

# dotFIT Unflavored Best Plant Protein

\* NO Artificial Flavoring or Sweeteners



## SUPPLEMENT FACTS

Serving Size: 1 Scoop (28g)  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	110	
Total Fat	2g	3%*
Sodium	340 mg	15%
Total Carbohydrate	2 g	1%*
Protein	21g	32%*
Iron	4 mg	22%
Potassium	30 mg	1%
<b>Multi Source Plant Protein Blend:</b> Pea protein isolate, Cranberry seed, Chia seed, Sacha Inchi seed	24.5 g	**
<b>Branch Chain Amino Acids:</b> L-Leucine, L-Isoleucine and L-Valine	5 g	**
Glutamine	3.5 g	**
<b>Enzyme Blend:</b> Alpha-galactosidase and Bromelain	110 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* 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 110 calories per serving
- There are 21 grams of pea protein isolate, Cranberry seed, Sacha Inchi and Chia seed per serving
- 5,000 mg of branched chain amino acids (BCAAs) added
- Non-GMO, gluten free, no dairy, no soy, hypoallergenic
- **UNFLAVORED, (no artificial flavoring or sweeteners) use any of the dotFIT flavor packs or flavor on your own!**
- **Perfect for baking!**

## 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.

