

dotFIT LeanMR



Supplement Facts

Serving Size: 2 scoops (50g)
Serving Per Container: 20

	Amount Per Serving	% DV
Calories	190	
Calories from Fat	15	
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	**
Cholesterol	10 mg	3%
Total Carbohydrate	24 g	8%
Dietary Fiber	7 g	28%
Sugars	0 g	**
Protein	21 g	40%
Calcium	115 mg	12%
Iron	2 mg	11%
Sodium	180 mg	8%
Sustained Release Carbohydrates Blend	19.5 g	**
Rice Oligodextrins, Digestion Resistant Maltodextrin (Fibersol-2), Isomaltulose, Glucomannan		
Lean Fats Blend	2.5 g	**
Flaxseed Powder, High Oleic Sunflower Oil, Conjugated Linoleic Acid		

* Percent Daily Value based on a 2,000 Calorie Diet
** Daily Value Not Established

Who is this for?

- Those looking to lose weight/body fat or maintain results, increase protein intake to help preserve lean mass, and control calories. The ingredients in this formula have been shown to support weight loss, help to control hunger and provide long-lasting energy.

What makes this product unique?

- It contains less than 200 calories per serving, with zero added sugar
- There is a 1:1 ratio of carbohydrates to protein
- 6-7 grams of fiber per serving to help control hunger
- 21 grams per serving of high quality protein from whey isolate
- Sustained release carbohydrates for long lasting energy
- Tastes great!

How should I take this?

- Mix with water or milk to substitute 1-2 meals or snacks per day.