

dotFIT Best Plant Protein



SUPPLEMENT FACTS		
Serving Size: 1 Scoop (34 g)		
Servings Per Container: 30		
	Amount Per Serving	% Daily Value*
Calories	130	
Calories from Fat	20	
Total Fat	3 g	5%
Saturated Fat	0,5 g	3%
Sodium	270 mg	11%
Potassium	160 mg	5%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	<1%
Sugars	<1 g	**
Protein	21 g	42%
Calcium	65 mg	6%
Iron	7 mg	38%
Magnesium	40 mg	10%
Multi Source Plant Protein Blend: (Pea protein isolate, Cranberry seed, Chia seed, Sacha Inchi seed)	23,855 mg	**
Branch Chain Amino Acids: (L-Leucine, L-Isoleucine and Valine)	6,225 mg	**
Glutamine	3,475 mg	**
Enzyme Blend: (Alpha-galactosidase and Bromelain)	110 mg	**
* Percent Daily Values are based on a 2,000 calorie diet.		
** Daily Value not established.		
Other Ingredients: Inulin, natural cocoa, natural chocolate, stevia, xanthan gum, natural flavor, glycine and silica.		

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?

- Contains 140 calories per serving
- There is a 0.3:1 ratio of carbohydrates to protein
- There are 21 grams of pea protein isolate, Cranberry seed, Sacha Inchi and Chia seed per serving
- Over 6,000 mg of branched chain amino acids (BCAAs) added
- Non-GMO, gluten free, no dairy, no soy, hypoallergenic

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.