

INTEGRITY MATTERS

HERE ARE THE FACTS ON DIETARY SUPPLEMENTS:

UNDER REGULATION

Companies do not have to prove their products are safe or effective before selling them.

Buyer must beware of the following:



- **Poor quality** - Makers of mass market supplements must compete on price and end up compromising on quality, often leading to under formulated and ineffective products.
- **Inaccurate labels** - Mass market products tested by independent parties revealed that they did not contain the ingredients listed on the label or were present in ineffective amounts.
- **Contamination** - Independent groups have also found that ~30% of the products tested contained hidden ingredients that were not listed on the label. That means you may be unknowingly putting your health or athletic career at risk.

dotFIT Difference



- **Evidence-Based** - The ingredient forms and dosages match clinical trials so the formulas are effective.
- **NSF Certified for Sport** - All of our products are 3rd party tested to be pure, potent and free of contaminants and banned substances, including NSF certification for specific products.
- **Practitioner Products** - Our products are sold only by trained fitness professionals using a screening process, which incorporates individual statistics, goals and medical history to ensure safety and efficacy.
- **Product Synergy** - dotFIT product formulas complement each other so you don't get excessive amounts of single vitamins or minerals.
- **Personalized** - Each member gets a complete solution including nutrition, exercise, supplements, coaching and accountability, all delivered by a certified fitness professional.

Integrity Matters.



www.dotfit.com

<p>THE 4 PILLARS OF FITNESS</p> <p>1 NUTRITION</p> <p>You can't out-exercise this. Fuel your transformation with foods you actually enjoy.</p>	<p>THE 4 PILLARS OF FITNESS</p> <p>2 EXERCISE AND MOVEMENT</p> <p>Customized workouts stimulate progress and keep your body changing.</p>
<p>THE 4 PILLARS OF FITNESS</p> <p>3 SUPPLEMENTATION</p> <p>Fill your nutrient gaps with a personalized plan to speed your results.</p>	<p>THE 4 PILLARS OF FITNESS</p> <p>4 COACHING & ACCOUNTABILITY</p> <p>Regular feedback makes all the difference. Our Coaches will get you there.</p>