

BestPlantProtein™

Purpose & Rationale

The purpose of this product is to supply a high-quality, non-animal protein source to help increase total protein intake or provide timely delivery of protein as needed. Proper use of highly rated protein sources (high digestibility and appropriate amino acid content) can deliver the exercise-induced higher protein requirements for exercisers and athletes while minimizing calories to achieve body composition goals. BestPlantProtein comes in a powdered mix form, which enables one to adjust the total meal (or daily) protein and other nutrient content as desired while remaining within a specific calorie allotment.

Typical Use

- A vegetable-based, low-calorie, source of protein for anyone pursuing weight/fat loss.
- For anyone who is not meeting protein requirements for specific goals, including anti-aging.
- As a pre-/post-workout supplement for vegan and vegetarian physique competitors or other weight/body-fat conscious athletes during the final weeks of competition dieting to meet protein requirements with fewer calories.
- For exercisers during intense training and especially when combined with calorie restriction for weight/fat loss.
- Suitable for those wanting a great tasting, convenient, high-quality and vegetable-based protein source.

Unique Features

- 21g of a high biological value protein, 7g of carbohydrates and 3g of healthy fat in only 130 calories.
- Co-factors from all-natural sources ensure nutrient uniformity and stability with good taste and easy mixing.
- Hypoallergenic, gluten free, non-GMO and contains no dairy or soy.

- No gas or bloating as is common with other plant-based protein powders.
- Contains less than 1g of sugar and uses the natural sweetener stevia.
- Formulated and manufactured for great taste and pleasing texture in a regularly inspected NSF certified facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT.
- Third-party tested.

Contraindications

There are no known contraindications with BestPlantProtein’s ingredients for healthy individuals.

SUPPLEMENT FACTS		
Serving Size: 1 Scoop (34 g)		
Servings Per Container: 30		
	Amount Per Serving	% Daily Value*
Calories	130	
Calories from Fat	20	
Total Fat	3 g	5%
Saturated Fat	0.5 g	3%
Sodium	270 mg	11%
Potassium	160 mg	5%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	<1%
Sugars	<1 g	**
Protein	21 g	42%
Calcium	65 mg	6%
Iron	7 mg	38%
Magnesium	40 mg	10%
Multi Source Plant Protein Blend: (Pea protein isolate, Cranberry seed, Chia seed, Sacha Inchi seed)	23,855 mg	**
Branch Chain Amino Acids: (L-Leucine, L-Isoleucine and Valine)	6,225 mg	**
Glutamine	3,475 mg	**
Enzyme Blend: (Alpha-galactosidase and Bromelain)	110 mg	**
* Percent Daily Values are based on a 2,000 calorie diet.		
** Daily Value not established.		
Other Ingredients: Inulin, natural cocoa, natural chocolate, stevia, xanthan gum, natural flavor, glycine and silica.		