

# dotFIT Pre/Post Workout



Nutrition Facts		
Serving Size: 2 Scoops (61 g)		
Servings Per Container: 20 servings		
Amount Per Serving		
Calories 240	Calories from Fat 25	
<b>% Daily Value*</b>		
<b>Total Fat</b>	2.5 g	4%
Saturated Fat	1 g	5%
Trans Fat	0 g	**
<b>Cholesterol</b>	60 mg	20%
<b>Sodium</b>	140 mg	6%
<b>Total Carbohydrates</b>	33 g	11%
Dietary Fiber	0g	0%
Sugars	3 g	**
<b>Protein</b>	21 g	42%
Vitamin A	0%	Vitamin C 0%
Calcium	15%	Iron 2%

\*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 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.

