

SUPPLEMENT STUDY GUIDE



dotFIT®

GROW STRONG.™

Supplement Study Guide

This information is educational material for dotFIT certified fitness professionals. This literature is not to be used to imply that dotFIT products may diagnose, treat, cure or prevent any disease.

dotFIT Supplement Study Guide

The purpose of this workbook is to enhance your knowledge of dotFIT products and increase your ability to translate the purpose, benefits and unique features of each product to your current and prospective clients. Each product is covered in detail, including related research studies in the online [Practitioner Dietary Supplement Reference Guide \(PDSRG\)](#), 3rd edition. In addition, a [Quick Reference Guide](#) is available with a synopsis of each product that can be used to complete this workbook. Accompanying videos are contained on the product pages at www.dotFIT.com/store.

The dotFIT Difference

List the six rules dotFIT adopts to make evidence-based, practitioner products versus products found in the mass market.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

How do you compare the quality of other products to dotFIT products?

Health Products

ActiveMV™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Women'sMV™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Over50MV™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

VeganMV™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

KidsMV™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

VitaminD3

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

SuperOmega-3

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

SuperCalcium+™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

UltraProbiotic™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Superior Antioxidant™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

DigestiveEnzymes

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

JointFlexPlus™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

AdvancedBrainHealth™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Weight Loss Products

WeightLoss & LiverSupport™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

CarbRepel™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

ThermAccel™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

LeanMR™ Meal Replacement Shake Mix

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

BestPlantProtein™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Muscle Gain & Performance Products

AminoXXXL™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

VeganAminoXXXL

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

CreatineMonohydrate

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

ExtremeCreatineXXXL™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

WorkoutExtreme™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

NO7Rage™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

MuscleDefender™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Recover&Build™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

FirstString™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Pre/Post Workout Shake Formula

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Unflavored Pre/Post Workout Shake Formula

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

WheySmooth™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Unflavored WheySmooth

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Flavor Packets

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

All Natural WheySmooth™

Describe this product (what is it?)

What is the purpose of this product?

Who is this product for?

How should it be taken?

What are some unique features of this product?

Notes

Notes

Notes
