

# The new dotBAR Power Workout.

## Lift. Open. Eat.

Any Questions?

nutrition dotFIT

dotBAR



COOKIE DOUGH

PEANUT BUTTER CRUNCH



MOCHA

What you eat can dramatically affect your performance. dotBARs deliver the right nutrients at the right time to help reduce muscle damage, encourage muscle repair, and refill energy stores.

Available in Three Great Flavors!

- Ideal blend of carbs and protein
- Great source of calcium
- Satisfying and delicious
- Only 190 calories

Try the new dotBARs today!

