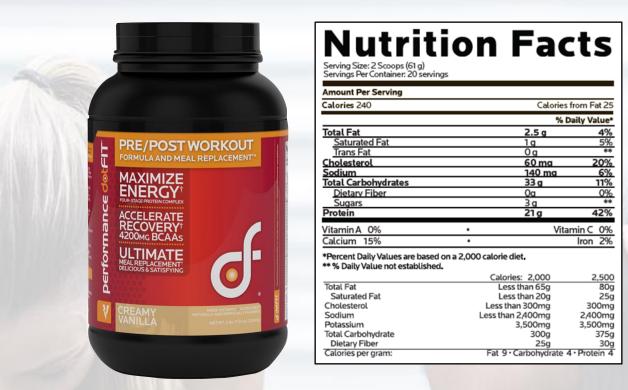
## dotFIT Pre/Post Workout



## Who is this for?

 Anyone looking for a combination of carbohydrates and protein to fuel muscles and reduce protein breakdown pre-workout, and replenish fuel stores post-work to maximize muscle protein synthesis (building).

## What makes this product unique?

- It contains 240 calories per serving
- There is a 1.5:1 ratio of fast acting carbohydrates (maltodextrin) to protein (whey protein concentrate, whey protein isolate, calcium caseinate, micellar casein) per serving
- There are 21 grams of protein per serving
- Drinking a properly designed shake pre and post workout versus eating whole food allows the nutrients to be digested and absorbed more quickly, making this a convenient method of fueling around exercise.

## How should I take this?

 For pre-workout (30-45 minutes) add two (2) scoops to at least one cup (8 fl. oz.) of cold water or liquid of your choice. To maximize recovery after workouts or competition (within 45 minutes) use two (2) additional scoops post-workout. Can also be used as a meal replacement or protein rich snack.