

dotFIT dotBAR



Chocolate Mint-
160 Calories
(15 grams Protein)



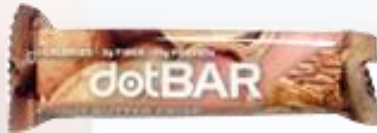
Chocolate Peanut Butter Crunch-
190 Calories
(12 grams Protein)



PB&J-
160 Calories
(15 grams Protein)



Chocolate Fudge Crisp-
150 Calories
(15 grams Protein)



Peanut Butter Crisp-
150 Calories
(15 grams Protein)

Who is this for?

- Anyone looking for a good source of carbohydrates and protein to fuel the body and support muscles.

What makes this product unique?

- The bars range from 150 to 190 calories
- Each bar contains 12-15 grams of protein to support muscles, boost satiety, and help meet daily needs
- They contain a 2:1 ratio of carbohydrates to protein to provide proper fuel and recovery throughout the day or before/after a workout

How should I take this?

- Use the dotBAR 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