

**CEU Quiz – weight loss dotFIT (0.1 CEU)**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

dotFIT Certification # \_\_\_\_\_ Club: \_\_\_\_\_

E-mail: \_\_\_\_\_

(Please Print Clearly)

Sources: Supplement Reference Guide (SRG) at <http://www.dotfit.com/SRG>; Product Videos at <http://www.dotfit.com/>

1. Which weight loss product would you recommend for a male who's body-fat is above 22 percent?
- a. CarbRepel
  - b. ThermAccel
  - c. FatRelease
  - d. Workout Extreme

2. One of the primary compounds in FatRelease has been shown to hasten the removal of fat from the \_\_\_\_\_.
- a. Heart
  - b. Pancreas
  - c. Lungs
  - d. Liver

3. \_\_\_\_\_ has been shown to decrease the body's absorption of dietary fat by inhibiting gastrointestinal lipase (an enzyme that prepares dietary fat for absorption) thus reducing absorbed calories.
- a. Epigallocatechin gallate (EGCG)
  - b. Engelhardtia chrysolepis
  - c. Rhododendron caucasicum
  - d. N - Acetyl cysteine (NAC)

4. \_\_\_\_\_ was added to FatRelease because it acts as an antioxidant and hepatoprotectant in order to help combat oxidative stress brought on by accumulating fat in the liver.
- a. Milk Thistle
  - b. N - Acetyl cysteine (NAC)
  - c. Choline
  - d. Epigallocatechin gallate (EGCG)

5. All of the dotFIT weight loss products are fat-loss aids that do not contain central nervous system stimulants.
- True
  - False
6. Of which weight loss product is it suggested to refrain from taking within 5 hours of bedtime?
- FatRelease
  - CarbRepel
  - ThermAccel
  - None of the above
7. Fat loss aids work in each of the ways listed below except...
- Reduce the drive to consume food
  - Increase daily calorie expenditure
  - Help to increase lean body mass
  - Decrease calorie absorption
8. What product would you recommend for a female that has 34% body fat and is adversely affected by central nervous system stimulants?
- ThermAccel
  - FatRelease
  - Recover&Build
  - CarbRepel
9. Which weight loss product would you recommend for a pregnant female?
- ThermAccel
  - FatRelease
  - CarbRepel
  - None of the above
10. CarbRepel works in all of the ways listed below except...
- Block carbohydrates or sugars from being absorbed
  - Keep food in the stomach longer which prolongs the feeling of fullness
  - Manage appetite and control food intake
  - Hastens removal of fat from the liver
11. Which of the compounds listed below is the primary ingredient in CarbRepel?
- Alpha Lipoic Acid
  - Phase 2<sup>®</sup>
  - Milk Thistle
  - Rhododendron Caucasium

12. \_\_\_\_\_ is a fiber found in many fruits and has been demonstrated to slow gastric emptying (helps keep food in the stomach longer).
- a. Citrus pectin
  - b. Pomegranate leaf extract
  - c. Phase 2®
  - d. Epigallocatechin gallate (EGCG)
13. ThermAccel contains capsaicin from cayenne fruit.
- a. True
  - b. False
14. The proprietary complex in ThermAccel includes \_\_\_\_\_ which is a new, safe and natural complex that has demonstrated ability to reduce stored body fat and enhance weight loss in scientific findings.
- a. LeptiCore
  - b. Capsaicin
  - c. Yerba Mate
  - d. Caralluma fimbriata
15. All three products included in the LeanPak90, the dotFIT 90 Day Weight Loss Solution, need to be taken at the same time to be effective.
- a. True
  - b. False

**Please note:** 12 of 15 questions must be answered correctly for CEU award (80%)

**Send your completed quiz:**

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