

dotFIT dotSTICK



Iced lemon Vanilla Creme



Birthday Cake

Nutrition Facts

Serving Size: 1 Bar (50g)
Servings per Package: 12
Calories 190
Calories from Fat 54

*Percent Daily Value (DV) are based on a 2,000 calorie diet.
†Daily Value Not Established.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 6g	9%	Total Carb 26g	9%
Saturated Fat 2g	10%	Dietary Fiber 3g	12%
Trans Fat 0g	†	Sugars 8g	†
Cholesterol 10mg	3%	Sugar Alcohol 8g**	†
Sodium 170mg	7%	Protein 12g	24%

Vitamin A 3% • Vitamin C 1% • Calcium 10% • Iron 5%

Who is this for?

- Anyone looking for a convenient source of carbohydrates and protein to fuel the body and support muscles. This can be used as a snack, meal replacement, pre/post workout nutrition or even a dessert!

What makes this product unique?

- The dotSTICKs are 190 calories each
- Each STICK contains 12 grams of protein to support muscles, help control hunger and help meet daily targets
- They contain a 2:1 ratio of carbohydrates to protein provides the proper fuel throughout the day or before/after a workout

How should I take this?

- Use the dotSTICK 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!

