

dotFIT VEGANdotSTICK



Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 9g		12%	Total Carbohydrate 24g
Saturated Fat 4g		20%	Dietary Fiber 4g	14%
Trans Fat 0g			Total Sugars 10g	
Cholesterol 0mg		0%	Includes 9g Added Sugars	18%
Sodium 350mg		15%	Protein 12g	24%
Calories per serving 260	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0.3mg 2% • Potassium 40mg 0%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Who is this for?

- Anyone looking for a convenient vegan 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 Vegan dotSTICKs are 260 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 Vegan 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!