

GROW STRONG.™

Supplement Study Guide

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







$\mathbf{Over50MV}^{\mathsf{TM}}$

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?
What is the purpose of this product?
What is the purpose of this product? Who is this product for?





$\mathbf{Kids}\mathbf{M}\mathbf{V}^{\mathsf{TM}}$

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?
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How should it be taken?
What are some unique features of this product?





$\textbf{UltraProbiotic}^{\text{TM}}$

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™
Superior Antioxidant [™] Describe this product (what is it?)
Describe this product (what is it?)
Describe this product (what is it?) What is the purpose of this product?
Describe this product (what is it?) What is the purpose of this product? Who is this product for?



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 TM
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?

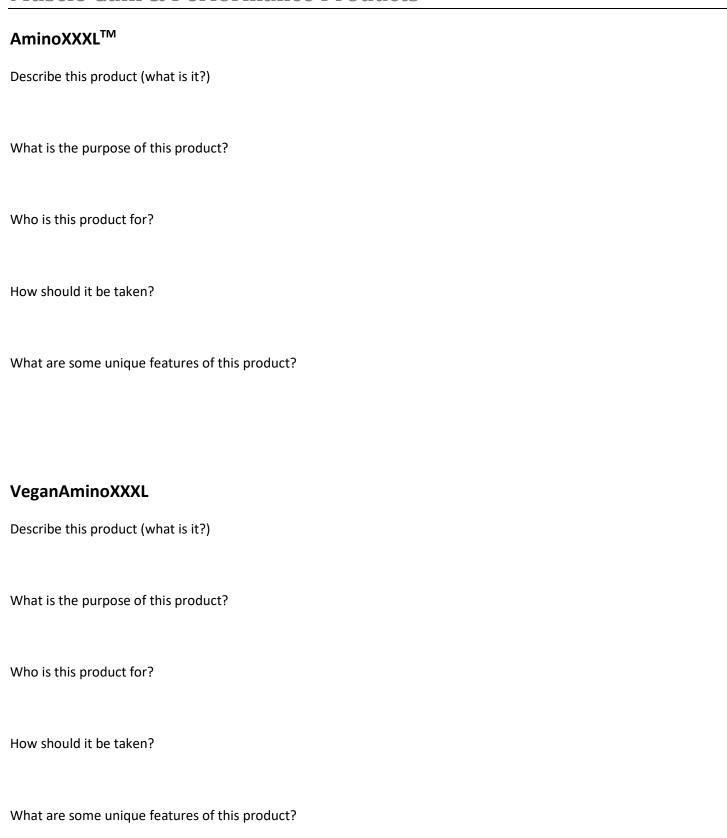




BestPlantProtein[™]

2001 14111 101011
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





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**TM 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?



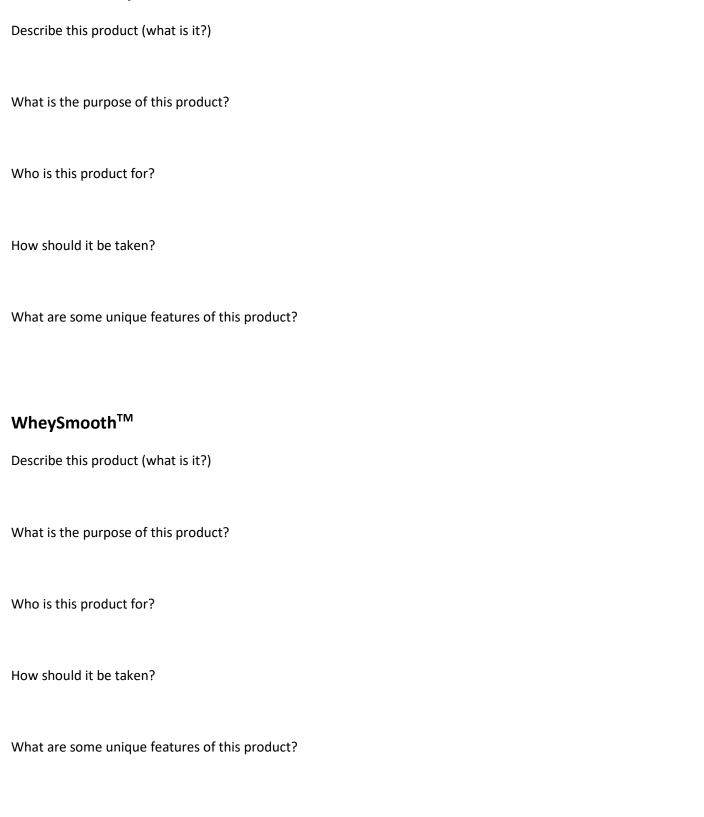


FirstString[™]

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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







Unflavored WhevSmooth

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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 WhevSmooth™

All Nataral Wileyomooth
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Notes

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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.

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