



# dotFIT Dietary Supplements

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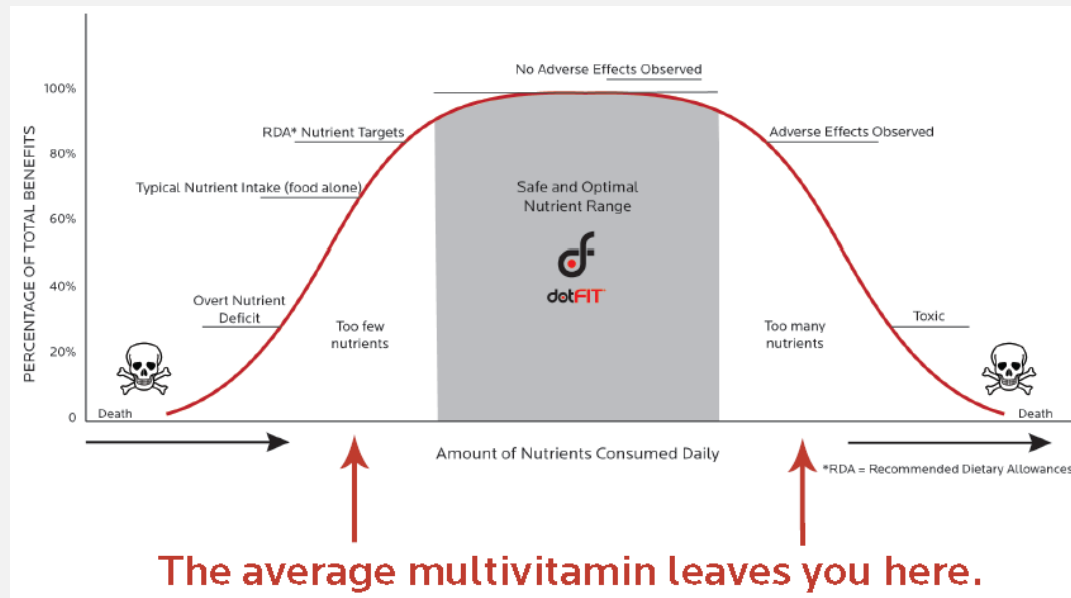
dotFIT products are for athletes, exercisers and their families, which is why we offer them in our professional facilities.



1. Scientifically-proven Formulas
2. Ingredient Safety & Screening
3. Tested for Purity & Potency
4. Nutrient Delivery Systems
5. Truth in labeling

# All dotFIT Products work together

- Never too much, never too little. Always “safe and optimal”
- All dotFIT products are formulated to work together synergistically, which means that as long as pre-screening and product use directions are followed, you will always be within the **Safe and Optimal Nutrient Range**





# Multivitamin & Mineral

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- There are 4 unique formulas to meet the needs of everyone in your family throughout all stages of their lifetime
  - **ActiveMV** – 1-2/day
    - *Most of our members use this formula, as it meets the nutrient needs of exercisers and athletes*
  - **Women'sMV** – 1/day
  - **Over50MV** – 1/day
  - **KidsMV** – 1-2/day; *In proven chewable tablet form. Gummies and liquids are not stable environments to deliver vitamins and minerals*

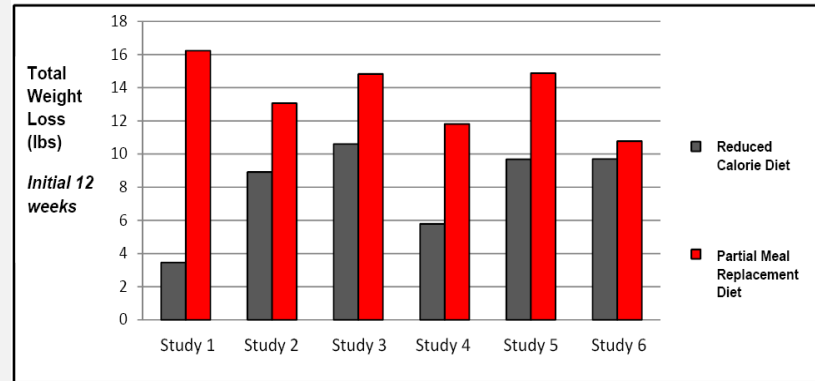


\*Take as directed on the label

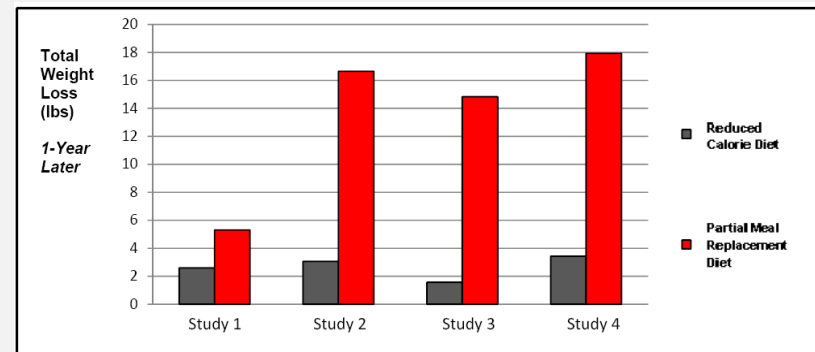
# Meal Replacements

## Why should I use them?

- Those that use 2 meal replacements per day in place of regular meals **lose 169% more weight in 12 weeks and are 2-9x more successful at keeping it off**
- Why? MRs are convenient, portion-controlled and cost-effective ways to achieve your daily calorie balance and maximize your energy levels
- MRs are not an extra expense because they replace part of a monthly food bill (50% of meals are eaten “out”)

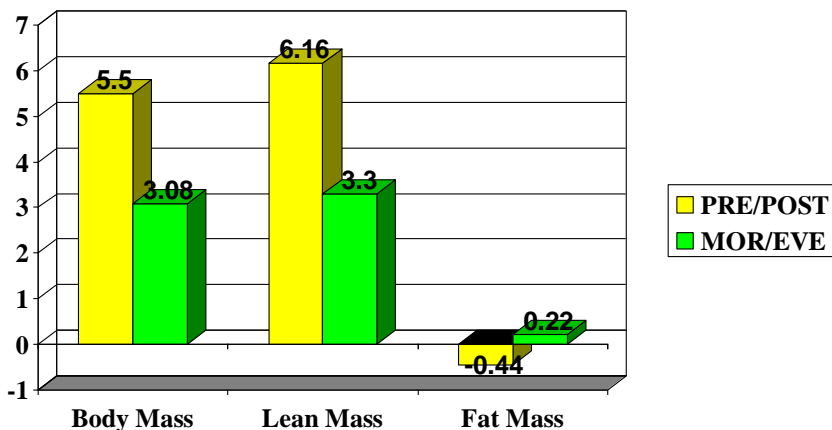


**12-weeks: 169% more weight lost**

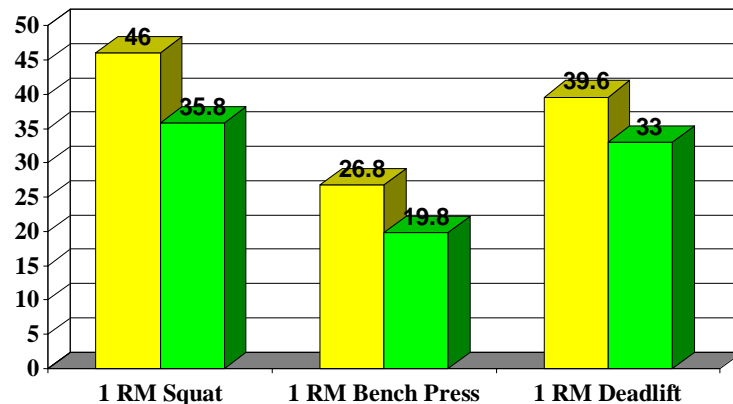


**1-year later: 2-9X more weight kept off**

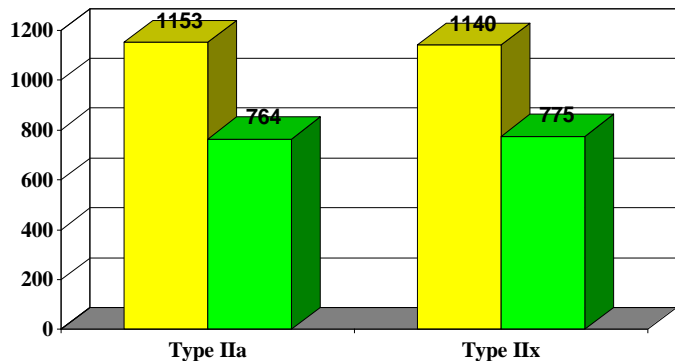
# Double Your Gains with Pre- and Post-Workout Nutrition



Pre/Post Group Gained More Total Mass



Pre/Post Group Gained More Total Strength



Pre/Post Group experienced larger gains in Muscle Fiber Size (Cross-Sectional Area, micrometers<sup>2</sup>)

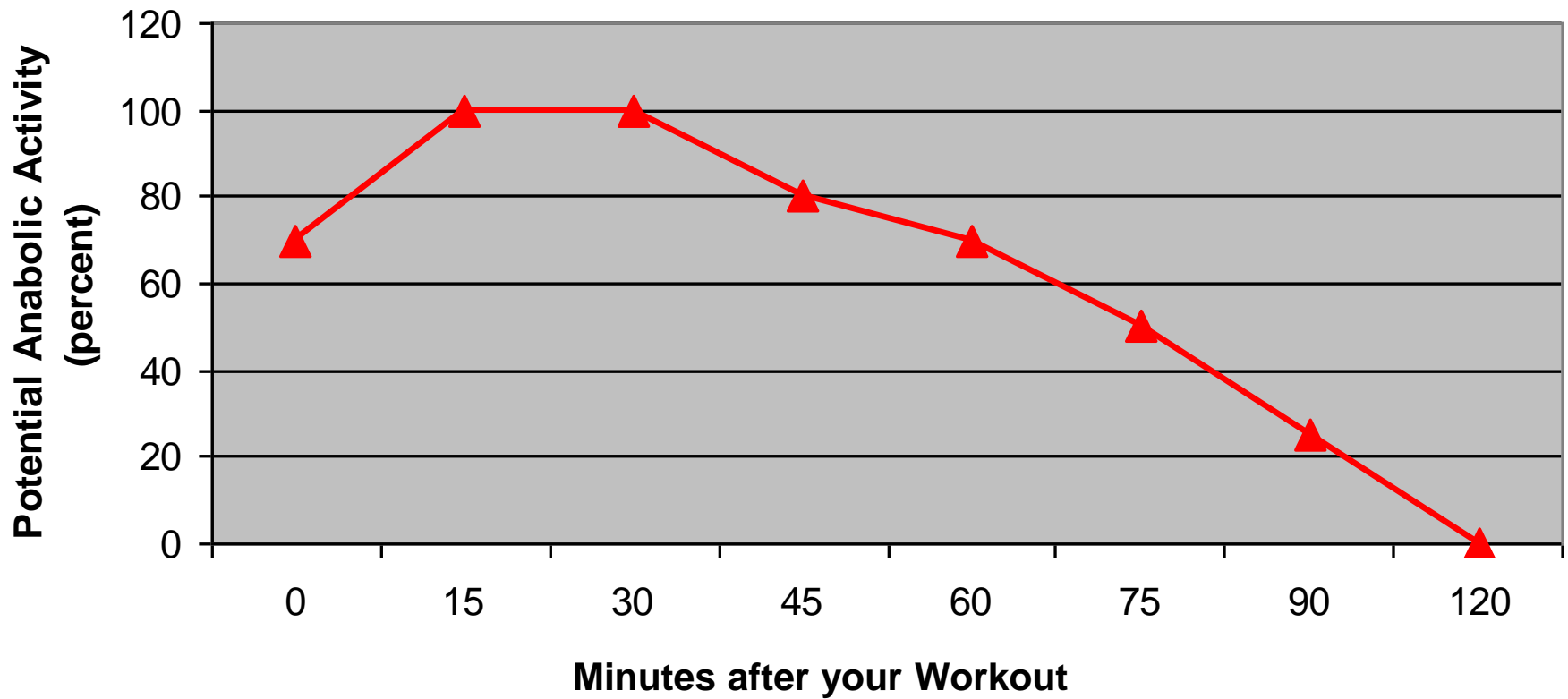
## Study Details

23 experienced recreational bodybuilders resistance training for 10 weeks . **All things in study equal except timing of nutrition.** The PRE/POST Group consumed their shakes before and after workouts, the MOR/EVE Group consumed their shakes far away from their workouts. Each shake contained ~5/5g creatine monohydrate  
 PRE/POST Group experienced greater gains in all areas (fiber size, LBM, body mass, strength, reduction in fat mass)  
 Cribb et al Nov 2006

# Your Post-Workout Window



## Closing of Metabolic Window



Source: *Nutrient Timing* (2004)

# Meal Timing for Great Workouts

Approx 1 hour  
Hours Before



## Pre-Workout Snack

- dotFIT Shake or bar
- CHO higher than P (2:1 – 4:1)
- Low fat and fiber

10-15 Min  
Before



**Workout!**

Immediately  
After



20-40 Min  
After



## Post-Workout Snack

- dotFIT Shake or bar
- CHO higher than P (2:1 – 4:1)
- Low fat and fiber

Approx 2  
Hours After



Consume  
Balanced  
Whole Food  
Meal

\*Keep ratios and timelines as listed, but adjust calorie content based on individual caloric needs



# dotFIT Powders



## WheySmooth

- **0.3:1 ratio of CHO:Pro**
- Premier High-Protein Blend
- 40 grams of protein from five high quality sources
- Fast and slow release rates deliver steady supply of amino acids
- NSF Certified for Sport



## LeanMR

- **1:1 ratio of CHO:Pro**
- Ideal for weight loss
- 190 Calories
- 20g of high quality protein
- Sustained-release carbohydrates for long-lasting energy and appetite control
- Fiber
- No sugar



## Pre/Post Workout

- **1.5:1 ratio of CHO:Pro**
- Ideal ratio of carbs and protein for most gym-goers
- 20 grams of protein from four high quality sources
- Low sugar content



## FirstString

- **2:1 ratio of CHO:Pro**
- Ideal ratio of carbs and protein for athletes
- Compliant with NCAA guidelines
- NSF Certified for Sport
- 42 grams of protein from four high quality sources
- Contains Aminogen® for optimal absorption
- Low sugar content







# dotFIT Bars

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## Why should I take it?

- The bars are quick, convenient, portion-controlled meals specially formulated to deliver ideal ratios of carbohydrates, protein and fat for long-lasting energy. Keeping the bars handy will help you stay on track in today's fast-paced world
- Use as a pre- and post-workout snack to maximize your energy and recovery
- Unlike mass market bars, dotFIT bars are not spiked with nutrients, but are designed to work synergistically with all other dotFIT products no matter how many you eat per day
- Choose the right bar for you based on your calorie needs and flavor preferences. Calories range from 150 to 190 calories per bar, and contain multiple high quality protein sources





# Health Products

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- ActiveMV:** Designed to meet increased nutrient needs of athletes and exercisers (antioxidants, B and D), works synergistically with all other dotFIT products and utilizes a controlled-release delivery technology
- KidsMV:** Meets kids' growth & development needs (Most kids are marginally deficient; once they miss a window, there's no getting it back). In proven chewable form
- WomensMV:** 1-a-day formula for womens' unique needs (folate, magnesium & iron)
- Over50MV:** 1-a-day formula for seniors' unique needs (folate, B6, B12, Vit D & K)
- SuperCalcium+:** Complements the ActiveMV, providing ideal amounts of Calcium (in 500mgs increments), Vitamin K1 & K2, Boron, Magnesium & Vitamin D for optimal absorption and utilization
- SuperOmega-3:** Provides proper ratio of EPA/DHA for brain, heart, joint and eye health for those that do not consume 2-4 svgs of fatty fish each week, and is enterically-coated for optimal absorption
- JointFlexPlus:** Cartilage support proven to be 2x more effective than glucosamine/chondroitin formulas. BioCell2 collagen-based formula reduces joint degradation and promotes mobility, joint comfort and strength
- SuperiorAntioxidant:** Reduces free radical damage to eyes, prostate, heart, cardiovascular system and lungs, while supporting cellular energy production. All in scientifically validated amounts
- Advanced Brain Health:** Delivers necessary antioxidants and lipids critical to neurological tissue health and normal brain function, which decline starting at age 45



# Weight Loss Support Products

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**ActiveMV:** Designed to meet increased nutrient needs of athletes and exercisers (antioxidants, B and D), works synergistically with all other dotFIT products and utilizes a controlled-release delivery technology

**KidsMV:** Meets kids' growth & development needs (Most kids are marginally deficient; once they miss a window, there's no getting it back). In proven chewable form

**WomensMV:** 1-a-day formula for womens' unique needs (folate, magnesium & iron)

**Over50MV:** 1-a-day formula for seniors' unique needs (folate, B6, B12, Vit D & K)

**LeanMR:** Highest quality meal replacement for weight loss support; Under 200 calories with 20g of protein, long-lasting carbohydrate blend, high fiber and no sugar

**FatRelease:** Non-stimulant fat loss aid promotes optimal liver function and metabolism, with green tea to support energy levels and fat oxidation, and reduced absorption of dietary fats and appetite support

**CarbRepel:** Non-stimulant fat loss aid delivers fiber blend designed to support appetite control and healthy digestion, with patented kidney bean extract that decreases absorption of dietary carbs to boost weight loss

**ThermAccel:** Advanced thermogenic; natural caffeine blend with green tea and capsaicin supports energy levels and metabolism, while reducing appetite with natural plant extracts in a controlled, 8-hr delivery system



# Performance Products

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**ActiveMV:** Designed to meet increased nutrient needs of athletes and exercisers (antioxidants, B and D), works synergistically with all other dotFIT products and utilizes a controlled-release delivery technology

**KidsMV:** Meets kids' growth & development needs (Most kids are marginally deficient; once they miss a window, there's no getting it back). In proven chewable form

**FirstString:** Ideal fuel for athletes; optimal 2:1 ratio of CHO:Pro that meets NCAA and Pro Sport Guidelines. Trigger optimal energy levels and hormonal response from training. NSF Certified

**AminoBoostXXL:** Essential amino acid blend that triggers muscle protein synthesis, reduces damage from training and speeds recovery by taking advantage of "metabolic windows of opportunity"

**Recover&Build:** Leucine-rich BCAA formula in the most currently studied ratio that reduces muscle damage from training and speeds recovery. In pill form with Swell & Release Delivery System

**NO7Rage:** Pre-workout performance aid that enhances blood and nutrient flow to muscles, cell volume, strength, power and mental focus. With caffeine, L-Citrulline, Creatine, beta-Alanine, beet root and glycerol

**WorkoutExtreme:** Pre-workout performance aid without the creatine/weight gain. Caffeine blend delivers energy, improved mental focus and training intensity, with panax ginseng for recovery

**CreatineXXL:** Creatine-rich performance aid designed to increase exercise intensity, training volume and lean mass to a greater extent than creatine alone, with glycine for muscle cell swelling, glutamine for recovery, and beta-alanine for lactate buffering in a convenient capsule form

**Creatine Monohydrate:** 5g of pure, NSF-Certified, best-tasting creatine monohydrate. No gritty aftertaste





# Supplement Reference Guide

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## A Professional's Guide

- Get a complete breakdown of every product formulation and the exact research that support it. Including:
  - Goal
  - Rationale
  - Typical Use
  - Dosage and Definitions
  - Precautions and Contraindications
  - Adverse Reactions, Upper Limits and Toxicity
  - Over 1,360 References



[www.dotFIT.com/SRG](http://www.dotFIT.com/SRG)

