

dotFIT - Trusted by Professionals

R&D for Nutrition Programs & Products

- Over 1,700 sport and fitness facilities
- Certified ~75,000 fitness professionals and counting
- Trusted & Used by MILLIONS of Households
- Largest provider of 3rd party tested nutrition programs and products in the sport and fitness channels including collegiate and professional sports



UFC GYM

UFC FIT



Healthtrax
FIT FAMILIES FOR LIFE



Commission on Dietetic Registration
the credentialing agency for the Academy of Nutrition and Dietetics



Nutrition powered – ecosystem - 40yrs of delivering safe & effective nutrition programs and products



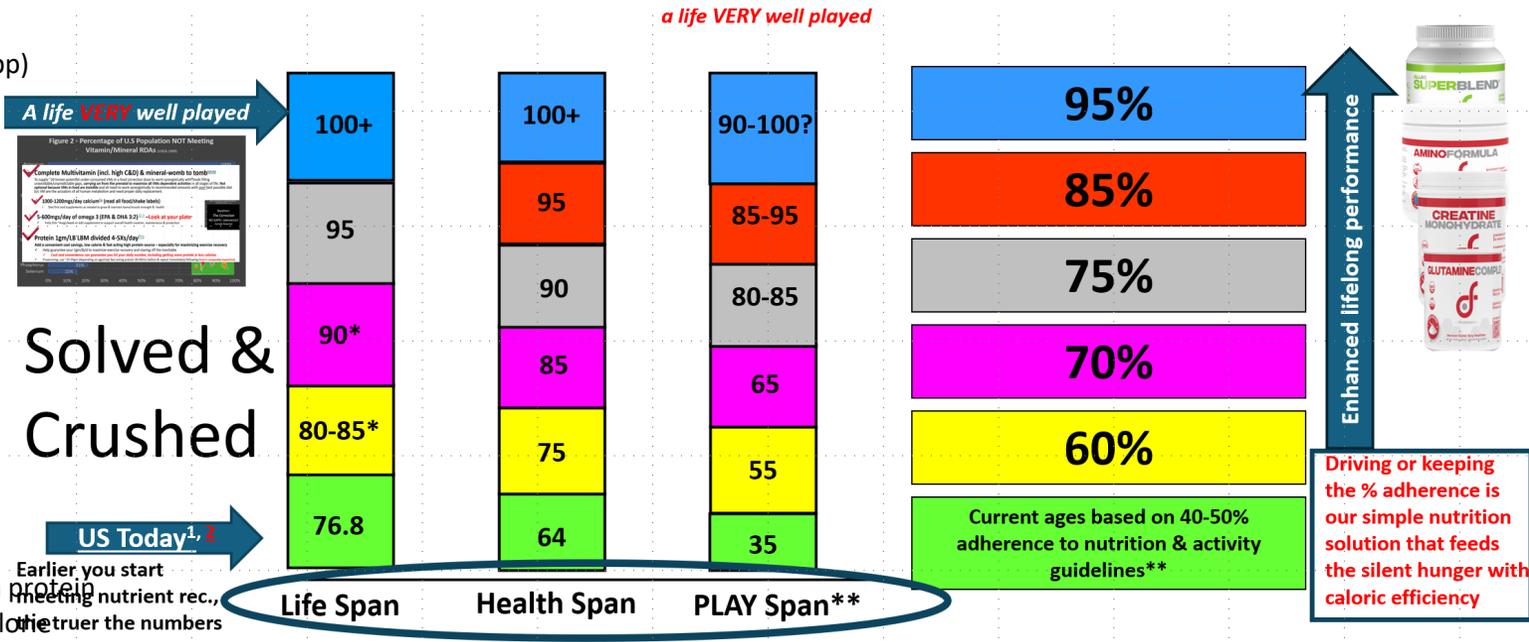
dotFIT
GROW STRONG.™

Supporting Over 250 College & Pro Sport Teams

dotFIT Custom Group Previous Supplements of the Month -all available in your dotFIT U-TUBE Channel. Note: all products have extended video education found in your trainer console and dotFIT U-TUBE

Support Recordings containing the full science of all products is in your trainer console under "dotFIT Tools" then "Supplement Education"

- Feb 18 (2022), Intro, history, why nutrition, dF diff, play-span (Baseline supp)
- Mar 18 – All Proteins, Protein Intro, Updated Stats FAQs & Summaries
- April 8 – AminoFormula - Perf Cat 2, Updated Practitioner Notes/FAQs,
- May 6 – Fat loss intro review, ea. product sum w script & pack script
- June 3 – Essentials (MVM [Ca, V-D], SO-3, Protein) in Play-span
- July 8 – JointFlexPlus with Collagen intro & Photo-aging/skin Note
- Aug 5 – All Nutrition Bars, FAQs, Updated
- Sept 2 – Family Essential Packs (MVM, SO3, Ca, Protein)
- Oct 14 – UltraProbiotic Full; Scripts/collaterals, FAQs
- Nov 4 – MR Powders & Bars, Save Calories for The Holiday – LeanMR
- Dec 9 – Immune Bundles, Presentations, Collaterals & Holiday displays
- Jan 6 – (2023)Popular Diets and New Year Resolution Bundles
- Feb 3 – Popular Gym-Goer Products for The New Year with all collaterals
- Mar 3 – Playspan®, Self-Care & Future of Fitness
- Oct 6 –Alln1 SuperBlend™ Launch:
- Nov 10 – Holiday/New Year weight solution & Nutrition Hack with SB with protein
- Dec 8 – Optimizing BodyComp Part 1 - Weight Loss vs. Fat Loss, Beyond Calories
- Jan 5 – Optimizing body comp Part 2 – Maximizing Gainz, Minimizing Bodyfat
- Feb 2 (2024) – Part 3 Opt Body Comp, Recap 1&2, monitoring, myths & Contest Prep
- April 19 – dotFIT difference review and product price comparisons
- May 24 – Weight loss drugs (GLP-1RAs,) nutrition companion and more
- Sept 20 – Creatine Beyond Muscle, Brain/Mental/Health, Aging & Females
- Nov8 – SuperOmega-3 with Play-span Finish –Updated
- Feb 20 – ExtremeCreatineXXXL+, Updated with the premium vasodilator Careflow™
- Mar 21 – Sleep Aid - Complete



Feb 19 – The Road to Health, Performance & Staying Young on Your Terms-Part 1

Mar 19 – The Road to Health, Performance & Staying Young on Your Terms-Part 2- beyond the essentials to optimize performance in each decade

Top 10 Practitioner Takeaways From Part I

Foundation principles for staying young and playing young

- 1 Nutrition is the Root Cause and the First Cornerstone – all health starts with meeting nutrient recommendations.
- 2 Silent Hunger is Widespread and Dangerous – nutrient gaps lead to underperformance, breakdown, and early aging.
- 3 The Three Undisputed Cornerstones – 1) nutrition, 2) activity, 3) body composition – in that order.
- 4 U.S. Outcomes Show the Cost – shortest lifespans, highest healthcare costs, rampant chronic disease from poor nutrition.
- 5 Food Alone is Not Enough – modern diets cannot meet micronutrient needs, supplementation is required.
- 6 Complete Multivitamin-Mineral Supplementation is Non-Negotiable – fills unavoidable nutrient gaps for resilience.
- 7 Priority #1 macro is protein – 1g per lb lean body mass/day, divided over meals, especially important for muscle and recovery.
- 8 Omega-3s, Calcium, and Vitamin D are Critical – consistently deficient nutrients essential for lifelong strength and health.
- 9 Moderation Over Fear – avoid extremes, balance is key; moderation beats restriction or [chasing internet fads](#).
- 10 Playspan® vs. Lifespan – extend active years by closing the gap with baseline nutrition and lifestyle practices.

1. Nutrition is the Root Cause and the First Cornerstone

Meeting nutrient recommendations is the #1 driver of health. Without this foundation, activity and body composition goals cannot be sustained. Nutrition powers all metabolism, cell performance, and long-term resilience.

2. Silent Hunger is Widespread and Dangerous (micronutrient shortages you can't hear or feel till you break)

“Silent hunger” = nutrient gaps that don't show up as stomach hunger but manifest as daily underperformance, breakdown, or disease. Typical diets provide only 60–80% of micronutrient needs, accelerating aging through “evolutionary triage” (sacrificing long-term health to maintain short-term survival).

3. The Three Undisputed Cornerstones of Healthy Longevity

Meeting nutrient recommendations

Staying physically active (strength + cardio)

Maintaining healthy body composition

Order matters: nutrition drives activity, which drives body composition

4. U.S. Outcomes Show the Cost of Poor Nutrition

Americans have the shortest health- and lifespans of peer nations despite the highest healthcare costs. Chronic disease and prescription drug use dominate by middle age, a direct result of undernutrition and poor lifestyle habits.

5. Food Alone is Not Enough

Even with a good diet, micronutrient shortfalls are inevitable. Relying on food alone is unrealistic and proven ineffective in Western societies. At least 10 essential nutrients are dangerously under-consumed in the U.S. today.

6. Complete Multivitamin-Mineral Supplementation is Non-Negotiable

A correction-level complete multivitamin/mineral (CMVM) fills unavoidable gaps. This is the “baseline” solution for fortifying metabolism, protecting against early breakdown, and ensuring Playspan® (years of preferred activity) approaches lifespan.

7. Protein is Priority #1 in Macro Planning

At least **1g per lb of lean body mass/day**, divided over 4–5 meals. Protein fuels muscle, bone, and recovery while helping control body composition. Plant-based eaters often need more due to amino acid limitations.

8. Omega-3s, Calcium, and extra Vitamin D are Critical Baseline Additions

Omega-3s: 500–600mg/day EPA+DHA (or ~4 servings fatty fish/week).

Calcium: ~1000–1200mg/day from diet + supplements as needed.

Vitamin D: Ensure serum 25(OH)D >30ng/mL, ideally 40–70ng/mL in athletes.

These nutrients are repeatedly deficient and essential for lifelong resilience.

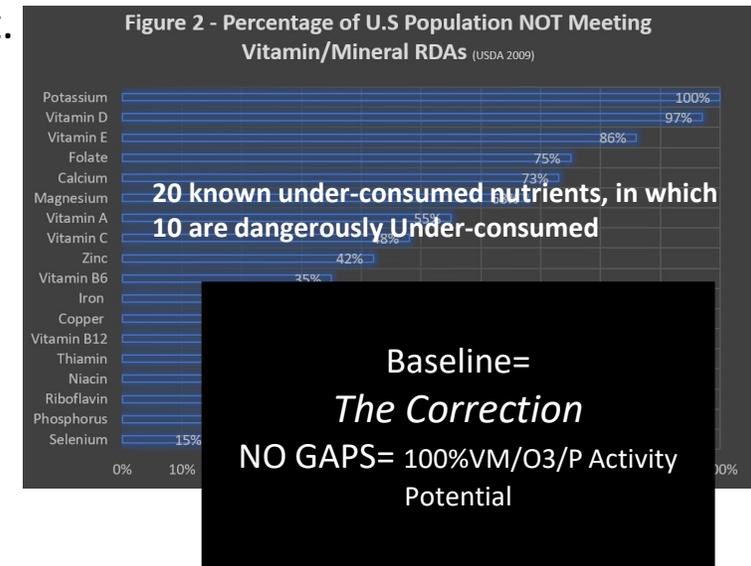
9. Moderation Over Fear

Moderation is the guiding principle. Ultra-processed foods, excess alcohol, and overconsumption of any ingredient stress metabolism—but moderate use of artificial sweeteners, seed oils, or convenience foods is **acceptable if overall nutrient needs and body composition are met.** – ignore the “influencer/internet” noise – stay grounded.

10. Playspan® vs. Lifespan – The Core Message

Current average U.S. Playspan® (youthful desired activity years) is only ~35, health span 64 and lifespan only ~77. The baseline nutrition protocol described here can dramatically extend your Playspan® and health span, closing the gap between how long people *can actually live*, and how long they can stay active and independent.

- ✓ **Complete Multivitamin (incl. high C&D) & mineral-womb to tomb^{MVM}**
To supply ~20 known potential under-consumed VMs in a food correction dose to work synergistically with foods filling unavoidable/unpredictable gaps, **carrying on from the prenatal to maximize all VMs dependent activities** in all stages of life. **Not optional because VMs in food are invisible** and all need to work synergistically in recommended amounts with *your* best possible diet b/c VM are the actuators of all human metabolism and need proper daily replacement.
- ✓ **1000-1200mgs/day calcium^{Ca} (read all food/shake labels)**
 - Diet first and supplements as needed to grow & maintain bone/muscle strength & health
- ✓ **5-600mgs/day of omega 3 (EPA & DHA 3:2)^{O-3} –Look at your plate**
 - ✓ Fatty fish ~4svgs/week or add supplement to support overall health creation, maintenance & protection to keep all cells strong, and communicating while managing inflammation to support immunity and CV health
- ✓ **Protein 1gm/LB LBM divided 4-5Xs/day^{Pro}**
 - ✓ Add a convenient cost savings, low calorie & fast acting high protein source – especially for maximizing exercise recovery
 - ✓ Help guarantee your 1gm/lb/d to maximize exercise recovery and staving off the inevitable
 - ✓ **Cost and convenience can guarantee you hit your daily number, including getting more protein in less calories**
 - ✓ If exercising, use ~25-35gm (depending on age/size) fast acting protein 30-40min before & repeat immediately following (**food is comparably impractical**)



Key Point: Baseline nutrition is the foundation - i.e., the start of building your “health cabinet vs a medicine cabinet. Part II builds on this with advanced protocols, and Part III guides when and how to safely consider “anti-aging therapies”.

At the end of the day, we want to provide a complete lifetime experience – far beyond exercise

The Road to Health, Performance & Staying Young on *Your Terms* – Part 2

Undisputed cornerstones of a long healthy active life are **1) meeting nutrient recommendations**, which drives; **2) regular activity**, which establishes and maintains; **3) healthy body composition** -**in that order**

- **Establishing the 1st Cornerstone so the other 2 can happen – on your terms**
 - *Creating and protecting a healthy youthful structure – metabolism reset to defend against the “aging storm”*
 - Part 1 – The essentials. Minimum protocol necessary to build a resilient infrastructure/organism
 - **Part 2 – Optimizing** the 1st Cornerstone to improve on the other 2 using **optimum protocols to maximize your performance in each decade of life**
 - Part III highly publicized anti-aging supplements/therapies, HRT, Peptides incl. GLP-1s
 - Reality check and your role

Part 2 - Beyond the Essentials (Baseline)

Building on the baseline to enhance performance (quality of life within your Playspan[®]) in each decade and avoiding Big-Pharma

- SuperiorAntioxidant
- UltraProbiotic
- Collagen Complex
- BrainHealth
- Creatine monohydrate & related products
- AllIn1 SuperBlend™

Your Extended “Health & Performance Cabinet”
“Fountain of Youth”

Order of Importance based on age & budget

As needed

- AminoFormula
- Extra Vitamin D to achieve serum 25(OH)D concentration of 30-70 ng/mL
 - Active adolescents and adult athletes: serum 25(OH)D concentration of 40-70 ng/mL
- DigestiveEnzymes
- Glutamine Complex
- Sleep Formula
- Electrolytes

Health/Longevity Program

Links will take you to a brief product description including video

Daily:

- [dotFIT Multivitamin & Mineral for your age and gender](#) If 50yrs or older use [Over50](#) unless noted below; if female under 50 use [Women's](#); Males and very active females (competitive training protocols) under 50 use 2-[Active](#), with both genders continuing use till 65yrs if still training competitively at which time every person will use Over50; children 12-17yr use 1-Active).
 - Take as directed with meals
- [Vitamin D](#) (to achieve serum 25(OH)D concentration of 40-50ng/ml)
 - Take daily with MVM
- [Antioxidants](#)
 - Take 2 daily anytime with a meal
- [Probiotics](#)
 - Take one daily with a meal

Health support to complement any diet, based on budget

- **Minimum: MVM, fast acting protein, Omega-3, Ca as needed**
- **First add: Antioxidants**
- **Next add: Probiotics**
- **Next: Collagen Complex**
- **No financial limitations = complete health and longevity program with BrainHealth & Extra Vitamin D (>30ng/ml 25-OH Test)**

Daily as needed:

- [Favorite dotFIT protein mix](#)
 - Use as directed to make sure you get ~1gm of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
 - **If exercising, use as directed to get ~25-35gm/protein 30-40min before workout & repeat dose immediately post workout (see below)**
 - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- [SuperOmega-3](#)
 - Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes
- [Calcium Complex](#) (read all food labels for calcium content including dotFIT protein shakes)*
 - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
- [Collagen Complex \(Biocell Collagen II\)](#)
 - Joint & Skin health protection and Injury or age-related joint discomfort take 1-2 in AM & 1-2 in PM

Workout days

- [dotFIT Protein of choice*](#). [Use as directed to get:](#)
 - 25-35gm/protein 30-40min before workout & repeat same dose immediately following exercise

*May substitute favorite dotFIT Nutrition High Protein Bar based on venue convenience

***Advanced Brain Health (may divide evenly or all at once anytime with or without meals)**

- 45-55yrs take 4; 56+ take 8



Health/Longevity Program **With Alln1 SuperBlend™**

Links will take you to a brief product description including video

Daily:

- **Alln1 SuperBlend™ (SB) includes** a Full days' recommendation for: V & M, antioxidants, probiotics, prebiotics, Ashwagandha, turmeric & mushroom blend, along with 6gms of fiber and 2 full servings of vegetables
 - Take as directed -1scoop in AM and 1 in PM
- **Vitamin D (to achieve serum 25(OH)D concentration of 40-50ng/ml)**
 - Take daily with MVM

Support to complement any diet, based on budget, to support active longevity

- **Minimum: SB, fast acting protein, Omega-3, Ca as needed (Baseline)**
- **First add: Collagen Complex**
- **No financial limitations = complete health and longevity program with BrainHealth & Extra Vitamin D (>30ng/ml 25-OH Test)**

Daily as needed:

- **Favorite dotFIT protein mix (WheySmooth, All Natural WheySmooth and the all vegan BestPlantProtein are most popular and cover all diet types – all are lactose free)**
 - Use as directed to make sure you get ~1gm of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
 - **If exercising, use as directed to get ~25-35gm/protein 30-40min before workout & repeat dose immediately post workout (see below)**
 - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- **SuperOmega-3**
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- **Calcium Complex** (read all food labels for calcium content including dotFIT protein shakes)*
 - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
- **Collagen Complex (Biocell Collagen II)**
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Workout days

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*May substitute favorite dotFIT Nutrition High Protein Bar based on venue convenience

***Advanced Brain Health (may divide evenly or all at once anytime with or without meals)**

- 45-55yrs take 4; 56+ take 8

Healthy Aging & Fitness Longevity Extras

Once baseline dietary support is in place, you are free to include goal specific support



Complete Multivitamin (incl. high C&D) & mineral-womb to tomb ^{MVM}

To supply ~20 known potential under-consumed VMs in a food correction dose to work synergistically with foods filling unavoidable/unpredictable gaps, carrying on from the prenatal to maximize all VMs dependent activities in all stages of life. Not optional because VMs in food are invisible and all need to work synergistically in recommended amounts with your best possible diet b/c VM are the actuators of all human metabolism and need proper daily replacement.



1000-1200mgs/day calcium ^{Ca} (read all food/shake labels)

- Diet first and supplements as needed to grow & maintain bone/muscle strength & health



5-600mgs/day of omega 3 (EPA & DHA 3:2) ^{O-3} –Look at your plate

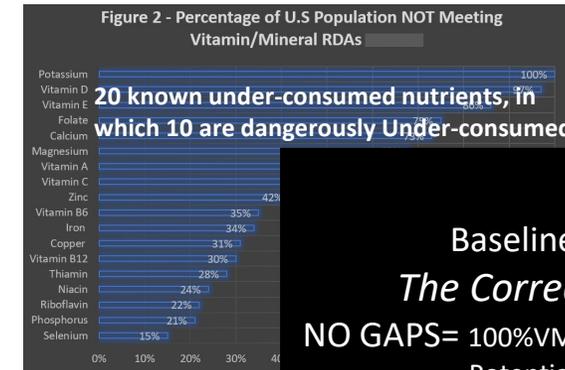
- ✓ Fatty fish ~4svgs/week or add supplement to support overall health creation, maintenance & protection to keep all cells strong, and communicating while managing inflammation to support immunity and CV health



Protein 1gm/LB LBM divided 4-5Xs/day ^{Pro}

Add a convenient cost savings, low calorie & fast acting high protein source – especially for maximizing exercise recovery

- ✓ Help guarantee your 1gm/lb/d to maximize exercise recovery and staving off the inevitable
 - ✓ *Cost and convenience can guarantee you hit your daily number, including getting more protein in less calories*
- ✓ If exercising, use ~25-35gm (depending on age/size) fast acting protein 30-40min before & repeat immediately following (food is comparably impractical)



Baseline=
The Correction
NO GAPS= 100%VM/O3/P Activity Potential

Next Level Performance

Enhancing daily recovery to maximize performance in each decade, and stalling the inevitable decline in strength, size and performance – i.e., remaining active and independent better – i.e., fighting off age-related anabolic resistance



Playspan[®] nutrition complete allows
everything you do and consume to work
better and remain active

*A Life **Very** Well Played*

Summary: taking your workout, game day & activity longevity to the next level
especially important for experienced and/or older athletes both male and females that desire to progress & remain active
Power every move and support every cell to train harder, recover faster and age stronger

[CreatineMonohydrate-PDSRG](#)

Ingredient	Amount Per Serving	% Daily Value*
Calories	5	
Total Carbohydrate	1 g	<1%*
Creatine Monohydrate	5 g	**



Performance and/or muscle gain

Directly feeds your explosive energy system to improve/prolong strength & power movements and training intensity so you can make every workout & game day a PR!

PURE NSF-CS CREATINE

Cr leads to stronger workouts and faster recovery generating rapid increases in muscle size and/or performance so you avoid plateaus and can't wait to train

Healthy aging

Help counteract the inevitable age-related decline in the musculoskeletal system to help stay independently active or help your Playspan® equal your lifespan

Directly feeds the brain's immediate energy system. When brain energy levels are stressed/compromised, CS has shown to improve overall brain health and functioning, including positively managing mood

Brain energy/functioning

[With nearly two decades of creatine research on brain function now complete, the initial results appear promising.](#)

“If you want to train harder, recover faster, protect your muscle and brain, and age stronger—creatine monohydrate is the safest, most proven performance and longevity supplement you can take every day.”

Helping stay forever young and active; Keep thinking, moving and performing better throughout a lifespan

Beyond protein – to give you the ability to maximize muscle size and performance gains while controlling your desired body composition

and - anyone seeking lifelong independence by suppressing MPB & increasing MPS

AminoFormula -PDSRG

Strategic Essential Amino Acids, including BCAAs

- Leucine (4,000 mg)
- Isoleucine (900 mg)
- Valine (1,100 mg)
- Lysine (1670 mg)
- Phenylalanine (1,670.5 mg)
- Threonine (1300 mg)
- Histidine (900 mg)
- Methionine (360 mg)

Overcomes age & training experience related anabolic resistance - i.e., keeps gains alive

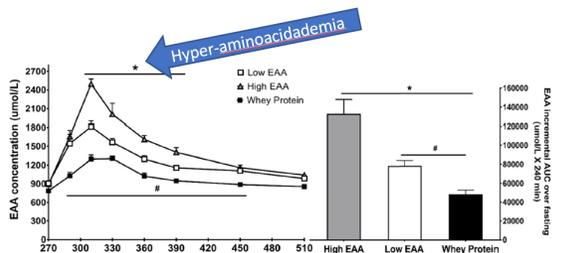


Supply the direct muscle building signals & building blocks in extreme low calories, creating greater MPS than diet/whole proteins. **Helps overcome muscle aging anabolic resistance to keep progressing or stave-off loss of muscle with or without exercise while significantly contributing to daily protein intake, including fortification of low-protein meals/foods.**

Serious or competitive exercisers/athletes

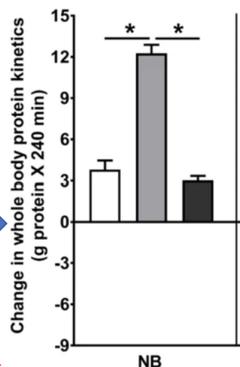
Build muscle better & longer – beyond protein. Amino acid blend that takes muscle building & performance, energy levels, and daily recovery to the next level, giving you the ability to control body composition while enhancing recovery, muscle, and performance gains – premier plateau buster! Maximum anabolic effect with lowest calories.

Protein stacking – 3rd AA matrix* to saturate SM target
*food, intact powder, 8 free specific EAAs



It Works

Translates to this



When AA availability is high (inward flow), less/no need for MPB to deliver the necessary AA for WBPS synthesis/energy, especially in energy restriction. **Larger inward flow & peak in SM AA concentrations when EAA supplementation combines with intact protein leads to suppressing normal MPB & greater stimulus of MPS**

RESULTS KEEP COMING

RECOVER & BUILD BETTER/FASTER TO IMPROVE/PROLONG PERFORMANCE/MUSCLE GAINS AND AVOID PLATEAUS – PROLONG YOUR ACTIVE LIFESTYLE. ESPECIALLY IMPORTANT FOR OLDER EXERCISERS/ATHLETES

GLUTAMINE COMPLEX SUMMARY



SUPPORT DAILY RECOVERY, INCLUDING GUT AND MUSCLE HEALTH, AND ENHANCE THE BODY'S NATURAL IMMUNE RESPONSE WITH GLUTAMINE COMPLEX

Supplementation – during times of physical stresses, such as intense exercise, illness, injury, or prolonged caloric restriction when the body/muscle GLN levels fall up to 50% - helps fill the body's depleted GLN pool (sparing muscle loss) to meet the increased demands and support GLNs indispensable roles in establishing and maintaining overall health and daily recovery while protecting exercise-induced gains.

Glutamine Complex -PDSRG



Ingredient	Amount Per Serving	% Daily Value*
Magnesium (as Magnesium Bisglycinate Chelate) (Albion®)‡	34 mg	8%
Chromium (as Chromium Nicotinate Glycinate Chelate) (Albion®)‡	150 mcg	429%
L-Glutamine	5 g	*

Reduces muscle breakdown while supporting muscle protein synthesis. Increases activities of signaling pathways critical for muscle growth and repair and proper antioxidant protection needed for overall recovery

70% of immune system is in the gut. GLN supplies the fuel for the gut and immune cells to reproduce and function optimally while increasing important antioxidant activity to speed recovery throughout the body

Replenishment spares muscle from releasing it's AAs to produce the extra GLN needed to support gut health and a proper immune response under stress, thus protecting, performance/size gains and improving recovery. Contains co-factors (chromium/magnesium) for stability & NSF-CS

Recover from excessive stresses by enhancing glutamine's role in supporting gut health, immunity and exercise-induced gains to play better longer



ELITE FITNESS & HEALTHY AGING CABINET

Full days' recommendation for: vitamins and minerals, antioxidants, probiotics, prebiotics, Ashwagandha, turmeric & mushroom blend, along with 6gms of fiber and 2 full servings of vegetables



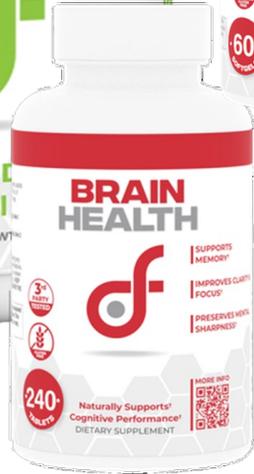
Fuel Your Life
One Drink, Total
DIETARY SUPPLEMENT | NET WT



Keeping joints & skin healthy/youthful



As needed if consuming <4svg/wk fatty fish to support overall cellular health/ communication, immunity & resolve inflammation



Preserving healthy youthful cognitive functioning



As needed to hit >30ng/ml for best health



As needed to hit 1200mg/d to protect bones & muscle



Recover from excessive stresses by enhancing glutamine's role in supporting gut health, immunity and exercise-induced gains to play better longer

Go Beyond Protein. Overcomes age & training experience related anabolic resistance - i.e., keeps gains alive



Muscle and brain health especially important for experienced and/or older athletes both male and females that desire to progress & remain active



Assure 1gm/LB/D protein with great tasting, lactose free low calorie/high protein



Over 40, (whether you workout or not) Health, Performance and Longevity with Alln1 SuperBlend™ & CreatineMonohydrate

Daily:

- [Alln1 SuperBlend™ \(SB\)](#)
 - **Take as directed:** 1-serving (2-scoops) daily; take 1-scoop in AM and 1-scoop PM; visit [recipe section](#) to incorporate as desired into daily lifestyle*
 - [Vitamin D](#) (to achieve serum 25(OH)D concentration of 40-50ng/ml)
 - Take daily with SB or anytime
 - [CreatineMonohydrate Loading & Maintenance* Strategy](#)
 - Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop once daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
 - Training days: take 1-scoop after your workout with meals/drinks. May mix with your pre & post training formula
 - Non-training days take 1-scoop with and meal or shake
- *>175LBS and performance/muscle gain is primary goal, double the maintenance dose (take 2-scoops daily; workout days take 1 before and 1 after workout; non training days take 1 in AM and 1 in PM)

Daily as needed:

- **Favorite dotFIT protein mix ([WheySmooth](#), [All Natural WheySmooth](#) and the all vegan [BestPlantProtein](#) are most popular and cover all diet types – all are lactose free)¹**
 - Use as directed to make sure you get ~1gm of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
 - **If exercising, use as directed to get ~25-35gm/protein 30-40min before workout & repeat dose immediately post workout (or use [AminoFormula \(AF\)](#) as directed during activity)**
 - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- [SuperOmega-3](#)
 - Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes
- [Calcium Complex](#) (read all food labels for calcium content including dotFIT protein shakes)*
 - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
- [Collagen Complex \(Biocell Collagen II\)](#)
 - Joint & Skin health protection and Injury or age-related joint discomfort take 1-2 in AM & 1-2 in PM
- [Advanced Brain Health](#) (may divide evenly or all at once anytime with or without meals)
 - 45-55yrs take 4; 56+ take 8

AF may be used during training and to contribute to protein needs anytime; Glutamine Complex added during high stress including flu season

Workout days

- **dotFIT Protein of choice¹. Use as directed to get:**
 - 25-35gm/protein 30-40min before workout & repeat same dose immediately following exercise (or use [AminoFormula](#) as directed during activity)

¹May substitute favorite dotFIT Nutrition High Protein Bar based on venue convenience

* Most popular way of consuming SB daily is mixing it with water and 25gms of vanilla WheySmooth

Nutrition facts based on 1scoop of WS and 1scoop of Alln1 SuperBlend™

- 25gms protein, 16.5gm CHO, 4gms fat, 352mg calcium, 224mg potassium, 195cals
- Full days' recommendation for: vitamins and minerals, antioxidants, probiotics, prebiotics, Ashwagandha, turmeric & mushroom blend, along with 6gms of fiber and 2 full servings of vegetables
 - As desired, add any fruit for the perfect one and done health habit



How I use, and recommend AF for old exercisers maintaining healthy weight & muscle

Help overcome age-related protein/exercise resistance (maximize whatever anabolic potential remains)

- 4AM coffee!!
 - 5:30-6:30AM 2-scoops AF consumed throughout (starting 10min before)
 - ✓ Equal to >40g Protein(P) in MPS activity – **count 35gms to total P daily intake**
 - 8AM 1-scoop (1/2 full dose) Alln1 SuperBlend™(SB), 7gm CreatineMonohydrate, 1.3-scoops WheySmooth(~195c/35gm Pro) in water (most times also with fruit)
 - 11:30AM 600c meal with ~40gm P
 - ✓ Collagen Complex, BrainHealth, Vitamin C (1000mgs), Omega-3 only if needed
 - 2PM 1scoop AF or 300c meal (25gm/pro) depending on activity
 - 7:30PM 800-1000c dinner (includes scotch) with ~50gm P
 - ✓ Remaining doses of SB, JointSkinCollagen+, BrainHealth, Vitamin C
- ~185gms total protein with AF counting as 35gms but contributing more**

Performance, Recovery, General Health Extras Based Needs or Goals

Beyond Creatine. Engineered for Explosive Gains



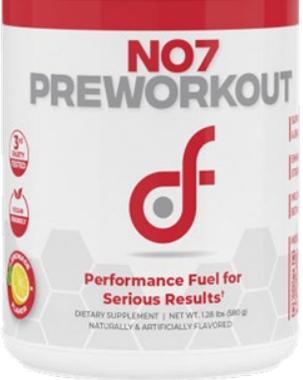
More than just creatine— a next-generation, multi-ingredient performance formula designed to help you push harder, recover faster, and grow stronger. **Clinically dosed creatine monohydrate, beta-alanine** for greater muscle endurance, **glutamine** for recovery, and **Careflow™** for the ultimate muscle pump. It creates the ideal anabolic environment for strength, size, and performance gains.

Better digestion means better nutrition. By supporting the body’s natural enzyme system, Digestive Enzymes helps unlock the full value of the foods you eat—improving nutrient absorption, digestive comfort, and overall metabolic support for daily health and performance

Improve digestion & stomach comfort



Flip the switch on your workouts-next level training & results



Beyond Extreme Creatine – added **caffeine, glucuronolactone & taurine for extra muscle & mental endurance/focus.** *NO7 Rage is like flipping the switch on your workouts—more energy, more focus, bigger pumps, and faster results.* Every scoop is fully dosed, third-party tested, and designed to keep you training stronger, longer, and without plateaus. If you want every workout to count, this is your edge

Adults that have trouble falling and staying asleep to help get relaxed, then fast asleep, quality sleep duration, and wakeup refreshed

Improve sleep quality & duration



Fortify your muscles and gut to recover & build better



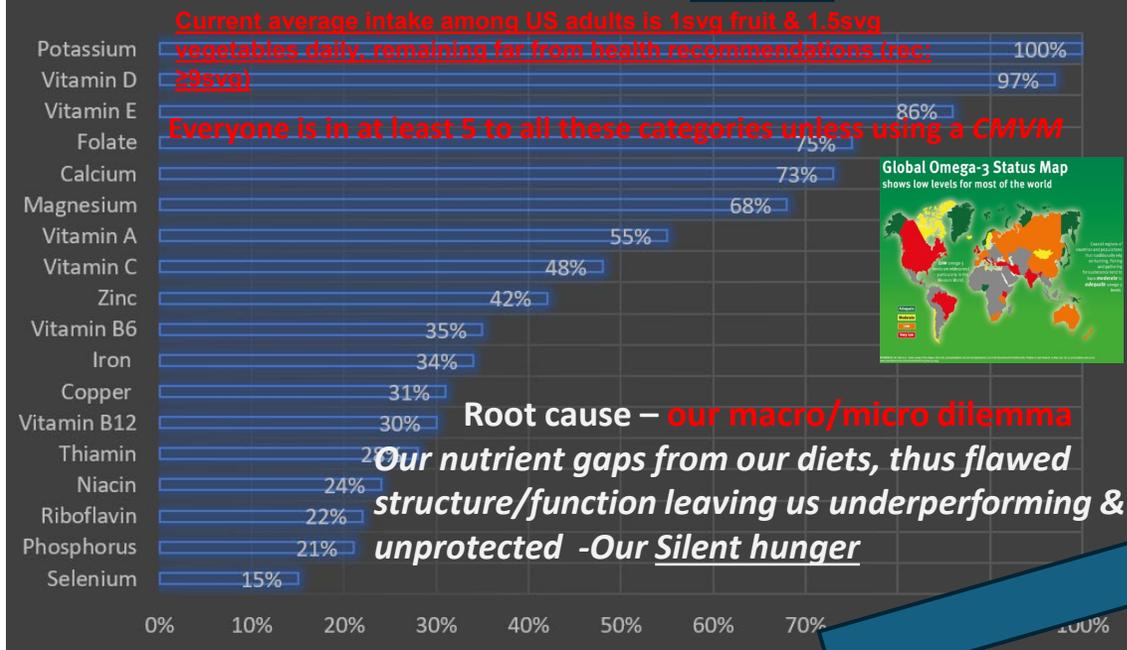
Recover from excessive stresses by enhancing glutamine’s role in supporting gut health, immunity and exercise-induced gains to play better longer (especially important during seasonal health threats)

Designed to help maintain fluid balance during exercise and in hot and humid conditions, replenish fluid and essential minerals lost in sweat and utilized during exercise. Thus, prevent excessive dehydration and electrolyte imbalances, which can lead to performance decrements and health issues; aid in recovery

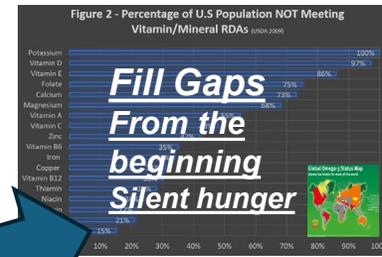
Fluid/electrolyte balance support



Figure 2 - Percentage of U.S Population NOT Meeting Vitamin/Mineral RDAs



Root cause – our macro/micro dilemma
 Our nutrient gaps from our diets, thus flawed structure/function leaving us underperforming & unprotected -Our Silent hunger



Current lifespan, Health-span and Playspan® in the US is unquestionably linked to the % of adherence to nutrition and activity guidelines* starting with nutrition because activity is caused by the nutrition that builds & rebuilds your foundation daily (daily recovery). Poor nutrition (nutrient gaps/silent hunger) = poor activity = poor body composition – the vicious cycle that leads to inactivity and a lifetime of medications

Solving For The root cause

Our under-nutrition leads to this outcome
 US Today^{1,2}



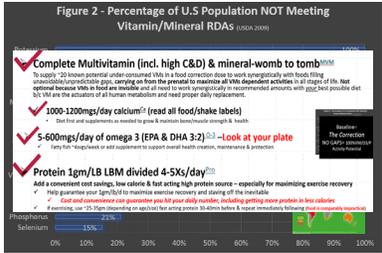
Americans have the shortest health & lifespans among peer nations, and highest healthcare costs per person with 66% of all adults (75% >50y, 87% >65y) using prescription medication regularly – AKA the Big-Pharma trap (~half of US kids now have a chronic health condition)

Silent hunger is the difference between our nutrient intakes and nutrient recommendations, and not felt in the stomach, but expressed through daily under-performance and early and often breakdown/disorders

Next level youth preserving nutrition can deliver enhanced performance from your start to your finish and a faster, healthier path to your desired body composition and maintenance

a life VERY well played

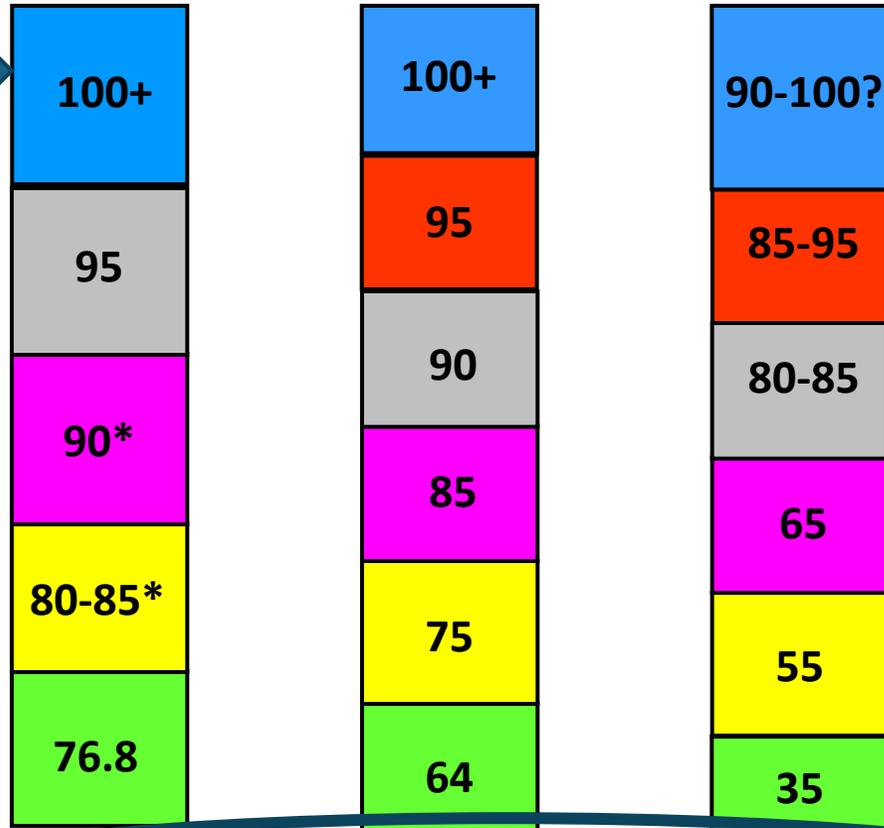
A life VERY well played



Solved & Crushed

US Today^{1, 2}

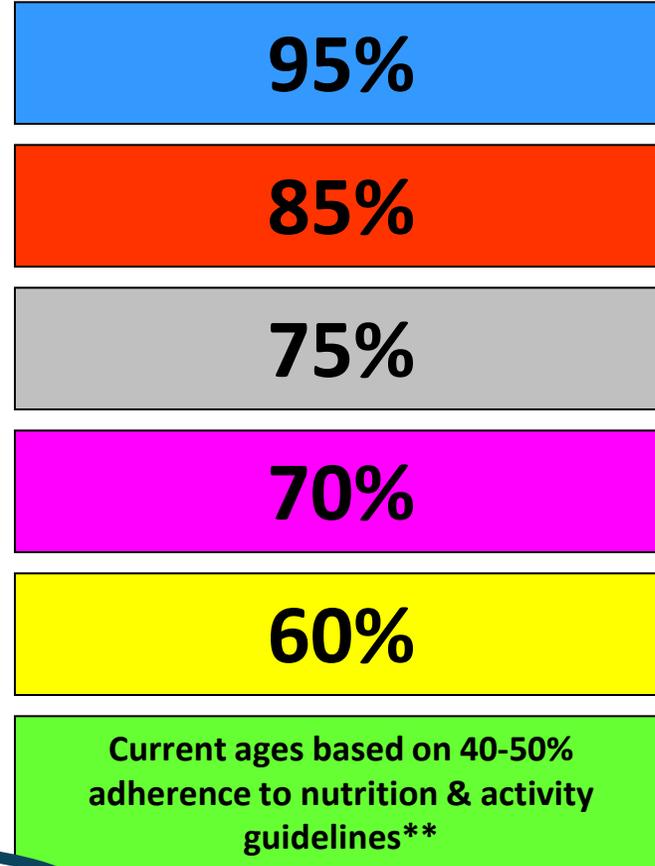
Earlier you start meeting nutrient rec., the truer the numbers



Life Span

Health Span

PLAY Span**



Enhanced lifelong performance



Driving or keeping the % adherence is our simple nutrition solution that feeds the silent hunger with caloric efficiency

delivering daily optimized performance, recovery and lifelong protection from the “aging storm” to keep playing at the highest level possible

The Result & Long-term Global Goal

Accomplishing the undisputed cornerstones of a long healthy active life are **1) meeting nutrient recommendations**, which drives; **2) regular activity**, which establishes and maintains; **3) healthy body composition -in that order**



A life well played – on your terms
Achieving fitness goals, lifelong Independence
and helping to avoid Big-Pharma



Future = Fitness as the Primary Preventative Side of Health Care Through Self-Care

Imagine: A World of Healthcare vs Sick/Disease Care

The current environment and distrust in Big Pharma/CDC is accelerating the desire for self-care

“Health Cabinet”

To help avoid the medicine cabinet

- Nutrient recommendations met daily
 - CMVM, omegas, protein
- Pre/post activity energy/recovery formula – “protein”

Added as necessary (e.g., age, goals, diet, etc.)

- *Joint/skin support*
- *Extra brain health*
- Probiotics

Protection

“an ounce of prevention is worth a pound of cure”

You can pay very little now,

It's better & easier to stop something from happening in the first place than to repair the damage after it has happened



VS

Medicine Cabinet

- Cholesterol lowering drugs
- Depression/anxiety (psychotropics)
- Sleep aids
- Thyroid
- Blood Pressure lowering
- Glucose/diabetes control
- Blood thinners
- Antibiotics & GI drugs
- Bone support drugs
- Ineffective dementia meds

Before Drugs
With side effects



or a whole lot later – and more than just money

Healthcare or Sick/Disease Care



You can work with my staff now (self-care experts)

Protection

“an ounce of prevention is worth a pound of cure”

Or their staff later

Before Drugs (with side effects) approach

FINAL FITNESS LONGEVITY NOTE:



MN daily intake at known optimal amounts (e.g., RDAs, subject expert, etc.) for life (**starting with prenatal**) should help retard normal aging leading to a longer health/Playspan®. After all, if VM and other MNs are actuators of all human metabolism and created the human in the first place, and necessary to maintain the human structure, why wouldn't a daily complete load preserve us better than lesser amounts? Certainly, all mammals eventually die but there is something interesting in what the evolutionary theorist George Williams wrote:

“It is remarkable that after a seemingly miraculous feat of morphogenesis, a complex metazoan should be unable to perform the much simpler task of merely maintaining what is already formed.”

Neal spruce: Since the MNs created and maintains us, maybe by maintaining the currently known optimal MN intake throughout life via the simple inexpensive task of dietary supplementation that corrects food delivery insufficiencies and helps offset environmental insults, the organism may slow its inevitable deterioration of functional characteristics, giving us a better chance of at least remaining functional until the end. The existing logic and data on the benefits of this practice is strong enough and without risk. Waiting for a universal consensus (b/c competing disciplines/bias), will always be too late.

Williams, G.C. (1957). "Pleiotropy, natural selection, and the evolution of senescence". Evolution. 11 (4): 398–411. doi:10.2307/2406060. JSTOR 2406060.

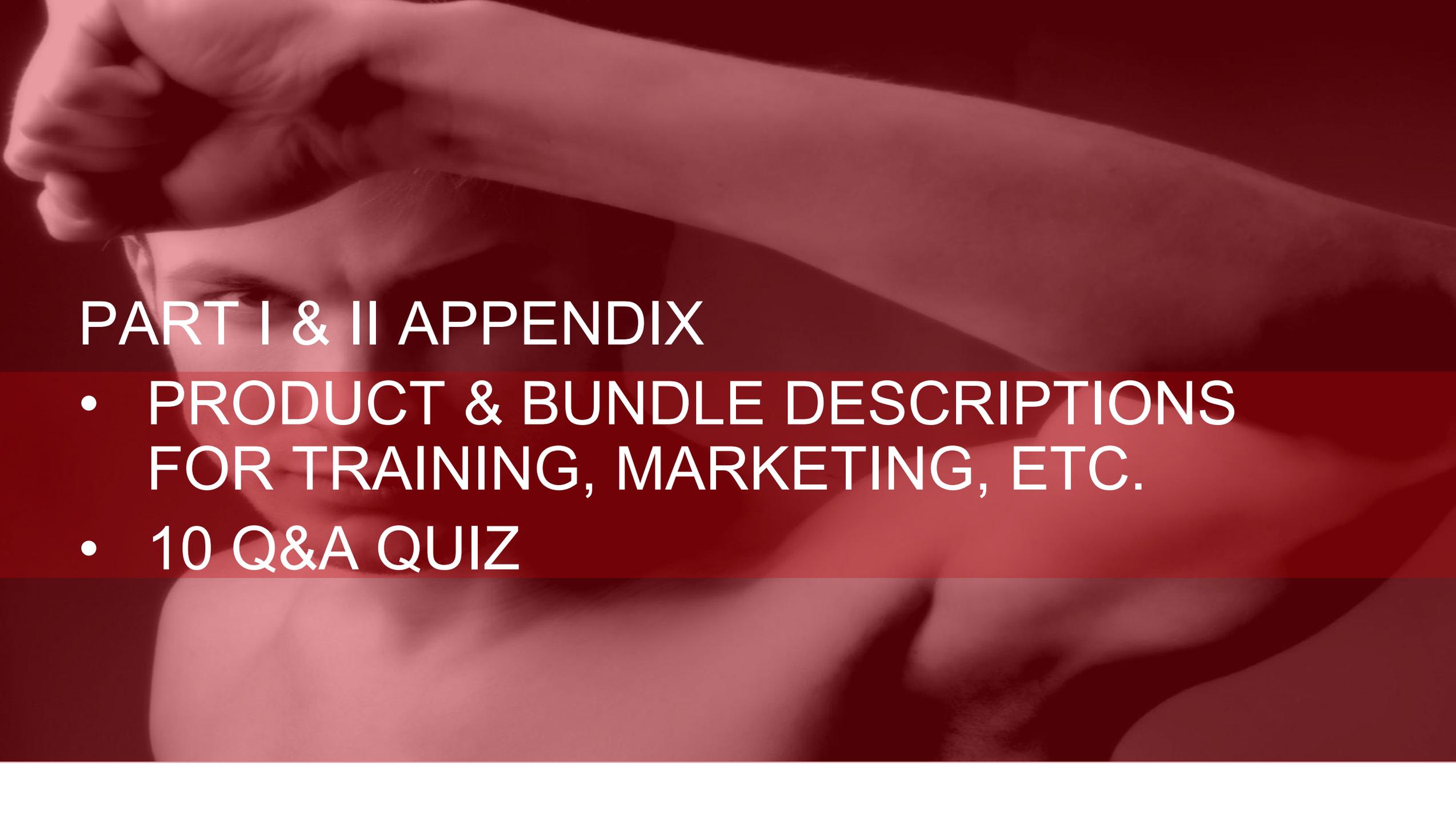
Your Mantra

Keep your body topped off with what built it in 1st place,
including calorically efficiently consuming the daily
nutrient amounts necessary to maintain what it built –
and who knows how long you can stay young

(Part I & II) Top 10 Reasons to Use dotFIT Youth Preserving Bundles

- 1. Fills the “Silent Hunger” Gap** – Corrects unavoidable nutrient shortfalls from diet alone, ensuring every cell gets the vitamins and minerals it needs daily for both survival and long-term health.
- 2. Targets the Root Cause of Premature Aging** – Provides the micronutrients that drive all metabolic processes, slowing down the cellular damage that accelerates aging.
- 3. Activates & Protects Every Body System** – Keeps heart, brain, muscle, immune, skeletal, and energy systems operating at 100% natural potential without excess calories.
- 4. Helps Avoid the Big Pharma Trap** – Meeting nutrient recommendations daily can reduce the risk of needing common prescription drugs for heart, bone, metabolic, and cognitive conditions later in life.
- 5. Supports Lifelong Activity & Independence** – Nutrient sufficiency fuels physical performance, muscle preservation, and recovery so you can keep moving, playing, and thinking sharply into older age.
- 6. Scientifically Dosed & 3rd Party Tested** – Clinically supported ingredient levels in forms proven safe and effective, backed by NSF Certified for Sport® testing.
- 7. Builds a Resilient “Health Cabinet” Instead of a Medicine Cabinet** – Daily use strengthens your body’s defense systems so you can help prevent, rather than treat, health issues.
- 8. More Complete & Cost-Effective Than Piecing Together Supplements** – Delivers a full day’s vitamins, minerals, antioxidants, probiotics, omega-3s, and more for a fraction of the cost of buying individually.
- 9. Adapts to Any Diet or Lifestyle** – Complements all eating styles (vegan, keto, paleo, athletic, low-carb, etc.) without adding excess calories.
- 10. Maximizes “Playspan®” to Match Your Lifespan** – Ensures the structural potential to live better longer including maintaining the ability to enjoy life, perform physically, and remain independent throughout a lifespan.

Bonus: professionally delivered and less expensive than any 3rd party tested comparable product selection



PART I & II APPENDIX

- PRODUCT & BUNDLE DESCRIPTIONS FOR TRAINING, MARKETING, ETC.
- 10 Q&A QUIZ

Health & Longevity Product Library

Forever Young Bundles

youth preserving nutrition

LIVE, LOOK, THINK, MOVE & PLAY BETTER LONGER

Based on priority and budget

Insert Healthy Aging & Fitness Longevity Extras as necessary or based on individual goals



Youth Preserving Nutrition Bundles Prioritized for Your Playspan[®] to Equal Your Lifespan



As needed to
hit >30ng/ml

1 – Essentials



As needed to
hit 1200mg/d



2 – Living Stronger



3 - Stronger & Healthier



4 – Stronger, Healthier & Looking,
Moving & Staying Younger longer



5 – Stronger, Healthier & Looking, Moving &
Staying Younger & Thinking Better Longer

Fitness longevity extras

Youth Preserving Nutrition Bundles with the Alln1 SuperBlend™ Prioritized for Your Playspan® to Equal Your Lifespan

See individual Products in the [PDSRG product documentation](#)



As needed to hit >30ng/ml

1-3 The **Essentials** thru **Stronger & Healthier**

As needed to hit 1200mg/d



Fitness longevity extras



4 – Stronger, Healthier & **Looking, Moving & Staying Younger longer**

5 – Stronger, Healthier & Looking, Moving & Staying Younger & **Thinking Better Longer**

[Alln1 SuperBlend™](#) (SB) includes a Full days' recommendation for: V & M, antioxidants, probiotics, prebiotics, Ashwagandha, turmeric & mushroom blend, along with 6gms of fiber and 2 full servings of vegetables

Cost Comparison: ingredient by ingredient with equal effective dosages and forms



ActiveMV
\$21.95



Superior Antioxidant
\$33.95



Omega3
\$35.00



Digestive Enzymes
\$13.95



Ultra Probiotic
\$28.95

Cost Comparison of dotFIT Pills (or like-competitors) combined with other ingredient/formulas that are contained in the Alln1 SuperBlend™ at proper dosages

\$271.24
ALL TOGETHER

vs

\$89.95
ALL INCLUDED



- Full day of vitamin's & minerals
- **Antioxidant Blend**
- Omega-3 Fats
- **Digestive Enzymes**
- Probiotics
- **Greens (2 servings of veggies)**
- Excellent Source of **Fiber (6gm)**
- **Mushroom Adaptogens (1,200 mg)**
- **Curcumin (200 mg)**
- **Ashwagandha (500 mg)**

Garden Of Life
\$39.99



Metamucil Psyllium
\$14.50



Hekate
\$39.95



Vega Sport Curcumin
\$26



Life Extension
\$17



1 - The Essentials to Allow Your Playspan® to Equal Your Lifespan

The necessary dietary complement to support any diet and all sport & fitness Goals by helping you achieve them easier, faster, healthier & stay there longer so you can continue to do the things you love

All life phases/genders

THE IGNITORS

Keep all cylinders firing by supplying **ALL** the sparkplugs to your body's trillions of cells to make everything you consume and do work better

Our MVMs are a 4in1 complete MVM (**high C&D**) built specifically for athletes and exercisers, which is why they are the most recommended/used MVM in high school, college, pro and Olympic sports – and by the way, this is why we use it for our families and clients – not available in stores

Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, stress, appetite, etc.) are *V&M dependent* we need to make sure these systems are operating at 100% without adding calories! Compared to 60-85% from diet alone. Contains the 20 known potentially under-consumed nutrients

VMs are actuators of all human metabolism

These are different – they are for you & your long-term goals

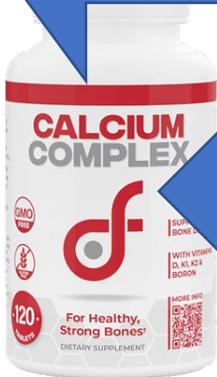
Keep all cells strong and communicating by giving your cells the healthy fatty acids most diets do not supply but are needed to recover and properly rebuild daily. This ideal EPA/DHA complex supplies these critical molecules needed in the development/maintenance, structure and function of the cardiovascular, brain, immune and vision systems. **Critical for proper immune response and CV health (pro-resolving properties – promotes resolution of the inflammation*)**

How many dairy servings or calcium fortified food/drinks do you consume? (1cup milk=300mg; 1.5oz cheese=300; 1svg WheySmooth=352mgs). < 1, take 2; 1.5-2.5 take 1 (**preferably do the label math**)

To support bone & muscle strength to remain active. Special formula complements the diet and any dotFIT MVM to achieve recommended levels of calcium, vitamin D, magnesium, boron and both forms of Vitamin K, which are all critical nutrients in maintaining bone health

As needed to achieve 1000-1300mg/d from all sources

Grow and Stay Strong within your Ideal Body



Assure 1gm/LB/D protein with low calories/high protein



2 – PERFECT COMPLEMENT TO YOUR MYM TO RECOVER BETTER TO STAY ENERGIZED AND ACTIVE LONGER

Supplies Nutrition Shorted by Diet, Stress & Aging to Deliver Extra Protection From Free Radicals and Runaway Inflammation While Supporting Energy Production & Immunity



As needed to hit 1200mg/d

LIVING STRONGER

A 6 in 1 health & daily recovery NSF CS product, with lycopene, lutein, zeaxanthin, astaxanthin, CoQ₁₀ and alpha lipoic acid to support recovery from exercise, daily stress, skin health and energy levels

Supports proper management of the defense & energy systems

Restore/maintain body levels of these critical natural ingredients to **youthful concentrations** to help deliver enhanced energy, improved stress recovery, and unique structural and functional support for the maintenance of visual performance*, cardiovascular, skin, immune and brain health

*Maximizing visual Performance including:
Visual processing speed, which is the amount of time needed to make a correct judgment about a visual stimulus

3 – Health Starts in Your Gut – a healthy gut supports a healthy body

Problem: diet, natural aging & lifestyle, including intense exercise and other stresses, upset proper bacteria harmony to a point where GI tract problems develop, which can trigger other negative health outcomes thru impaired signaling

Solution: *UPB Supports a Healthy Gut thru Recolonization that helps establish Proper Signaling Throughout the Body*

[*The Microbiota: an Exercise Immunology Perspective](#)

STRONGER & HEALTHIER

UPB helps to send good vibrations throughout the body
AKA gut/organ crosstalk¹

Supports a healthy gut by adding good bacteria to recolonize the gut to help send proper signals to all major body systems: CV, respiratory, brain, and particularly the immune system where 70% of the human immune system resides – known as gut/immune crosstalk¹

*The healthier the gut, the better the immune response**

8- strains of live beneficial bacteria (probiotics), and prebiotics improves the natural balance of friendly bacteria to positively influence all aspects of health and well-being , especially immune homeostasis

Gut bacteria ‘teaches’ our immune system how to deal with both harmless & harmful bacteria



As needed to hit 1200mg/d

4 – LIVE, LOOK & MOVE BETTER LONGER

Collagen Complex keeps new skin and joint building blocks flowing daily, while triggering increases in natural collagen production

STRONGER, HEALTHIER & LOOKING AND STAYING YOUNGER LONGER



As needed to hit 1200mg/d



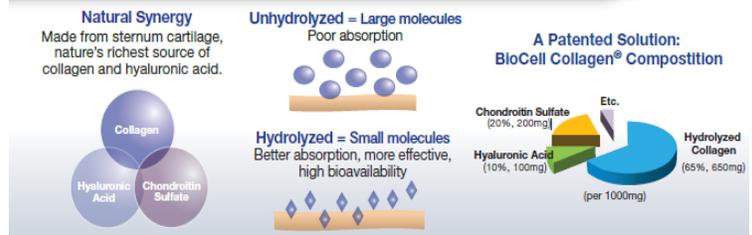
Perfect collagen, hyaluronic acid & chondroitin supplement to complement your MVM to help restore and protect your skin and joints. Helps with minor joint discomfort and supports improved mobility.

A must for anyone trying to maintain or help restore their youthful skin appearance including reducing lines, wrinkles and improving skin hydration and circulation (**beauty from within**)

Supports active athletes' joint recovery to help protect against common injuries

SUGGESTED USE: As a dietary supplement, for skin health, take two (2) capsules daily, preferably one (1) in the morning and one (1) at night, before a meal. For optimal joint health, take two (2) capsules in the morning and two (2) capsules at night, before a meal or as directed by your health-care professional.

Ingredient	Amount Per Serving	% Daily Value
BioCell Collagen®	1,000 mg	**
Hydrolyzed Collagen Type II	600 mg	**
Chondroitin Sulfate	200 mg	**
Hyaluronic Acid (HA)	100 mg	**



Unique molecular size and natural composition allow JSC to reach the target tissues –joints & skin

5 – THINK STRONGER & BETTER LONGER

Supplies brain nutrition, limited by aging and diet, to levels consistent with youthful concentrations to continue to support brain structure and function throughout a lifetime, including offering protection from age-related cognitive decline

It's better & easier to stop something from happening in the first place than to repair the damage after it has happened

HEALTHIER, STRONGER, STAYING AND LOOKING YOUNGER & THINKING BETTER LONGER



As needed to hit 1200mg/d

+



Everyone during high health risk periods (e.g., flu/viral season/exposure, intense prolonged training, etc.) add 1-2 capsules to your daily MVM supplement intake. Athletes add 1-2 year-round.
Achieve 30-70ng/ml: (25(OH)D) test



Complements the MVM/SuperOmega -3 by adding specific age-related decline in brain nutrition

Keeps proper amounts of brain nutrition flowing, that is shorted by natural aging and diet, to help keep brain cells nourished, healthy and functioning strong

Supplies phosphatidylserine, acetyl-L-carnitine, alpha-lipoic acid, and vitamin B-12 to balance the natural decline in the body's production or absorption of these brain nutrients that are essential for normal brain and neurological function

Best science solution in a crowded misleading space. Following your middle years (~45yrs) it supplies brain nutrition that diet & aging compromise to protect against age-related decline in brain functioning – “an ounce of protection is worth a pound of cure”

Alln1 SuperBlend™ The Simple Nutrition Solution That Leaves No One Behind

the perfect nutrition hack

Corrects food intake to meet expert recommended levels of nutrition



- One delicious drink mix that tested better than all competitors for taste and formulation.
 - Clinically documented safe and effective published dosages
- A full day's worth of vitamins, minerals, antioxidants and more.
- 2 full servings of vegetables and 6 grams of fiber.
- **Supports gut and immune health**
- Powerful anti-inflammatory nutrients.
- Battles stress, anxiety, fatigue and improves sleep quality to enhance overall wellbeing
- Neuroprotection (brain health) and reduced impact of aging including supporting eye/visual performance & skin
- More greens, fiber, vitamin D, pre & probiotics, omega-3s, turmeric, and mushroom blend than the competition.
i.e., clinically safe and effective dosages

Plus:

- All natural and made in USA
- Plant based
- Dairy and lactose free
- Gluten/wheat free
- No GMOs
- No added sugars
- No artificial sweeteners, flavors, or colors
- No corn, eggs, or peanuts
- 3rd party tested & NSF Certified for Sport
- Diet friendly: Vegan, Vegetarian, Keto, Paleo, Low carb, Gluten Free

A Superfood for SuperHumans



Healthy Aging & Fitness Longevity
Extras as necessary or based on
individual goals

Summary: taking your workout, game day & activity longevity to the next level
especially important for experienced and/or older athletes both male and females that desire to progress & remain active
Power every move and support every cell to train harder, recover faster and age stronger

[Creatine Monohydrate-PDSRG](#)

Ingredient	Amount Per Serving	% Daily Value*
Calories	5	
Total Carbohydrate	1 g	<1%*
Creatine Monohydrate	5 g	**



Performance and/or muscle gain

Directly feeds your explosive energy system to improve/prolong strength & power movements and training intensity so you can make every workout & game day a PR!

PURE NSF-CS CREATINE

Cr leads to stronger workouts and faster recovery generating rapid increases in muscle size and/or performance so you avoid plateaus and can't wait to train

Healthy aging

Help counteract the inevitable age-related decline in the musculoskeletal system to help stay independently active or help your Playspan® equal your lifespan

Directly feeds the brain's immediate energy system. When brain energy levels are stressed/compromised, CS has shown to improve overall brain health and functioning, including positively managing mood

Brain energy/functioning

[With nearly two decades of creatine research on brain function now complete, the initial results appear promising.](#)

“If you want to train harder, recover faster, protect your muscle and brain, and age stronger—creatine monohydrate is the safest, most proven performance and longevity supplement you can take every day.”

Helping stay forever young and active; Keep thinking, moving and performing better throughout a lifespan

Beyond protein – to give you the ability to maximize muscle size and performance gains while controlling your desired body composition

and - anyone seeking lifelong independence by suppressing MPB & increasing MPS

AminoFormula -PDSRG

Strategic Essential Amino Acids, including BCAAs

- Leucine (4,000 mg)
- Isoleucine (900 mg)
- Valine (1,100 mg)
- Lysine (1670 mg)
- Phenylalanine (1,670.5 mg)
- Threonine (1300 mg)
- Histidine (900 mg)
- Methionine (360 mg)

Overcomes age & training experience related anabolic resistance - i.e., keeps gains alive

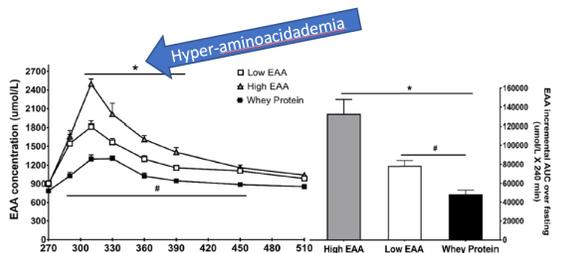


Supply the direct muscle building signals & building blocks in extreme low calories, creating greater MPS than diet/whole proteins. **Helps overcome muscle aging anabolic resistance to keep progressing or stave-off loss of muscle with or without exercise while significantly contributing to daily protein intake, including fortification of low-protein meals/foods.**

Serious or competitive exercisers/athletes

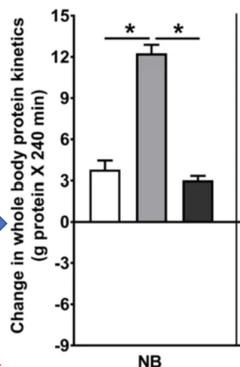
Build muscle better & longer – beyond protein. Amino acid blend that takes muscle building & performance, energy levels, and daily recovery to the next level, giving you the ability to control body composition while enhancing recovery, muscle, and performance gains – premier plateau buster! Maximum anabolic effect with lowest calories.

Protein stacking – 3rd AA matrix* to saturate SM target
*food, intact powder, 8 free specific EAAs



It Works

Translates to this



When AA availability is high (inward flow), less/no need for MPB to deliver the necessary AA for WBPS synthesis/energy, especially in energy restriction. **Larger inward flow & peak in SM AA concentrations when EAA supplementation combines with intact protein leads to suppressing normal MPB & greater stimulus of MPS**

RESULTS KEEP COMING

RECOVER & BUILD BETTER/FASTER TO IMPROVE/PROLONG PERFORMANCE/MUSCLE GAINS AND AVOID PLATEAUS – PROLONG YOUR ACTIVE LIFESTYLE. ESPECIALLY IMPORTANT FOR OLDER EXERCISERS/ATHLETES

Product Summary Page

Creatine monohydrate – plus.....

Beyond creatine: multi-ingredient pre/post-workout supplement (MIPS) to take your workout and game day to the next level – and avoid plateaus. Bigger, stronger, faster-pick your goal – making everyday better

Supplement Facts

Serving Size: 1 Scoop (11g) Servings Per Container: 58	Amount Per 1 Scoop	%DV*	Amount Per 2 Scoops	%DV*	Amount Per 3 Scoops	%DV*
Calories	5		10		15	
Total Carbohydrate	1g	0%	2g	1%	3g	
Calcium	34 mg	3%	68 mg	6%	102 mg	
Creatine Monohydrate	2.5 g	*	5 g	*	7.5 g	
L-Glutamine	3.5 g	*	7 g	*	10.5 g	
Beta-Alanine	1.6 g	*	3.2 g	*	4.8 g	
Careflow® Mango Fruit Powder (Mangifera indica L.)	100 mg	*	200 mg	*	300 mg	



DIRECTIONS: As a dietary supplement, mix two (2) to three (3) scoops daily with 8 ounces of water, as directed below:
On training days, take one (1) scoop before training and one (1) scoop after. You may take along with your pre and post workout shake or meal containing protein and/or carbohydrate.

For those users >150 lbs. and seeking to maximize performance such as strength, speed and power activities, add a third scoop any other time of the day with a meal or shake.

Increases your force production

NSF-CS size & performance enhancement product to maximize each training session & results that also translates to your field of play/game day – **not found in stores**

Convenient MIPS that takes creatine to the next level for added size, strength, performance and muscle endurance – **delaying fatigue and reducing feelings of activity-related pain exertion.**

MAXIMIZE TRAINING INTENSITY TO TRAIN HARDER LONGER

Maximizing performance/muscle gain potential – keep pushing out the final plateau

Careflow™

Creates a vascular effect (vasodilation) to improve the benefits of exercise and nutrition while also supporting overall metabolic health to help maintain power and muscle mass during aging.

SAME CREATINE PLUS

Proper doses of **beta-alanine, glutamine added to creatine** for bigger longer muscular explosions & pumps. Glutamine to support intestinal health and muscle recovery related to exercise, diet and physical induced stresses, including *exercise/diet-induced immune suppression*

ExtremeCreatineXXXL+ PDSRG

GLUTAMINE COMPLEX SUMMARY



SUPPORT DAILY RECOVERY, INCLUDING GUT AND MUSCLE HEALTH, AND ENHANCE THE BODY'S NATURAL IMMUNE RESPONSE WITH GLUTAMINE COMPLEX

Supplementation – during times of physical stresses, such as intense exercise, illness, injury, or prolonged caloric restriction when the body/muscle GLN levels fall up to 50% - helps fill the body's depleted GLN pool to meet the increased demands and support GLNs indispensable roles in establishing and maintaining overall health and daily recovery while protecting exercise-induced gains.

Glutamine Complex -PDSRG



Ingredient	Amount Per Serving	% Daily Value*
Magnesium (as Magnesium Bisglycinate Chelate) (Albion®)‡	34 mg	8%
Chromium (as Chromium Nicotinate Glycinate Chelate) (Albion®)‡	150 mcg	429%
L-Glutamine	5 g	*

Reduces muscle breakdown while supporting muscle protein synthesis. Increases activities of signaling pathways critical for muscle growth and repair and proper antioxidant protection needed for overall recovery

70% of immune system is in the gut. GLN supplies the fuel for the gut and immune cells to reproduce and function optimally while increasing important antioxidant activity to speed recovery throughout the body

Replenishment spares muscle from releasing its AAs to produce the extra GLN needed to support gut health and a proper immune response under stress, thus protecting, performance/size gains and improving recovery. Contains co-factors (chromium/magnesium) for stability & NSF-CS

Recover from excessive stresses by enhancing glutamine's role in supporting gut health, immunity and exercise-induced gains to play better longer



Take your results far beyond diet & exercise alone!
Maximize daily recovery and exercise induced results –get paid overtime for your workout!
Feel & perform better daily & see significant desired body composition changes weekly by feeding your muscles and starving bodyfat!

GOAL BUNDLES

BODYFAT REDUCTION SUCCESS PACKAGES

As needed



6gms of fiber & 2 full servings of veggies

OR

Fuel Your Day:
One Drink, Total Nutrition

100% of daily nutrition to strengthen & support overall metabolism

Essentials to lose only bodyfat and protect muscle



OR

Fuel Your Day:
One Drink, Total Nutrition

Accelerated bodyfat reduction with greater LBM protection & appetite control



OR

Promotes Fat Loss
DIETARY SUPPLEMENT



OR

Fuel Your Day:
One Drink, Total Nutrition

Rapid bodyfat reduction while building muscle
A different journey - that sticks



OR

Promotes Fat Loss
DIETARY SUPPLEMENT

Let's take your results well beyond diet & exercise alone! We will directly feed your muscles their building blocks, so they grow bigger faster without adding bodyfat and optimize daily energy levels and workout intensity – get bigger, stronger & faster - and keep going

GOAL BUNDLES

MUSCLE/PERFORMANCE GAIN BUNDLES

As needed



**Level 1- Build Fast
Essentials & beginners**



Level-2 Build More Faster

See individual Products in the [PDSRG product documentation](#)



**Competitor Level (3)- Pushing
Performance/Muscle Gains
to Find your Potential**

&/OR

See product library in [Separate Deck](#) for dotFIT complete product descriptions and sales sheets related to Part 2 for individual product promotions/marketing, teaching materials, staff training, etc.

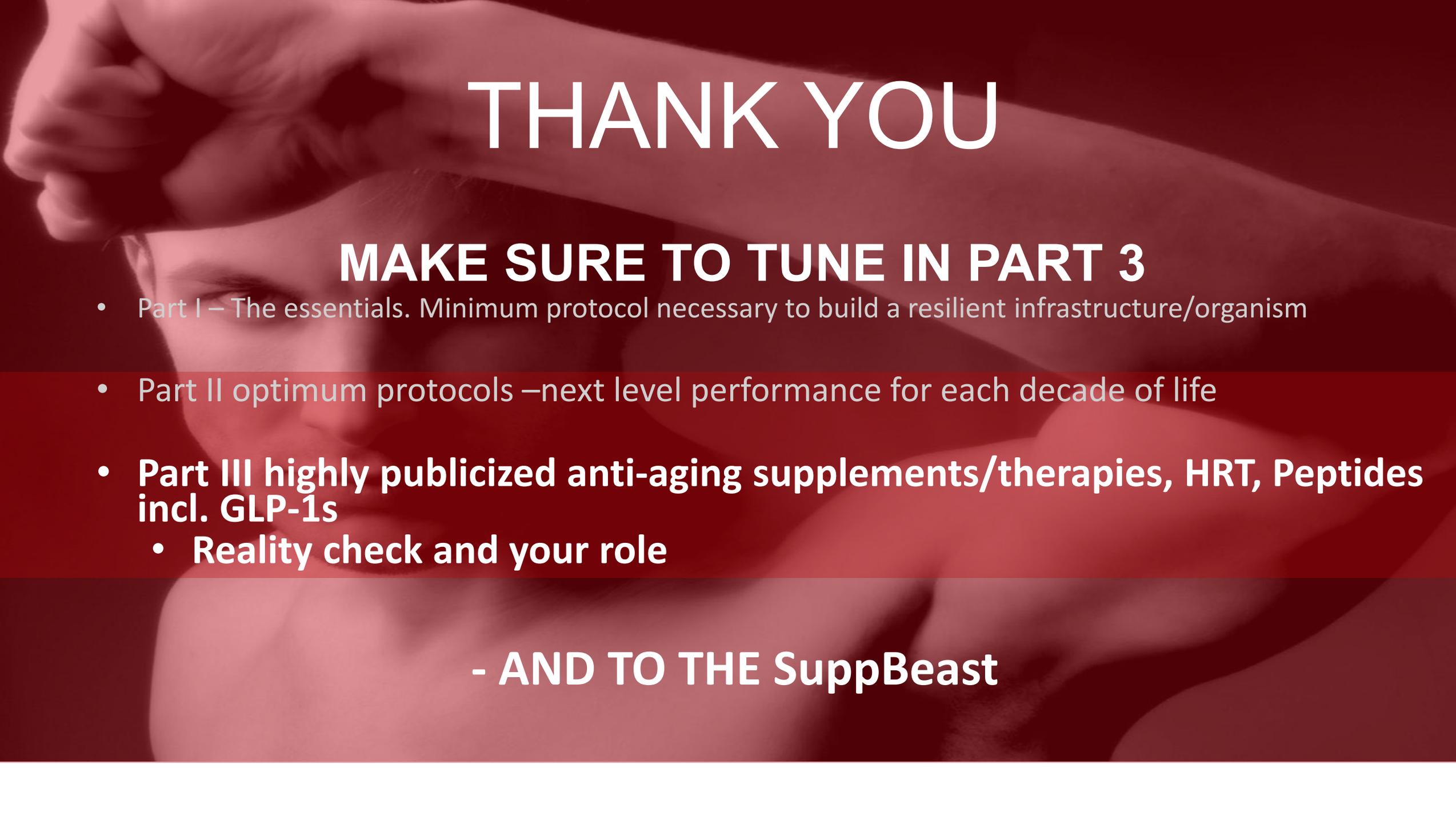
- **Antioxidant**
- **Probiotic**
- **Collagen Complex**
- **Brain Health**

Longevity Performance Extras

- **Amino Formula**
- **Glutamine Complex**
- **Creatine Monohydrate**
- **Extreme Creatine**
- **NO7 PREWORKOUT**

All individual products have a client/staff-friendly 1-page description containing:

- **What is it**
- **What does it do (how it works)**
- **Who would use it**
- **How to use it**
- **Quick trainer/staff pitch**
- **Product 1-liners**



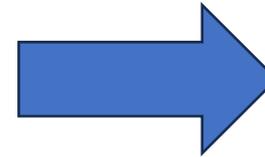
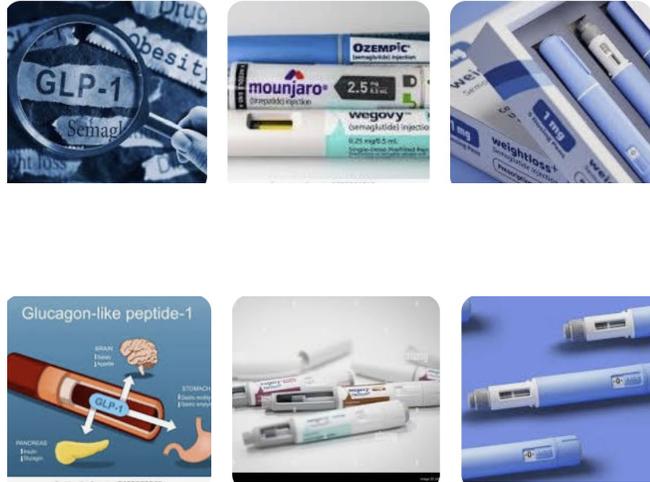
THANK YOU

MAKE SURE TO TUNE IN PART 3

- Part I – The essentials. Minimum protocol necessary to build a resilient infrastructure/organism
- Part II optimum protocols –next level performance for each decade of life
- **Part III highly publicized anti-aging supplements/therapies, HRT, Peptides incl. GLP-1s**
 - **Reality check and your role**

- AND TO THE SuppBeast

Wt. loss drugs (e.g., GLP-1RAs) nutrition companion



Part III

The Road to Health, Performance & Staying Young on *Your Terms*

After maximizing nutrition, what's next in defeating age & body weight and when is it ok to entertain - the practitioner's role

 <p>28% OFF compounded sermorelin Rx only eden</p> <p>Sermorelin Injection \$126.00 \$176 Eden</p>	 <p>PEPTIDE SCIENCES BPC-157 500mcg x 60 Capsules This material is intended for lab research and development use only.</p> <p>Peptide Sciences BPC 157 Capsules \$165.00</p>	 <p>abbexa Human Growth Protein Secretagogue Receptor</p> <p>Human Growth Protein Secretagogue Receptor \$2,088.00</p>	 <p>Longevity Supplement time—line Mitopure Urolithin A... \$125.00</p>	 <p>PRESCRIPTION ONLY MEDICINE KEEP OUT OF REACH OF CHILDREN mounjaro tirzepatide 5 mg/0.5 mL 5 mg/0.5 mL Solution for subcutaneous injection 1 x 0.5 mL single-dose vial Once weekly AUST R 407690 Lilly</p> <p>Monj5 \$579.99</p>
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Anti-aging therapies/supps, HRT, Peptides incl GLP-1RAs, etc.

After maximizing nutrition, what's next in defeating age and body weight, and when is it ok to entertain

Newest purported anti-aging ingredient/supplement

Hormone replacement therapy (HRT)

Peptide therapy

GLP-1RA drugs for weight loss

Considerations

- Reasoning including why and when nutrition/exercise path is exhausted
- Physiological state of the recipient (individuality)
- Risk/benefit ratio based on current data
- Logic based on strength of data
- When the risk/benefit data is strong enough and matched to logic, you are free to explore

Follow the new podcast, SuppBeast, available on all channels!



What to Expect:

- **Straightforward Honesty:** Truth on all things trending in health, nutrition, & fitness
- **Science Over Opinion:** Discussions & answers backed by research, not just opinions.
- **Unfiltered Dialogue:** Due to the show's raw & direct approach, we advise it for listeners aged 18+



Promoting *only* the Evidence-based facts
Raw/fun/real & true

The Fact Checker – not an “influencer”, just an EXPERT

Neal is featured weekly on the popular podcast, SuppBeast, which discusses through a factual science and hands-on experience lens everything important and controversial about nutrition, body composition, weight control, performance for all ages and healthy aging, leaving viewers with only the facts that include the practical solutions for humans to grow and stay strong

TRAINER QUIZ

THE ROAD TO HEALTH, PERFORMANCE & STAYING YOUNG ON YOUR TERMS –
PART 2

I. ACCORDING TO THE PRESENTATION, WHAT IS THE FIRST CORNERSTONE THAT DRIVES LIFELONG HEALTH AND PERFORMANCE?

- A. Strength training
- B. Meeting nutrient recommendations
- C. Maintaining low body fat
- D. Cardiovascular exercise

2. THE TERM 'SILENT HUNGER' REFERS TO:

- A. Eating too few calories
- B. Hunger signals after exercise
- C. Micronutrient deficiencies that occur without noticeable hunger
- D. Skipping meals during dieting

3. WHY IS A COMPLETE MULTIVITAMIN AND MINERAL (CMVM) CONSIDERED THE BASELINE NUTRITION SOLUTION?

- A. It fills unavoidable nutrient gaps from modern diets
- B. It provides calories needed for exercise
- C. It replaces healthy food entirely
- D. It eliminates the need for other supplements

4. THE CONCEPT OF PLAYSPAN® REFERS TO:

- A. The number of years a person competes in sports
- B. The years someone remains active, independent, and able to enjoy life physically
- C. The lifespan of professional athletes
- D. The number of workouts completed per year

5. PART 2 OF THE PRESENTATION PRIMARILY FOCUSES ON:

- A. Prescription medications for aging
- B. Correcting nutrient deficiencies through food alone
- C. Eliminating exercise for longevity
- D. Optimizing performance and recovery beyond baseline nutrition

6. WHICH SUPPLEMENT IS HIGHLIGHTED AS ONE OF THE MOST RESEARCHED AND EFFECTIVE FOR IMPROVING STRENGTH, RECOVERY, AND BRAIN ENERGY?

- A. Vitamin C
- B. Creatine monohydrate
- C. Calcium carbonate
- D. Iron

7. AMINO ACID FORMULAS (EAAS) ARE USED BEYOND PROTEIN PRIMARILY TO:

- A. Replace all dietary protein
- B. Increase body fat storage
- C. Reduce calorie intake only
- D. Provide muscle-building signals and overcome anabolic resistance

8. COLLAGEN SUPPLEMENTATION IS PRIMARILY RECOMMENDED TO SUPPORT:

- A. Fat loss and metabolism
- B. Joint health, connective tissue, and skin structure
- C. Blood sugar control
- D. Brain neurotransmitters

9. WHY ARE PROBIOTICS CONSIDERED AN IMPORTANT 'NEXT-LEVEL' ADDITION AFTER BASELINE NUTRITION?

- A. They increase calorie absorption
- B. They help recolonize the gut and support immune signaling
- C. They replace digestive enzymes
- D. They eliminate the need for vitamins

10. THE OVERALL GOAL OF THE NEXT-LEVEL SUPPLEMENT STRATEGY PRESENTED IN PART 2 IS TO:

- A. Replace diet and exercise
- B. Promote short-term weight loss only
- C. Maximize recovery, performance, and healthy aging in each decade of life
- D. Reduce the need for sleep

ANSWER KEY

1. B.
2. C.
3. A.
4. B.
5. D.
6. B.
7. D.
8. B.
9. B.
10. C