

dotFIT First String



Nutrition Facts		
Serving Size:	2 Scoops (73.5g)	
Servings Per Container:	About 32	
	Calories 290	Fat Cal. 30
Amount Per Serving	% Daily Value	
Total Fat	2.5g	4%
Saturated Fat	0.75g	4%
Trans Fat	0g	**
Cholesterol	63mg	21%
Sodium	125mg	5%
Total Carbohydrate	44.5g	15%
Dietary Fiber	0g	0%
Sugars	3g	**
Protein	21g	42%
Vitamin A (as Beta Carotene)	300IU	6%
Vitamin C (as Ascorbic acid)	3mg	5%
Vitamin D (as Cholecalciferol)	20IU	5%
Vitamin E (as D-Alpha Tocopheryl succinate)	1.5IU	5%
Vitamin B1 (Thiamine Hydrochloride)	0.075mg	5%
Riboflavin	0.085mg	5%
Niacin (as Niacinamide)	1mg	5%
Vitamin B6 (as Pyridoxine HCl)	0.1mg	5%
Vitamin B12 (as Cyanocobalamin)	0.3mcg	5%
Biotin	15mcg	5%
Pantothenic acid (as d-Calcium Pantothenate)	0.5mg	5%
Calcium (as Calcium Lactate Gluconate)	150mg	15%
Iron (as Ferrous Sulfate)	0.5mg	3%
Iodine (as Potassium Iodide)	32.5mcg	22%
Magnesium (as Magnesium Phosphate)	20mg	5%
Zinc (as Zinc Sulfate)	0.75mg	5%
Copper (as Copper Gluconate)	0.1mg	5%
Aminogen® (13 Units)	125mg	**

Who is this for?

- Anyone looking to promote greater gains in strength, size and performance. This formula is specifically designed for the athlete or intense exerciser to perform at their highest level in the 2nd half or 4th quarter, and is 100% compliant with NCAA guidelines for collegiate athletes.

What makes this product unique?

- It contains 290 calories per serving
- There is a 2:1 ratio of fast acting carbohydrates (maltodextrin) to protein (whey protein concentrate, whey protein Isolate, calcium caseinate, micellar casein) per serving
- There are 21 grams of protein per serving
- Drinking a properly designed shake pre and post workout versus eating whole food allows the nutrients to be digested and absorbed more quickly, making this a convenient method of fueling around exercise.

How should I take this?

- 1st Serving: 30-40 minutes before workouts, mix two (2) scoops (1 serving) of First String™ with 16-20 fl. oz. of cold water/fluid and mix vigorously for 30 seconds in a shaker or blender. 2nd Serving: repeat immediately following workouts or training.