

dotFIT Unflavored Pre/Post Workout

***NO Artificial Flavoring or Sweeteners**



Nutrition Facts

Serving Size: 2 Scoops (61 g)
Servings Per Container: 20 servings

| Amount Per Serving | | Calories from Fat 25 |
|----------------------------|---------------|----------------------|
| | | % Daily Value* |
| Total Fat | 2.5 g | 4% |
| Saturated Fat | 1 g | 5% |
| Trans Fat | 0 g | ** |
| Cholesterol | 60 mg | 20% |
| Sodium | 140 mg | 6% |
| Total Carbohydrates | 33 g | 11% |
| Dietary Fiber | 0g | 0% |
| Sugars | 3 g | ** |
| Protein | 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?

- Those wanting a natural product containing 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.
- **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?

- 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.

