 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.

