

Pre/Post Workout Formula

Purpose & Rationale

The purpose of this product includes one or more of the following: 1) a meal replacement as needed for weight loss and/or weight maintenance; 2) meal or daily supplement for weight gain; 3) before and after workout formula to enhance exercise-induced results; and/or 4) daily protein supplement to help meet the current higher protein recommendations for active persons. While each of the dotFIT powders have a more specific role (LeanMR for weight loss, WheySmooth for low-calorie pre/post workout and protein supplementation and/or low-carbohydrate weight loss meal replacement (MR), FirstString primarily for performance and/or muscle/weight gain goals), Pre/Post Workout Formula is the only dotFIT powder that may be used (as it exists in its native form) as described for any goal (performance, health, weight loss, or muscle gain).

Typical Use

- As a pre- and post-workout supplement for performance goals, consume the amounts below 30-40 minutes before exercise based on body size:
 - 100-150 lbs.: 1.5 scoops
 - 151-200 lbs.: 2 scoops
 - 201-250 lbs.: 3 scoops
 - >250 lbs.: 4 scoops
- Immediately following training, repeat the same dose unless also using AminoBoostXXL (see [muscle stacking](#)). If using AminoBoostXXL, consume Pre/Post Workout Formula 30 minutes following the immediate post-exercise dose of AminoBoostXXL.
- As a meal replacement for weight/fat loss, use Pre/Post Workout Formula to supply two small meals within any calorie-restricted meal plan of >4 meals per day. As a weight-gain supplement, use as needed throughout the day to meet individual protein, carbohydrate, calorie and nutrient timing goals.
- Anyone seeking a great tasting, convenient meal replacement and/or additional protein source.

Unique Features

- Carbohydrate content satisfies the necessary profile for maximizing protein synthesis while fitting into a “low sugar” claim, which appeals to

prevailing perceptions. One serving contains 21g of protein, 33-35g of carbohydrates and only 3g of sugar.

- Sophisticated, ideal blend of the highest quality fast and extended acting proteins.
- No aspartame and relatively low in sodium.
- Co-factors ensure nutrient uniformity and stability with great taste and easy mixing.
- No gas or bloating as is common with other protein powders. Less than 1.5g of lactose per serving.
- Synergistic with all other dotFIT products and traditional food intake. dotFIT powders are NOT “spiked” with unnecessary nutrients. Most other products in this space (e.g. bars, shakes and ready-to-drinks) are heavily spiked with many nutrients that can lead to undesirable levels within the body when combining multiple manufacturers, products and normal food intake. When consuming only dotFIT products as directed with one’s normal daily food intake, the body’s nutrient levels are kept at a safe and optimal range.

Contraindications

Pre/Post Workout Formula is contraindicated in people who cannot consume milk proteins.

Nutrition Facts		
Serving Size: 2 Scoops (61g)		
Servings Per Container: 20 servings		
Amount Per Serving		
Calories 240	Calories from Fat 25	
	% Daily Value*	
Total Fat	2.5 g	4%
Saturated Fat	1 g	5%
Trans Fat	0 g	**
Cholesterol	60 mg	20%
Sodium	140 mg	6%
Total Carbohydrates	33 g	11%
Dietary Fiber	0g	0%
Sugars	3g	**
Protein	21 g	42%
Vitamin A 0%	•	Vitamin C 0%
Calcium 15%	•	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.		
** % Daily Value not established.		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4	