

# dotFIT All Natural WheySmooth



## SUPPLEMENT FACTS

Serving Size: 1 1/2 Scoops (Approx. 35.3 g)  
Servings Per Container: 26

	Amount Per Serving	% Daily Value*
Calories	140	
Calories from Fat	15	
Total Fat	1.5 g	2%
Saturated Fat	1 g	5%
Cholesterol	65 mg	22%
Sodium	65 mg	3%
Potassium	250 mg	7%
Total Carbohydrate	6 g	2%
Sugars	2 g	**
Protein	25 g	50%
Vitamin A	<2%	• Vitamin C 0%
Calcium	15%	• Iron <2%
Vitamin D	0%	• Thiamin 0%
Riboflavin	0%	• Vitamin B-6 0%
Vitamin B-12	0%	• Pantothenic acid 0%
Phosphorus	<2%	• Magnesium 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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	

\*\* Daily Value not established

## 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 25 grams of high quality protein per serving (whey protein concentrate and whey protein isolate)
- Grass fed, non-GMO, rBGH free, gluten free, Stevia sweetened
- No artificial colors or flavors
- Whey protein is domestic and the product is manufactured in the USA

## 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.

