dotFIT dotWafer

Nutrition Facts

Serving size	**(46g)**

Amount per serving

Calories	**240**

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 40mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 226mg	15%
Iron 1mg	6%
Potassium 82mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Who is this for?

- Anyone looking for a convenient source of carbohydrates and high quality protein to fuel the body, help support muscle tissue, and manage appetite.

What makes this product unique?

- It contains 240 calories per serving

- There are 15 grams of protein per wafer

- There are 12-13 (Choc: 12, Van: 13) grams of fast acting carbohydrates per wafer

- Extra delicious when heated up

How should I take this?

- Use the dotWafer 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!

GROW STRONG.