

# dotFIT High Protein dotCOOKIE



## Nutrition Facts

8 servings per container  
Serving size 1 Cookie (50g)

Amount per serving  
**Calories 190**

% Daily Value\*

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4g	<b>20%</b>
Monounsaturated Fat 3g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 7g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 15g	<b>30%</b>
Vitamin D 0.1mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 300mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Who is this for?

- Anyone looking for a convenient source of carbohydrates and high quality protein to fuel the body, help support muscle tissue, and manage appetite.

## What makes this product unique?

- It contains 190 calories per serving
- There are 15 grams of protein (whey protein concentrate and whey protein Isolate) per cookie
- There are 18 grams of fast acting carbohydrates per cookie
- Gluten free
- Extra delicious when heated up

## How should I take this?

- Use the dotCOOKIE within your daily calorie plan. This can be to substitute a meal, used as a snack, taken before a workout for proper fuel, taken after a workout for recovery or even used as a dessert!

