

FIT IS WHAT YOU MAKE OF IT.



dotFITTM
Your Fitness. Connected.

Product Guide

dotFIT FOR YOU.

Reach your fitness goals and live a longer, fuller life with dotFIT. Whether you're new to exercise and just want to get healthy, you're seeking dramatic weight loss, or you're an experienced exerciser looking to add muscle, dotFIT products give you the boost you need.

Clinical research
All dotFIT product ingredients undergo thorough predevelopment analysis including clinical research supporting ingredient use, dosage, and safety. Products are constantly reevaluated and updated as necessary.

Best-in-class delivery systems
By taking advantage of different absorption and receptor sites in the body, dotFIT products ensure that the proper amounts of the right ingredients get to the proper tissues at the right times.

Good manufacturing practices
dotFIT supplements and powders are manufactured in an FDA-registered pharmaceutical facility, in compliance with Good Manufacturing Practices to ensure purity and potency. This includes rigorous product testing and validation, from raw materials to the finished product.

Synergistic formulas
All dotFIT products can stand alone, but they are designed to work especially well together. You'll never be short of the nutrients you need, nor will you have to worry about taking too much.

Something for everyone
dotFIT dietary supplements are designed for anyone interested in preserving health by improving daily nutrient intake, safely enhancing athletic performance, or losing weight.

Questions? We're here to help.
If you're not sure what supplements you should use, or you have questions about dotFIT products, please see a personal trainer, go www.dotfit.com, or call a dotFIT product support team member at 877.436.8348.

Exact science. Uncompromising standards.

health dotFIT™

Multivitamin formulas for active lifestyles and general health supplements like Omega-3s, antioxidants, calcium with vitamin D and more.

weight loss dotFIT™

Cutting edge formulas proven to safely increase weight loss by decreasing calorie absorption and increasing calories burned.

performance dotFIT™

Formulas containing high-end ingredients enhance athletic performance and strength gains or improve recovery from intense workouts. Includes delicious powdered drink mixes.

nutrition dotFIT™

The name says it all: nutritious choices for snacking on the go, before and after workouts or athletic events, or for precise portion control during weight loss.

Not sure which products are right for you? A personal trainer or club staff member can help you decide, or you can call dotFIT product support at 877.436.8348.

Designed for optimal health these products deliver essential nutrients to keep you in top form. Multivitamin and mineral formulas improve your daily nutrient intake without adding calories, and may help stave off chronic disease.

ActiveMV™

This synergistic blend of vitamins, minerals and antioxidants is specifically formulated to support the nutritional demands of those between 12 and 65 years of age who are involved in sport, fitness and exercise. ActiveMV was developed to increase energy levels and help your body achieve its maximum potential. Recommended dose is two tablets daily.

- High antioxidant complex for an active lifestyle[†]
- 1200 IU of Vitamin D-3 (2 tablets)[†]
- Ideal for active teens and adults[†]

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene 4000 IU and Acetate 500 IU)	4500 IU	90%
Vitamin C (as Ascorbic acid)	450 mg	750%
Vitamin D (as Cholecalciferol)	600 IU	150%
Vitamin E (as D-Alpha Tocopheryl Succinate)	150 IU	500%
Vitamin K (as Phytonadione)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	5 mg	333%
Vitamin B2 (as Riboflavin)	5 mg	294%
Niacin (as Niacinamide)	15 mg	75%
Vitamin B6 (as Pyridoxine HCl)	6 mg	300%
Folic Acid	100 mcg	25%
Vitamin B12 (as Cyanocobalamin)	15 mcg	250%
Biotin	150 mcg	50%
Iron (as Ferrous Fumarate)	5 mg	28%
Iodine (from Kelp)	25 mcg	17%
Magnesium (as Magnesium Oxide)	150 mg	38%
Zinc (as Zinc Citrate)	7.5 mg	50%
Selenium (as L-Selenomethionine)	50 mcg	71%
Copper (as Copper Gluconate)	500 mcg	25%
Chromium (as Chromium Picolinate)	50 mcg	42%

Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.



VegetarianMV™

Scientifically formulated to support the unique diets of vegans and vegetarians. Each convenient one-a-day serving delivers a boosted supply of nutrients typically lacking in vegetarian or high carbohydrate diets such as zinc, iron, vitamin B12 and also contains 1000 IU of vitamin D.

- Supports high carb, vegan, and vegetarian diets[†]
- Boosted levels of zinc, iron and B12[†]
- 100% animal-free[†]

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	10,000 IU	200%
Vitamin C (as Ascorbic acid)	200 mg	333%
Vitamin D (as Ergocalciferol)	1,000 IU	250%
Vitamin E (as D-Alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K (as Phytonadione)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	6 mg	400%
Vitamin B2 (as Riboflavin)	6 mg	353%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	6 mg	300%
Folic Acid	200 mcg	50%
Vitamin B12 (as Cyanocobalamin)	15 mcg	250%
Biotin	50 mcg	17%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%
Iron (as Iron Carbonyl)	15 mg	83%
Iodine (from Kelp)	50 mcg	33%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Citrate)	15 mg	100%
Selenium (as L-Selenomethionine)	50 mcg	71%
Copper (as Copper Gluconate)	1 mg	50%
Chromium (as Chromium Picolinate)	100 mcg	83%

Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.



Women'sMV™

Formulated to provide bone-strengthening ingredients such as 1000 IUs vitamin D-3 and magnesium, and a heart healthy vitamin B complex to increase energy and support a strong cardiovascular system. Just one convenient daily serving supplies the extra nutrients needed for the development and maintenance of a woman's body.

- Formulated especially for women[†]
- Higher levels of magnesium, iron and folic acid[†]
- Supports strong hair & healthy skin[†]

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene 5000 IU and Acetate 1000 IU)	6000 IU	120%
Vitamin C (as Ascorbic acid)	300 mg	500%
Vitamin D (as Cholecalciferol)	1000 IU	250%
Vitamin E (as D-Alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K (as Phytonadione)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	6 mg	400%
Vitamin B2 (as Riboflavin)	6 mg	353%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	9 mg	450%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	12 mcg	200%
Biotin	100 mcg	33%
Pantothenic Acid (as Calcium Pantothenate)	15 mg	150%
Iron (as Ferrous Fumarate)	10 mg	56%
Iodine (from Kelp)	100 mcg	67%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Citrate)	12 mg	80%
Selenium (as L-Selenomethionine)	50 mcg	71%
Chromium (as Chromium Picolinate)	50 mcg	42%

Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.



PrenatalMV™

Proper nutrition is vital to a healthy pregnancy for both the mom and the developing baby. PrenatalMV is formulated to prevent nutritional deficiencies before, during and after pregnancy. Supplies essential nutrients such as iron to help nutrient delivery to the baby and folic acid to support healthy fetal development. Use in conjunction with dotFIT™ SuperCalcium+. • For before, during and after pregnancy[†] • With folic acid to support healthy fetal development[†] • With vitamin D, iron and zinc to support a healthy pregnancy[†]

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic acid)	250 mg	417%
Vitamin D (as Cholecalciferol)	600 IU	150%
Vitamin E (as D-Alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K (as Phytonadione)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	4 mg	267%
Vitamin B2 (as Riboflavin)	4 mg	235%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	8 mg	400%
Folic Acid	600 mcg	150%
Vitamin B12 (as Cyanocobalamin)	12 mcg	200%
Biotin	50 mcg	17%
Pantothenic acid (as Calcium Pantothenate)	15mg	150%
Iron (as Ferrous Fumarate)	27 mg	150%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Citrate)	10 mg	67%
Selenium (as L-Selenomethionine)	100 mcg	143%
Copper (as Copper Gluconate)	0.5 mg	25%
Chromium (as Chromium Picolinate)	50 mcg	42%

Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.



Over50MV™

Get the essential vitamins, minerals and antioxidants needed by adults over the age of 50 to support daily wellness and healthy aging. Just one tablet daily provides 1000 IUs of the essential nutrients vitamin D-3 and magnesium to help maintain strong bones. Over50MV contains vitamins B-6, B-12 and folic acid to increase vitality and support a healthy heart.

- Increases vitality[†]
- Supports bone health[†]
- Promotes a healthy heart[†]

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene 5000 IU and Acetate 1000 IU)	6000 IU	120%
Vitamin C (as Ascorbic acid)	400 mg	667%
Vitamin D (as Cholecalciferol)	1000 IU	250%
Vitamin E (as D-Alpha Tocopheryl Succinate)	50 IU	167%
Vitamin K (as Phytonadione)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	6 mg	400%
Vitamin B2 (as Riboflavin)	6 mg	353%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%
Iron (as Ferrous Fumarate)	8 mg	44%
Iodine (from Kelp)	75 mcg	50%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Citrate)	15 mg	100%
Selenium (as L-Selenomethionine)	70 mcg	100%
Copper (as Copper Gluconate)	1 mg	50%
Chromium (as Chromium Picolinate)	100 mcg	83%

Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.



KidsMV™

This chewable formula contains all the essential nutrients in just the right amounts to meet the needs and support the development of your growing child. Kids love the great taste of these small, easy-to-chew vitamins and parents trust them to help keep their children strong, healthy and active.

- Supports healthy growth and development[†]
- No artificial colors, flavors or preservatives[†]
- Great tasting Hawaiian Punch flavor[†]



	Amount Per Serving	% Daily Value
Beta Carotene (Pro Vitamin A)	2000 IU	40%
Vitamin A (as Palmitate)	500 IU	10%
Vitamin C (as Ascorbic acid)	30 mg	50%
Vitamin D (as Cholecalciferol)	250 IU	63%
Vitamin E (as D-Alpha Tocopheryl Succinate)	20 IU	67%
Vitamin K (as Phytonadione)	30 mcg	38%
Vitamin B1 (as Thiamine Mononitrate)	1 mg	67%
Vitamin B2 (as Riboflavin)	1 mg	59%
Niacin (as Niacinamide)	6 mg	30%
Vitamin B6 (as Pyridoxine HCl)	1 mg	50%
Folic Acid	100 mcg	25%
Vitamin B12 (as Cyanocobalamin)	3 mcg	50%
Biotin	10 mcg	3%
Pantothenic Acid (as Calcium Pantothenate)	2 mg	20%
Iron (as Ferrous Fumarate)	5 mg	28%
Iodine (from Kelp)	50 mcg	33%
Magnesium (as Magnesium Oxide)	20 mg	5%
Zinc (as Zinc Oxide)	5 mg	33%
Selenium (as L-Selenomethionine)	20 mcg	29%

Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.

SuperCalcium+™

Get the precise amounts of calcium, vitamin D and magnesium needed to improve the development of strong, healthy bones and maintain bone density. May help reduce the risk of osteoporosis later in life. Use with a dotFIT™ recommended Multivitamin and Mineral formula.

- Helps improve bone density[†]
- May help reduce the risk of osteoporosis[†]
- Critical for teens, young women, postmenopausal women, and those who are lactose intolerant or vegan[†]

	Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol)	400 IU	100%
Calcium (as Carbonate, Citrate, Fumarate, Succinate, Gluconate, Aspartate, Ascorbate, Amino Acid Chelate, Ketoglutarate)	1000 mg	100%
Magnesium (as Oxide, Citrate, Fumarate, Succinate, Gluconate, Aspartate, Ascorbate, Amino Acid Chelate, Ketoglutarate)	500 mcg	125%

Serving Size: 2 tablets

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial flavors, Coloring or Preservatives added. Components in this product are derived from natural sources.



JointFlexibilityPlus™

Limber up with JointFlexibilityPlus. Contains clinically proven doses of glucosamine and chondroitin to improve joint flexibility and mobility, and may provide 100% drug-free relief from joint pain associated with moderate osteoarthritis. When used daily, JointFlexibilityPlus provides essential lubrication to support healthy connective tissue, keep joints flexible and provide joint comfort for an active lifestyle.

- Promotes joint mobility[†]
- Helps rebuild cartilage[†]
- Relieves sore joints[†]

	Amount Per Serving	% Daily Value
Glucosamine Sulfate (as 2KCl)	500 mg	**
Chondroitin Sulfate	400 mg	**

Contains: Shellfish (Crab and/or Shrimp). People with allergies to shellfish should consult their health-care professional before taking this or any other product containing glucosamine.

Serving Size: 1 tablet

Contains No: Dairy, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.



SuperOmega-3™

Good for your heart and your head, SuperOmega-3 contains the essential fatty acids Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA.), shown in studies to support cardiovascular health and lower blood pressure and triglyceride levels. Each softgel is uniquely enteric-coated to withstand stomach acid and dissolve in the small intestine. The result is maximum absorption without "Fishy Burps." Super Omega-3 Fish Oil Complex is mercury-free and contains no PCBs.

- Supports brain health†
- Supports cardiovascular health†
- Helps maintain healthy cholesterol levels†

	Amount Per Serving	% Daily Value
Total Fat	1.2 g	2%
Saturated Fat	0.1 mg	<1%
Polyunsaturated Fat	1.1 g	**
Monounsaturated Fat	0.2 g	**
Cholesterol	1 mg	<1%
Vitamin E (D-alpha tocopheryl)	2 IU	7%
Total Omega-3	600 mg	**
Polyunsaturates		
EPA (eicosapentaenoic acid)	360 mg	**
DHA (docosahexaenoic acid)	240 mg	**

Serving Size: 1 softgel



SuperiorAntioxidant™

Trigger your body's natural ability to protect cells against free radicals caused by poor dietary habits, pollution and stress that can damage healthy cells, potentially leading to chronic diseases and speeding up the aging process. Featuring OptiBerry®, a unique, proprietary blend of wild blueberry, strawberry, cranberry, wild bilberry, elderberry and raspberry extracts, which are known for their health-promoting properties. With Optiberry®, Lycopene, and Co-Q10.

- Supports healthy aging†
- May help reduce the risk of chronic† or age-related diseases†

	Amount Per Serving	% Daily Value
D. Salina natural mixed carotenoids	1.5 mg	**
Lutein	6 mg	**
Lycopene	10 mg	**
Zeaxanthin	4 mg	**
(from Marigold Flowers)		
Coenzyme Q10 (CoQ-10)	100 mg	**
Alpha Lipoic Acid	200 mg	**
OptiBerry®	30 mg	**
(from Wild Blueberry, Strawberry, Cranberry, Wild Bilberry, Elderberry, Raspberry)		

Serving Size: 1 tablet



Advanced Brain Health™

Keep your wits about you with Advanced Brain Health, a combination of scientifically proven ingredients that naturally supports memory, focus, and concentration and may delay the decline in healthy brain function. This synergistic blend may help rebalance the age-related decline in the body's production or absorption of the essential nutrients for normal brain function.

- Contains Phosphatidylserine to help support memory function†
- Promotes mental clarity and focus†
- For healthy cognitive function†

	Amount Per Serving	% Daily Value
Acetyl-L Carnitine	500 mg	**
Phosphatidylserine	100 mg	**
Alpha Lipoic Acid	100 mg	**
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%

Serving Size: 1 tablet



dotFIT™

fact:

Before nutritional compounds become dotFIT products or are recommended for consumer use, all ingredients must survive rigorous legal and scientific review and testing.



These products are designed to make weight loss easier by controlling appetite, boosting metabolism, and blocking calorie absorption.

90 Day Weight Loss Solution

Our complete weight loss plan uses simple strategies to help you eat better, move more, lose weight and feel great. Includes menus written by Registered Dietitians. Your 90 Day Weight Loss Solution contains:

- Weight Loss Planner
- CalorieKing™ Calorie, Fat & Carbohydrate Counter
- FatReleaser – 90 count
- CarbKiller – 90 count
- ThermoShock – 120 count



FatReleaser™

In a groundbreaking study the key ingredient in FatReleaser decreased the body's absorption of dietary fat, leading to a reduction in the absorption of overall calories and subjects lost up to 300% more weight than those taking a placebo. FatReleaser™ is scientifically developed to deliver a natural blend of ingredients to speed up the removal of fat from the liver, support and maintain healthy liver function and combat oxidative stress.

- Up to three times more weight loss[†]
- Increases calorie burning[†]
- Decreases absorption of dietary fat[†]
- Promotes healthy liver function[†]



	Amount Per Serving	% Daily Value
Green Tea Extract (Leaf) Standardized for 98% Polyphenols (196mg) 75% Catechins (150mg) 45% EGCG (90 mg) 7% Caffeine (naturally occurring-14 mg)	200 mg	**
Choline (as Choline Bitartrate)	133 mg	**
N-Acetyl Cysteine (NAC)	50 mg	**
Milk Thistle Seed Extract (80% Silymarin)	166 mg	**
dotFIT™ Proprietary Herbal Complex (Rhododendron caucasicum and Engelhardtia chrysolepis)	133 mg	**

Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.

CarbKiller™

Control hunger and feel fuller longer with CarbKiller. Our formula contains clinically tested Phase 2®, a proprietary standardized white kidney bean extract that works by blocking dietary starch from being absorbed. CarbKiller reduces the absorption of carbohydrates, increasing your weight loss and helping you achieve your goals.

- Stimulant-free formula supports weight loss and reduces appetite[†]
- Feel fuller longer[†]
- Helps control carbohydrates[†]
- With clinically tested Phase 2®[†]



	Amount Per Serving	% Daily Value
Phase 2 Starch Neutralizer®‡ White Kidney Bean Extract (Phaseolus vulgaris)	750 mg	**
Citrus Pectin	375 mg	**
Pomegranate Fruit Extract (Total Polyphenols 110 mg, Ellagic Acid 55 mg)	137.5 mg	**

Serving Size: 2 tablets

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.

‡The trademark Phase 2 Starch Neutralizer® is being used under license.

ThermoShock™

Turn your body into an all-day fat burning powerhouse. ThermoShock delivers a powerful combination of maximum strength thermogenic agents and a natural compound proven in a groundbreaking study to regulate body fat storage and activate 92% more weight loss. Each ingredient is delivered via a proprietary Dual-Stage 8-Hour Delivery System. Each Thermo-Tab triggers an initial rapid release for enhanced alertness, intense energy and stimulation followed by a sustained release second wave that allows you to burn fat all day long!

- Activates 92% more weight loss[†]
- Increases lean muscle to fat ratio[†]
- Decreases fat accumulation and regulates appetite[†]
- Dual-stage 8-hour delivery system[†]



	Amount Per Serving	% Daily Value
LumaThin™	520 mg	**
Caralluma Powder		
dotFIT™ Proprietary LeptiCore™‡ Complex (Acacia Polysaccharides, Esterified Fatty Acids, Pomegranate Extract, Aphanizomenon Flos-Aquae Extract and Beta-Carotene)	310 mg	**
L-Theanine	100 mg	**
ThermoShock™ Thermogenic Complex - Green Tea Extract (providing 270 mg EGCG), Caffeine (providing 350 mg of caffeine), Yerba Mate Powder, Guarana Seed Powder and Cayenne Fruit)	1000 mg	**

Serving Size: 2 tablets

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.

‡LeptiCore™ is a trademark of Pipeline Nutraceuticals, Inc. Protected by US patents 6,899,892,5,569,679 and patents pending.

All our performance products are specifically formulated to promote muscle gain, enhance workouts and mental focus, and maximize recovery. As with every dotFIT product, purity and potency are guaranteed.

AminoBoostXXL™

Developed for the sole purpose of increasing availability of essential amino acids to increase muscle protein synthesis, creating the perfect storm for superior gains in size, strength and muscle mass. AminoBoostXXL delivers a powerfully engineered blend of essential amino acids, including a greater fraction of the highly anabolic compound Leucine. New research confirms that consuming the precise amino acid profile, as found exclusively in AminoBoostXXL, immediately before and after exercise is a powerful weapon to counter the breakdown of muscle protein and maximally stimulates muscle protein synthesis.

- Increases muscle protein synthesis[†]
- Activates new muscle growth[†]
- Improves recovery from intense training[†]

	Amount Per Serving	% Daily Value*
Calories	50	
Calories from Fat	0	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	12g	24%
Amino Boost XXL	12g	**
Proprietary Blend		**
L-Leucine		**
L-Phenylalanine		**
L-Lysine		**
L-Valine		**
L-Threonine		**
L-Isoleucine		**
L-Histidine		**
L-Methionine		**

Serving Size: 1 scoop

Contains Soy

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, or Gluten. No Sugar, Salt, Starch, Artificial coloring, Flavoring or Preservatives added.



NO7Rage™

If you only use one supplement, and you're serious about transforming your body into a muscle-building powerhouse with dramatic increases in strength, then make it NO7Rage! It's a scientifically superior pre-workout formula powered by a revolutionary, proprietary complex of nitric oxide boosting ingredients and creatine monohydrate.

- Promotes maximum muscle pump and volumization[†]
- Powerful anti-catabolic and muscle activator[†]
- Explosive pre-workout stimulator[†]

	Amount Per Serving	% Daily Value*
Calories	44	
Calories from Fat	0	
Total Fat	0g	0%
Trans Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	0g	0%
Vitamin C	250 mg	416%
Vitamin E	50 IU	166%
(d-Alpha Tocopheryl Succinate)		
Vitamin B6 (pyridoxine HCl)	25 mg	1,250%
Vitamin B12 (methylcobalamin)	120 mcg	2,000%
Magnesium (gluconate)	5 mg	1%
Sodium chloride	118 mg	10%
Potassium (citrate)	100 mg	3%
NO7Rage Proprietary blend	6800 mg	**
L-Taurine		**
Glycerol		**
L-Citrulline L-Malate		**
Betaine Anhydrous		**
Creatine Monohydrate	2500 mg	**
Glucuronolactone	400 mg	**
Caffeine	175 mg	**

Serving Size: 1 scoop

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Artificial coloring or Preservatives added.

WARNING: Not intended for individuals under the age of 18.



CreatineXXL™

Generate superior strength gains and extraordinary high intensity workouts with CreatineXXL with beta alanine. Increases carnosine levels in the muscle which helps stop the burning in muscle associated with muscular fatigue from intense exercise. This means you can train harder and longer in the gym compared to when just using Creatine alone. The scientifically proven "Swell & Release" ultra fast nutrient delivery system works to supply a pulsating delivery of high performance ingredients, helping your body kick start explosive increases in size and strength.

- Significantly increases lean muscle mass[†]
- Increases muscular strength and endurance[†]
- Delays muscular fatigue[†]
- With beta alanine[†]

	Amount Per Serving	% Daily Value
Creatine (as Creatine Monohydrate)	3000 mg	**
Beta-Alanine	1600 mg	**
dotFIT Proprietary Cell Hydration Complex (L-Glutamine, L-Glycine)	2100 mg	**

Serving Size: 5 tablets

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.

WARNING: Not intended for individuals under the age of 18.



CreatineMonohydrate

Unleash an explosive energy source and increase muscle phosphocreatine stores resulting in as much as a 15% increase in strength and power with CreatineMonohydrate. Easy-to-swallow tablets allow rapid absorption and help eliminate stomach discomfort experienced with inferior Creatine products. Contains pure HPLC Certified Creatine Monohydrate, the only source of Creatine which has consistently shown positive effects on strength, lean mass and the development of raw power.

- Increases strength, power & muscle size[†]
- Improves recovery time from high intensity exercise[†]
- Natural athletic performance enhancer[†]

	Amount Per Serving	% Daily Value
Creatine (as Creatine Monohydrate)	2,500 mg	**

Serving Size: 2 tablets

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.

WARNING: Not intended for individuals under the age of 18.



*Percent Daily Values are based on a 2,000 calorie diet. **Percent Daily Values not established.

Recover&Build™

Contains ultra high quality amino acids critical for muscle growth and repair during and after intense exercise. By increasing the levels of BCAAs in the body, Recover&Build spares muscle protein from being cannibalized and combats symptoms of overtraining. This can lead to increased energy for workouts, rapid recovery from intense training, and increases in lean, muscular mass. Unlike other, less sophisticated supplements that rely on stomach acids for dissolution, dotFIT's "Swell and Release" delivery technology speeds nutrient availability up to 65% over those delivered via capsules or tablets.

- Increases protein synthesis[†]
- Decreases muscle protein breakdown[†]
- Unique leucine-spiked formula[†]

	Amount Per Serving	% Daily Value
L-Leucine	1800 mg	**
L-Isoleucine	360 mg	**
L-Valine	360 mg	**

Serving Size: 3 tablets

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Yeast, Artificial flavors, Coloring or Preservatives added. Components in this product are derived from natural sources.

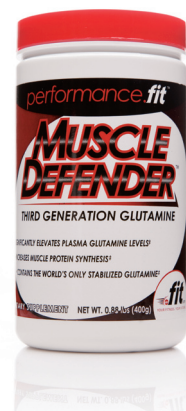
WARNING: Not intended for individuals under the age of 18.



MuscleDefender™

MuscleDefender introduces a new realm of anti-catabolic agents with the addition of the patented 'Magnesium Glycyl Glutamine' — the 'world's only stabilized glutamine.' Stabilizing glutamine and controlling the concentration and actions of other minerals (calcium, sodium, and potassium) within the muscle activates proper muscle contraction and relaxation, creating the perfect anabolic environment. MuscleDefender helps protect you from the devastating effects of catabolism and puts you back into the ultimate anabolic state.

- Significantly elevates plasma glutamine levels[†]
- Increases muscle protein synthesis[†]
- Contains the world's only stabilized glutamine[†]



	Amount Per Serving	% Daily Value*
L-Glutamine	7.6 g	**
Magnesium (from 400 mg Magnesium Glycyl Glutamine [‡])	34 mg	8.5%
Chromium (from 8 mg Chromium Nicotinate Glycinate Chelate ^{***})	200 mcg	167%

Serving Size: 1 scoop

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.

WARNING: Not intended for individuals under the age of 18.

[‡]Magnesium Glycyl Glutamine is covered by Albion International, Inc. U.S. Patent 5,888,533 and patents pending.

^{***}TRAAC is a registered trademark of Albion Laboratories Inc. U.S.

WorkoutExtreme™

Naturally accelerate your energy levels into overdrive for the gym or just to keep you going through the day. WorkoutExtreme uses an ultra-fast delivery system to release a synergistic combination of natural ingredients designed to increase energy, combat stress and reduce physical and mental exhaustion. Each serving features energy boosting and performance enhancing ingredients methylxanthine, glucuronolactone, taurine, and panax ginseng.

- Ignites energy and boosts metabolism[†]
- Increases focus and mental alertness[†]
- Relieves exhaustion[†]

	Amount Per Serving	% Daily Value
Taurine	1000 mg	**
Glucuronolactone	600 mg	**
Panax Ginseng (8% Ginsenosides)	300 mg	**
Caffeine Anhydrous	300 mg	**

Serving Size: 4 capsules

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Yeast, Artificial flavors, Coloring or Preservatives added. Components in this product are derived from natural sources.

WARNING: Not intended for individuals under the age of 18.



FirstString™

This high performance pre- and post-exercise formula was developed to lead to greater gains in strength, size and performance, and is 100% compliant with NCAA guidelines for collegiate athletes. FirstString provides optimal nutritional support with a precise balance of high-quality proteins, energy-releasing carbohydrates and healthy essential fats.

- Activates muscle strength, growth & recovery[†]
- With 250 mg of Aminogen® for increased protein absorption[†]
- Meets NCAA guidelines[†]

	Amount Per Serving	% Daily Value*
Calories	570	
Calories from Fat	60	
Total Fat	6 g	9%
Saturated Fat	2.5 g	13%
Trans Fat	0 g	**
Cholesterol	100 mg	33%
Sodium	160 mg	7%
Total Carbohydrates	89 g	30%
Dietary Fiber	3 g	12%
Sugars	8 g	**
Protein	42 g	84%
Aminogen® (13 Units)	250 mg	**

Serving Size: 2-4 scoops

Ingredients: maltodextrin, protein blend (whey protein concentrate, calcium caseinate, micellar casein, whey protein isolate), Cocoa powder, fat blend (sunflower oil, medium chain triglycerides and safflower oil), natural and artificial flavors, gums (carboxymethyl cellulose, xanthan gum), Vitamin and mineral blend, Aminogen®, sweeteners (sucralose, acesulfame potassium).

Contains ingredients derived from milk and soy.

Aminogen® is a Registered Trademark of Triarco Industries Aminogen® is protected by U.S. Patent No. 5,387,422.



*Percent Daily Values are based on a 2,000 calorie diet. **Percent Daily Values not established.

WheySmooth™

Increase lean muscle and accelerate muscle recovery with WheySmooth™, featuring a unique matrix of “slow” and “fast” releasing proteins. You’ll experience both a rapid release and a slow, steady supply of amino acids into the bloodstream, ensuring positive nitrogen retention and protein synthesis. Whether you are an extreme endurance athlete or hardcore bodybuilder, use WheySmooth before or after exercise for development of strong, lean muscle and rapid recovery.

- Multi-protein complex[†]
- With anti-catabolic branched chain amino acids[†]
- With Aminogen® and PeptoPro®[†]
- Mixes instantly and tastes great[†]

	Amount Per Serving	% Daily Value*
Calories	240	
Calories from Fat	40	
Total Fat	4.5 g	7%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	**
Cholesterol	85 mg	29%
Sodium	85 mg	4%
Total Carbohydrates	11 g	4%
Dietary Fiber	<1 g	2%
Sugars	2 g	
Protein	40 g	80%
Vitamin A	200 IU	4%
Vitamin B6	10 mg	500%
(as Pyridoxal5'-phosphate)		
Calcium (from Milk Proteins)	250 mg	25%
Iron	0.8 mg	4%
Proprietary Enzyme Blend		**
Lactase (8,000 ALU)	1,000 mg	**
Aminogen®	250 mg	**

Serving Size: 2 scoops

Ingredients: protein blend (whey protein concentrate, calcium caseinate, PeptoPro-casein hydrolysate, micellar casein, egg whites, whey protein isolate), maltodextrin, sunflower oil, natural and artificial flavors, gums (carboxymethyl cellulose, xanthan gum), enzyme blend (lactase, Aminogen®) pyridoxal 5'-phosphate, sweeteners (sucralose, acesulfame potassium).

Contains: Derived from milk and soy.

Aminogen® is a Registered Trademark of Triarco Industries. Aminogen® is protected by U.S. Patent No. 5,387,422.

PeptoPro® is a trademark of DSM.



Pre/Post Workout Formula & Meal Replacement™

This satisfying and perfectly balanced nutrition shake was formulated to be used pre/post exercise for maximum performance and muscular development, or simply as a meal substitute to reduce or increase daily calorie intake and fuel your body. Scientific studies show that consuming specific combinations and sources of protein and carbohydrates before and immediately after exercise can stimulate muscle protein synthesis and reduce muscle damage. This convenient and easy-to-digest formula contains 240 nutrient-dense calories for increased lean mass and recovery.

- Four-stage fast and slow protein complex[†]
- Only 240 calories per serving[†]
- With anti-catabolic branched chain amino acids[†]

	Amount Per Serving	% Daily Value*
Calories	240	
Calories from Fat	24	
Total Fat	3 g	5%
Saturated Fat	1 g	5%
Trans Fat	0 g	**
Cholesterol	35 mg	12%
Sodium	125 mg	5%
Total Carbohydrates	35 g	12%
Dietary Fiber	3 g	11%
Sugars	3 g	**
Protein	20 g	40%
Copper (as Copper Gluconate)	200 mcg	10%

Serving Size: 2 scoops

Ingredients: maltodextrin, protein blend (whey protein concentrate, calcium caseinate, micellar casein, whey protein isolate), Cocoa powder, fat blend (sunflower oil, medium chain triglycerides and safflower oil), gums (carboxymethyl cellulose, xanthan gum), natural and artificial flavors, Vitamin and mineral blend, sodium chloride, sweeteners (sucralose, acesulfame potassium).

Contains: Derived from milk and soy.



*Percent Daily Values are based on a 2,000 calorie diet. **Percent Daily Values not established.

dotFIT™

fact:

Recent research confirms that there are “metabolic windows” immediately post-workout when muscle building is at its peak. During these 60-90 minute periods, muscle cells are highly receptive to the incoming nutrients responsible for muscle building.

Combine and cycle CreatineXXL™, NO7Rage™, and AminoBoostXXL™ to create the Xtreme Muscle Stack, yielding maximum strength, size and performance outcomes. Visit www.dotfit.com/stack for details.



These delicious snacks offer instant portion control, healthier alternatives to fast food, and accurate calorie counts. They come in four great tasting flavors: Iced Oatmeal Strawberry Breakfast Bar, Iced Oatmeal Blueberry Breakfast Bar, Iced Lemon Vanilla Protein Stick, and Iced Peanut Butter Delight Protein Stick. Yum!

Protein Sticks

- High Protein
- Good Source of Calcium (95 mg of Calcium)
- Provides ALA Omega-3 (140 mg of ALA from Flaxseed)
- Good Source of Fiber
- Low Cholesterol Food



	Amount Per Serving	% Daily Value*
Calories	190	
Total Fat	6 g	9%
Trans Fat	0 g	**
Total Carbohydrates	26 g	9%
Dietary Fiber	3 g	12%
Protein	12 g	24%
Calcium	95 mg	10%
ALA (Omega-3)	140 mg	

Serving Size: 1 bar (50 g)

	Amount Per Serving	% Daily Value*
Calories	190	
Total Fat	6 g	9%
Trans Fat	0 g	**
Total Carbohydrates	26 g	9%
Dietary Fiber	3 g	12%
Protein	12 g	24%
Calcium	95 mg	10%
ALA (Omega-3)	140 mg	

Serving Size: 1 bar (50 g)

Breakfast Bars

- Made with real fruit
- Provides ALA Omega-3 (140 mg of ALA from Flaxseed)
- Contains Whole Grains
- Good Source of Calcium (100 mg of Calcium)
- Low Cholesterol Food



	Amount Per Serving	% Daily Value*
Calories	220	
Total Fat	5 g	8%
Trans Fat	0 g	**
Total Carbohydrates	29 g	10%
Dietary Fiber	3 g	12%
Protein	15 g	30%
Calcium	100 mg	10%
ALA (Omega-3)	140 mg	

Serving Size: 1 bar (55 g)

	Amount Per Serving	% Daily Value*
Calories	220	
Total Fat	5 g	8%
Trans Fat	0 g	**
Total Carbohydrates	29 g	10%
Dietary Fiber	3 g	12%
Protein	15 g	30%
Calcium	100 mg	10%
ALA (Omega-3)	140 mg	

Serving Size: 1 bar (55 g)

*Percent Daily Values are based on a 2,000 calorie diet. **Percent Daily Values not established.

dotFIT™

fact:

Research shows that people who use meal replacements lose more weight and are more successful at keeping it off than those who don't. The continuous use of meal replacements may be the most effective means of maintaining weight loss.

By eating the ideal blend of carbohydrate and protein immediately before and after exercise, you reduce muscle damage, stimulate muscle growth, refill energy stores and ensure your body is prepared for the next workout or event.





www.dotfit.com

†Statements found in this product brochure have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before beginning any weight loss or supplementation program.
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