



Quick Reference Guide

Introduction

About dotFIT Worldwide

- Science-based research and support
 - See dotFIT Worldwide Faculty & Advisory Board below
- Education and certification from The National Academy of Sports Medicine (NASM)
 - The market leader in Fitness, Sports Medicine and Sports Performance credentials
 - NASM activates over 25,000 credentials annually with over 100,000 professionals worldwide
 - Works with over 6,000 health clubs and all professional sports organizations
- Evidence-based tools and applications
 - R&D and support for nutrition/weight control and exercise programming for all ages and goals
 - Web-based, client- and trainer-centric programming: exercise, menu plans with supplement screening, continuous feedback to client and/or trainer based on measurement inputs and goal
- Worldwide professional delivery network
 - Live fitness professionals as well as phone and e-coaching platforms
- Programs can connect to body sensing/tracking devices
 - Calorie expenditure, steps, physical activity, etc.
- Unlimited education: For consumers and professionals via website, live webinars, certifications, and direct access to R&D team via our toll-free phone number (877.436.8348)
- Complete, holistically integrated line of pharmaceutically manufactured dietary supplements and fitness foods including home delivery platform

dotFIT Worldwide Faculty and Advisory Board

INSTITUTIONAL RELATIONSHIPS AND ADVISORY RESOURCES University of North Carolina Arizona School of Health Sciences University of Hawaii	CHIROPRACTIC HEALTH AND WELLNESS Eric Plasker, DC
NUTRITION, DIETETICS AND WEIGHT CONTROL Jill Fairweather, MS, RD Gay Riley, MS, RD, CCN Alan Titchenal, PhD Kat Barefield, MS, RD, NASM-CPT & PES, ACSM-HFS	MEDICAL SCIENCE, PHARMACEUTICALS AND DIETARY SUPPLEMENTS Jim Starr-Kalafat Timothy Ziegenfuss, PhD, CSCS, EPC Michael Oviedo, MS, NASM-PES, CSCS Dr. Steven Shassberger, DO Robinson Pharma, Inc. (Pharmaceutically & drug-licensed facility, including scientific advisory board)
EXERCISE SCIENCE, PHYSICAL THERAPY AND PERFORMANCE ENHANCEMENT National Academy of Sports Medicine	NATIONAL ACADEMY OF SPORTS MEDICINE Dr. Micheal A. Clark, DPT, MS, PT, PES Dr. Darin Padua, PhD, ATC Dr. Kevin Guskiewicz, PhD, ATC Dr. Steve Marshall, PhD
NUTRITION AND EXERCISE INSTRUCTORS Scott Pullen MS, CES, PES National Academy of Sports Medicine staff	

dotFIT Worldwide's Position on Use, Recommendations & Manufacture of Dietary Supplements

The function of dietary supplement preparations is to provide a safe vehicle for delivering precise amounts of desired isolated nutrients and compounds in a low- to no-calorie form with the purpose of enhancing health, sport and fitness goals, i.e. dietary support.

Individual outcomes from the use of dietary supplements, as with drugs, are predicated on the physiological and psychological state of the recipient as well as dosages, regiment compliance, manufacturing processes including the use of proper delivery systems, and ingredient forms or origins.

dotFIT's position on overall dietary supplement use and recommendations

Dietary supplement products must be 100% defensible through scientific research, not used to treat medical conditions and only recommended in support of the following goals:

- Preserving health
 - Objective: potentially stave off chronic or age-related disease by improving the daily nutrient intake achieved through diet alone
- Safely enhance sport and fitness outcomes
 - Objective: hasten and support fitness/weight control goals
 - Objective: improve training-induced performance results

Position on use of supplements for health

Multivitamin and mineral formula (MVM): all persons of all ages should use a daily MVM to complement one's best efforts to define and consume a proper diet.^{1,2}

At a minimum, MVM supplementation is insurance against common and unavoidable shortcomings driven by typical daily diets and local food supply or availability.^{3,4} At best, the daily increased level of all known vital nutrients supplied by the MVM may indeed allow optimal cellular performance. Levels of nutrition delivered by diet combined with a MVM (significantly higher but well within a safe range) has more potential than diet alone (especially within a range of acceptable calories) to supply all cellular entities/enzymes with enough materials to operate at full capacity thus avoiding a potential triage effect that may be at the root of many chronic and age-related diseases.^{4,5,6,7,8} (See Appendix I: dotFIT Worldwide's Position on Vitamin & Mineral Supplementation.)

Calcium & Vitamin D: supplement if daily needs of calcium (1000-1200mgs/day) and vitamin D (400-1000 IUs/day) are not met by food, sunlight and multivitamin mineral formula.^{5,9,10} There is almost no reason to supplement calcium alone.

Position on use of supplements in support of weight control

Dieting to lose weight is difficult for everyone and generally ends with most of the weight regained within the first year.^{11,12,13}

The goal of incorporating a dietary supplement or drug into a weight loss program is to assist the participant in complying with the daily routine that leads to weight reduction. The supplement ingredients must have safely demonstrated the potential to act in one or more of the following ways:

- Help create and maintain a calorie deficit by increasing daily calorie expenditure when compared to a non-supplemented state
- Raise energy levels that may make one more active throughout the day
- Reduce the drive to consume food
- Decrease calorie absorption

The dieter would cease supplementation once the weight goal is reached or when they have their daily routines under control to continue making progress without supplements.

Position on use of supplements for enhancing performance

Maximizing potential during high-level competition involves athletes exploiting all available resources – some good and some bad. In the 2008 Olympics, 90% of the 11,000 athletes reported regularly using dietary supplements. There was not a single supplement contamination case, giving a “thumbs up” to the

dietary supplement industry for making safe, unadulterated substances.¹⁴

There is unequivocal evidence that a limited number of natural substances prepared and ingested properly can safely improve training-induced size or performance for many athletes.^{15,16,17,18,19,20,21} Historically, however, athletes have had a tendency to not follow directions. Many subscribe to the old adage, “if a little works, more is better.” The practice of overconsumption of anything—such as foods, dietary compounds, and drugs—can lead to problems. On the other hand, proper supplementation for performance has often been shown to generate truly remarkable benefits, and this in itself can save many athletes from turning to illegal anabolic steroid use, which has well-known, harmful side effects. The rationale behind using nutritional strategies to avoid training plateaus centers around findings that the extent of muscle damage induced by exercise appears to remain constant throughout a prolonged training regimen. Meaning, repeated exercise sessions continue to “open the door” for the building process even if no muscle or strength gains are being produced.²²

Therefore, when the benefits of training and diet on muscle mass and performance have stabilized, specific nutrient supplement regimens may play a role in plateau avoidance and progressive development for many athletes.

Position on final individual recommendations

All dotFIT programs prepared by dotFIT Worldwide are designed to screen individuals based on physical characteristics and goals in order to safely and properly integrate dietary supplements into their fitness programs to accomplish the above stated outcomes.

Position on manufacturing and facts regarding dotFIT products

Before nutritional compounds become products or are recommended for consumer use, all ingredients must survive rigorous legal and scientific review and testing. The following conditions are met:

- Identify best, current clinical research supporting use of active ingredients (evidence-based)
- Identify data supporting safety and efficacy including long-term empirical data (see Table 1 below and Evaluation Guidelines)
- Identify proper ingredient dosage and forms matched to positive outcomes from clinical data
- As science progresses, all products must be updated immediately

Products are designed in appropriate delivery forms established by each product’s ingredients, desired target tissues, and the amounts required in specific time periods to deliver on the product claims. In other words, validate that the right ingredients and amounts get to the right places at the right times.

- Customized finished products are tested in a simulated human digestive system to validate whether release patterns match their respective designed criteria in order to assure the desired results
- Dietary supplement products and powders are manufactured in a FDA-registered pharmaceutical facility, in compliance with Good Manufacturing Practices (GMP)
- Ingredient testing for purity, potency and delivery from raw materials to finished product
- Final product rigorous testing, both in-house and through third-party, FDA-approved and NSF certified laboratories, assures users that all nutritional claims meet or surpass FDA guidelines, USDA guidelines, and industry norms
- All formulas must be able to work in synergy with other dotFIT products in order to avoid nutrient overages, which are common with typical, indiscriminate supplement use

dotFIT programs consider diet, medications, and other dotFIT products before a personalized dietary supplement recommendation is generated. This assures the user remains in a safe and optimal nutrient range throughout the day.

dotFIT foods cannot be “spiked” with unnecessary nutrients. Most other products in this space (e.g. bars, shakes, ready-to-drinks, etc.) are heavily spiked with many nutrients that can lead to undesirable levels within the body when combining multiple manufacturers, products and normal food intake. When consuming only dotFIT products, as directed with one’s normal daily food intake, the recipient can be

assured of keeping the body at a safe and optimal nutrient level.

dotFIT must provide complete customer product/program education and support, including full disclosure regarding product ingredients, safety and manufacturing.

Product Testing Documentation

- Tests that include disintegration, dissolution, stability, purity (no contaminants) and potency, which includes the finished product's certificate of analysis
- In-house and 3rd party product validation and testing methods based on all available certified protocols including applicable USPs (United States Pharmacopeia, an official compendia of standards) and other international compendia – also see dotFIT Product Manufacturing and Testing document in Appendix
- Appropriate peer-review research that supports the dosage and purpose of the compound
- Proof of equivalence or evidence that a given dose of a product must contain a certain amount of key ingredients in order to produce a known effect
- Proof that products will be absorbed and utilized by the body
- Assurance that the substance is nontoxic, along with list of any known potential side effects and drug interactions
- Qualified personnel and support documents available to all consumers via www.dotFIT.com or 877.436.8348

Product Evaluation Guidelines and Scoring

Only products/ingredients that score a four or five out of five possible points are potential dotFIT Worldwide-authorized products and may become integrated into holistic fitness planning (e.g. combined with diet and movement planning). See Table I.

Review of Products

- A. Criteria for evaluation: to establish product integrity
 - i. History of safe use
 - ii. Cultural or traditional medicine
 - iii. Anecdotal or empirical reports
- B. Product formulation
- C. Individual ingredients

Research documenting claims, performed on humans

- D. Published in peer reviewed literature – citation(s)
 - i. Product formulation
 - ii. Individual ingredients
- E. Books/brochures and company marketing brochures or sales sheets
 - i. Product formulation
 - ii. Individual ingredients
- F. Privately sponsored, unpublished reports or studies
 - i. Product formulation
 - ii. Individual ingredients
- G. Research supporting either a biochemical or physiological rationale

Research documenting claims, performed on animals

- H. All same as above

Safety Studies

- I. Animal toxicology studies
- J. In vitro toxicology studies
- K. Human clinical evaluations
 - i. Dosage and route of administration
 - ii. Toxicity

- L. Human anecdotal/empirical reports
 - i. Dosage and route of administration
 - ii. Toxicity

Adverse Event Reports

- M. Center for Disease Control (CDC)
- N. Food and Drug Administration (FDA)
- O. World Health Organization (WHO)
- P. State Health Departments
- Q. Trial Lawyers Association: personal injury litigation groups

Food and Drug Administration

The regulatory agency for approved claims with medical – scientific evidence for documentation of educational marketing claims in advertising and ‘third party’ literature under DSHEA*.

- R. Structure (anatomy) claims
- S. Function (physiology) claims
- T. Life Event’ claims
- U. Fitness claims
- V. Anabolic/weight gain claims
- W. Androgenic/strength and endurance claims
- X. Fat loss (lipolysis) claims
- Y. Metabolic rate (BMR) and lean body mass claims
- Z. Cardiovascular tone/‘aerobic’ fitness claims
- AA. Recovery time/‘muscle burn’ claims

* DSHEA is the Dietary Supplement Health Education Act of 1994. The DSHEA established a formal definition of “dietary supplement” using several criteria. A dietary supplement

- is a product (other than tobacco) that is intended to supplement the diet that bears or contains one or more of the following dietary ingredients: a vitamin, a mineral, an herb or other botanical, an amino acid, a dietary substance for use by man to supplement the diet by increasing the total daily intake, or a concentrate, metabolite, constituent, extract, or combinations of these ingredients
- is intended for ingestion in pill, capsule, tablet, or liquid form
- is not represented for use as a conventional food or as the sole item of a meal or diet
- is labeled as a “dietary supplement”
- includes products such as an approved new drug, certified antibiotic, or licensed biologic that was marketed as a dietary supplement or food before approval, certification, or license (unless the Secretary of Health and Human Services waives this provision)

Table 1—Product Evaluation Score: Rating of Evidence

Only products that score a four or five rating are potential dotFIT authorized products.

SCORE	RATING	DOCUMENTATION/ EVIDENCE CRITERIA
5	Excellent (>90% Probability)	Product formulation claims documented by human studies
4	Very Good (>70%<90% Probability) (High Probability)	At least two (2) of the product's formulated ingredients claims documented by human studies
3	Good (<70%>30% Probability) (Medium Probability)	One of the product's formulated ingredients claims documented by human studies
2	Fair (>10%<30% Probability) (Low Probability)	No human studies. However, at least two (2) of the product's formulated ingredients have a biochemical- physiologic rationale
1	Poor (<10% Probability) (Questionable Probability)	No human studies. However, at least one (1) of the product's formulated ingredients have a biochemical- physiologic rationale
0	Fails (Zero Probability – "Hype")	No documented human studies, and no biochemical – physiologic rationale for any ingredients

The Products

Included in the complete Supplement Reference Guide online are the following for each dotFIT product:

- Goal
- Rationale
- Typical Use
- Dosage
- Definitions
- Precautions
- Contraindications
- Adverse Reactions
- Upper Limits/Toxicity

Definitions

Goal

Describes the purpose of the formulation, including each product's intended outcome.

Rationale

Lists the ingredient's basic mechanisms of action and their respective function in participating in the product's intended outcome or goal.

Typical Use

Describes the known group of users that may experience the product's potential listed benefits.

Dosage

Lists the dosages used in studies and historically with the greatest potential for safety and efficacy.

Precautions

The compounds in this Supplement Reference Guide (SRG) are considered safe for the general population at the proper dosage. Under this heading and the subheadings below, a summary of safety considerations will be called out for potential vulnerable subpopulations.

Contraindications

Describes conditions in which the compound might be avoided or signal caution, including people with unique genetic predispositions, certain pre-existing disease states or persons taking specific prescription medications.

Adverse Reactions

Lists possible side effects and/or explains commonly reported reactions that may not be clinically supported or causally related to the compound. Case reports may be used to explain theoretical risk when clinical trials or specific studies are not available. Case reports are not considered scientifically valid for proving efficacy or documenting risks, but may be used to highlight an unlikely but potential safety issue.

Upper Limit/Toxicity

Gives the highest known dose that still maintains a large margin of safety and any known toxicity data. When available the Recommended Daily Allowance (RDA), **No Observed Adverse Effect Level (NOAEL)**, **Lowest Observed Adverse Effect Level (LOAEL)** and the lethal dose 50 (LD50) values will be given. The LD is the dose at which 50% of the test animals (rats or mice) died and is usually only used as a reference for the relative toxicity of a substance.

The **Tolerable Upper Intake Level or Upper Limit (UL)** is the maximum level of total chronic (long-term) daily intake judged unlikely to pose a risk of adverse health effects to most of the healthy population, including sensitive individuals, throughout their life stages. The UL is intended to provide a safety standard for dietary supplements such that no significant or unreasonable risk of illness or injury would arise at or below this intake level.

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Dietary Supplements for Health

health dotFIT

The goal of dietary supplements in this category is to help establish and preserve health or potentially stave off chronic or age-related disease by delivering important nutrient compounds that may be unattainable from diet for any of the following reasons (also see Appendix I: dotFIT Worldwide's Position on Vitamin & Mineral Supplementation):

- Insufficient food intake^{2,3,4}
- Increased needs that are not met by diet alone^{4,5,6,7,8,9,10,11,12,13,14}
- Special populations, age-related requirements or practicality of foods sources^{13,14,15}
- Lack of interest in or avoidance of essential food groups^{16,17,18,19,20,21,22,23}
- Low body fat maintenance^{2,24,25,26}
- Variables of actual nutrient content of food^{27,28,29,30}
- Unable to move enough to eat enough^{31,32}
 - In the modern world, where many people maintain a sedentary lifestyle, maintaining a healthy weight often requires eating too few calories to get proper nutrition through food alone^{31,32,33}
- Low sun exposure^{14,34,35,36,37,38,39}
- Inability to define the perfect diet^{40,41,42,43}

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ActiveMV™

What is it?

The ActiveMV formula is a multipurpose multivitamin and mineral formula. The ActiveMV is used at the specified times throughout one's lifetime. This formula contains doses of antioxidants at the higher end of the optimal range.

How does it work?

The ActiveMV delivers a combination of nutrients in a controlled-release preparation that, when used properly, has the greatest chance to

- Help stave off chronic disease
- Supply essential nutrients in an attempt to prevent nutrient deficiencies
- Overcome marginal deficiencies from today's common limitations in obtaining sufficient and optimal nutrient intake

Who should take this product?

At one pill daily, it is the basic multivitamin for everyone over 12 years of age. At two pills daily, it is designed for athletes and all others with an active lifestyle aged 18 to 65 (general population over age 50, see the Over50MV formula and women 18 to 50 years of age, see the Women'sMV formula).

Suggested Use

As a dietary supplement, athletes or individuals involved in intense physical activity should take 1 tablet, twice daily, with or after main meals. Consume with 8 oz of your favorite beverage.

Individuals between the ages of 12-17 years of age and those who do not follow a regular exercise program should use 1 tablet daily with a main meal. For optimal results use daily with dotFIT SuperCalcium+.

Unique Features

- Formula and use follow strict scientific research criteria
- Serves as the foundation of all other supplement recommendations
- Because all dotFIT products are formulated to work synergistically, when consuming other dotFIT products and products exclusively you never need to worry about excessive nutrient intake, which is common with other product lines
- The nutrients are in their proper forms, ratios and strengths to help maintain a safe

and optimal range 24 hours a day

Contraindications

- The dotFIT multivitamin and mineral formulas are contraindicated in pregnancy and lactation
- The dotFIT multivitamin-and-mineral formulas are contraindicated for those with hemochromatosis (an inherited disease that leads to iron-overload, affecting 0.5 percent of the population) because of the iron content

Supplement Facts

Serving Size: 1 Tablet Servings Per Container: 30

Amount Per Serving		% Daily Value*
Vitamin A (as Beta Carotene 4,000 IU and Acetate 500 IU)	4,500 IU	90%*
Vitamin C (as Ascorbic acid)	450 mg	750%*
Vitamin D (as Cholecalciferol)	600 IU	150%*
Vitamin E (as D-Alpha Tocopheryl Succinate)	150 IU	500%*
Vitamin K (as Phytonadione)	50 mcg	63%*
Vitamin B1 (as Thiamine Mononitrate)	5 mg	333%*
Vitamin B2 (as Riboflavin)	5 mg	294%*
Niacin (as Niacinamide)	15 mg	75%*
Vitamin B6 (as Pyridoxine HCl)	6 mg	300%*
Folic Acid	100 mcg	25%*
Vitamin B12 (as Cyanocobalamin)	15 mcg	250%*
Biotin	150 mcg	50%*
Iron (as Ferrous Fumarate)	5 mg	28%*
Iodine (from Kelp)	25 mcg	17%*
Magnesium (as Magnesium Oxide)	150 mg	38%*
Zinc (as Zinc Citrate)	7.5 mg	50%*
Selenium (as L-Selenomethionine)	50 mcg	71%*
Copper (as Copper Gluconate)	500 mcg	25%*
Chromium (as Chromium Picolinate)	50 mcg	42%*

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
** % Daily Value not established.

Other Ingredients: Di-Calcium Phosphate, Stearic acid (Vegetable source), Hydroxypropylmethylcellulose, Microcrystalline Cellulose, Magnesium Stearate (Vegetable source), Silicon Dioxide, Xanthan gum.

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Yeast, Artificial flavors, Coloring or Preservatives added.

Women'sMV™

What is it?

A health aid designed with the specific needs of females in mind by including slightly higher levels of magnesium, iron and folic acid. Also included are the appropriate extra nutrients for breastfeeding women who do not need the higher iron content in most prenatal formulas.

How does it work?

The Women'sMV delivers a combination of nutrients in a controlled release preparation that, when used properly, has the greatest chance to:

- Help stave off chronic disease
- Supply essential nutrients in an attempt to prevent nutrient deficiencies
- Overcome marginal deficiencies from today's common limitations in obtaining sufficient and optimal nutrient intake

Who should take this product?

The Women'sMV formula is specifically for

- Non-exercising women between ages 18 and 50 who are not pregnant or trying to become pregnant
- Breastfeeding women

Suggested Use

- As a dietary supplement, take 1 tablet daily with a meal and 8 oz. of water.
- For optimal results use daily with dotFIT SuperCalcium+.

Unique Features

- Formula and use follow strict scientific research criteria
- Serves as the foundation of all other dotFIT supplement recommendations
- Because all dotFIT products are formulated to work synergistically, when consuming other dotFIT products and supplements exclusively, you never need to worry about consuming excess nutrients, which is common with other product lines
- The nutrients are in their proper forms, ratios and strengths to help maintain a safe and optimal range 24 hours a day
- Uses the most sophisticated controlled-release delivery systems to ensure ideal nutrient levels and prevent tissue over-saturation and losses
- Manufactured in a FDA registered facility, in compliance with Good Manufacturing Practices (GMP) exclusively for dotFIT, LLC

Contraindications

- The dotFIT multivitamin and mineral formulas are contraindicated in pregnancy and lactation
- The dotFIT multivitamin-and-mineral formulas are contraindicated for those with hemochromatosis (an inherited disease that leads to iron-overload, affecting 0.5 percent of the population) because of the iron content

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene 5,000 IU and Acetate 1,000 IU)	6,000 IU	120%*
Vitamin C (as Ascorbic acid)	300 mg	500%*
Vitamin D (as Cholecalciferol)	1,000 IU	250%*
Vitamin E (as D-Alpha Tocopheryl Succinate)	100 IU	333%*
Vitamin K (as Phytonadione)	50 mcg	63%*
Vitamin B1 (as Thiamine Mononitrate)	6 mg	400%*
Vitamin B2 (as Riboflavin)	6 mg	353%*
Niacinamide	20 mg	100%*
Vitamin B6 (as Pyridoxine HCl)	9 mg	450%*
Folic Acid	400 mcg	100%*
Vitamin B12 (as Cyanocobalamin)	12 mcg	200%*
Biotin	100 mcg	33%*
Pantothenic Acid (as D-Calcium Pantothenate)	15 mg	150%*
Iron (as Ferrous Fumarate)	10 mg	56%*
Iodine (from Kelp)	100 mcg	67%*
Magnesium (as Magnesium Oxide)	100 mg	25%*
Zinc (as Zinc Citrate)	12 mg	80%*
Selenium (as L-Selenomethionine)	50 mcg	71%*
Chromium (as Chromium Picolinate)	50 mcg	42%*

*Percent Daily Values are based on a 2,000 calorie diet.

**% Daily Value not established.

Other Ingredients: Dibasic Calcium Phosphate, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic acid, Magnesium Stearate, Silicon Dioxide,

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts or Soy. No Sugar, Salt, Starch, Yeast, Artificial flavors, Coloring or Preservatives added.

Storage Conditions: Store in a cool, dry place.

Over50MV™

What is it?

A health aid designed with the older individual in mind. It contains optimal doses of folic acid, vitamin B6 and vitamin B12. Also included are bone-building nutrients such as vitamin D, vitamin A (beta carotene) and even vitamin K.

How does it work?

The Over50MV delivers a combination of nutrients in a controlled release preparation that, when used properly, has the greatest chance to:

- Help combat preventable diseases such as osteoporosis and heart disease
- Supply essential nutrients in an attempt to prevent nutrient deficiencies
- Overcome marginal deficiencies from today's common limitations in obtaining sufficient and optimal nutrient intake

Who should take this product?

The Over50 MV Multivitamin formula is for

- Non-athletes over 50 years of age
- Athletes and intense exercisers over 65 years of age

Suggested Use

- As a dietary supplement, take 1 tablet daily with a meal and 8 oz. of water.
- For optimal results use daily with dotFIT SuperCalcium+.

Unique Features

- Formula and use follow strict scientific research criteria
- Serves as the foundation of all other dotFIT supplement recommendations
- Because all dotFIT products are formulated to work synergistically, when consuming other dotFIT products and supplements exclusively, you never need to worry about nutrient overages, which is common with other product lines
- The nutrients are in their proper forms, ratios and strengths to help maintain a safe and optimal range 24 hours/day
- Uses the most sophisticated controlled-release delivery systems to ensure ideal nutrient levels and prevent tissue over-saturation and losses
- Manufactured in a FDA registered facility, in compliance with Good Manufacturing Practices (GMP) exclusively for dotFIT, LLC

Contraindications

The dotFIT multivitamin-and-mineral formulas are contraindicated for those with hemochromatosis (an inherited disease that leads to iron-overload, affecting 0.5 percent of the population) because of the iron content.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

Amount Per Serving	% Daily Value*	
Vitamin A	6,000 IU	120%*
(as Beta Carotene 5,000 IU and Acetate 1,000 IU)		
Vitamin C (as Ascorbic acid)	400 mg	667%*
Vitamin D (as Cholecalciferol)	1,000 IU	250%*
Vitamin E (as D-Alpha Tocopheryl Succinate)	50 IU	167%*
Vitamin K (as Phytanadione)	50 mcg	63%*
Vitamin B1 (as Thiamine Mononitrate)	6 mg	400%*
Vitamin B2 (as Riboflavin)	6 mg	353%*
Niacin (as Niacinamide)	20 mg	100%*
Vitamin B6 (as Pyridoxine HCl)	10 mg	500%*
Folic Acid	400 mcg	100%*
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%*
Biotin	100 mcg	33%*
Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%*
Iron (as Ferrous Fumarate)	8 mg	44%*
Iodine (from Kelp)	75 mcg	50%*
Magnesium (as Magnesium Oxide)	100 mg	25%*
Zinc (as Zinc Citrate)	15 mg	100%*
Selenium (as L-Selenomethionine)	70 mcg	100%*
Copper (as Copper Gluconate)	1 mg	50%*
Chromium (as Chromium Picolinate)	100 mcg	83%*

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**% Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Dibasic Calcium Phosphate, Stearic acid, Silicon Dioxide, Magnesium Stearate

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Yeast, Artificial flavors, Coloring or Preservatives added.

Storage Conditions: Store in a cool, dry place.

KidsMV™

What is it?

A health aid designed for a growing child who does not get sufficient amounts of important nutrients, such as vitamin D, due to myriad factors such as poor food choices, lack of interest in certain foods or food groups and picky eating behavior.

How does it work?

The KidsMV delivers a combination of nutrients in a controlled-release preparation that, when used properly, has the greatest chance to

- Supply essential nutrients in an attempt to prevent marginal nutrient deficiencies
- Develop and function optimally, especially academically
- Overcome marginal deficiencies from today's common limitations in obtaining sufficient and optimal nutrient intake

Who should take this product?

All children ages two to 11 unless a specific medical condition prohibits the proper intake of any nutrient contained in the formula.

Suggested Use

- Ages two to four take one daily
- Ages five to 11 take two daily
- Ages 12 to 17 use one adult ActiveMV™ tablet

Unique Features

- Formula and use follow strict and updated scientific research criteria for all youth ages
- Uniquely formulated to maintain a safe and optimal range of nutrients when combined with other dotFIT products
- The nutrients are in their proper forms, ratios and strengths to complement food intake and help maintain a safe and optimal range for 24 hours a day
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

The dotFIT multivitamin and mineral formulas are contraindicated for those with hemochromatosis (an inherited disease that leads to iron-overload, affecting 0.5 percent of the population) because of the iron content.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

	Amount Per Serving	%Daily Value Children <4	%Daily Value Adults >4
Vitamin A (as Beta-Carotene 2,000 IU and Retinyl Palmitate 500 IU)	2,500 IU	100%	50%
Vitamin C (as Ascorbic Acid)	50 mg	125%	83%
Vitamin D (as cholecalciferol)	250 IU	63%	63%
Vitamin E (as D-Alpha-Tocopheryl Succinate)	20 IU	200%	67%
Vitamin K (as Phytonadione)	30 mcg	*	38%
Thiamin (as Thiamin Mononitrate)	1 mg	143%	67%
Riboflavin	1 mg	125%	59%
Niacin (as Niacinamide)	6 mg	67%	30%
Vitamin B6 (as Pyridoxine HCl)	1 mg	143%	50%
Folate (as Folic Acid)	100 mcg	50%	25%
Vitamin B12 (as Cyanocobalamin)	3 mcg	100%	50%
Biotin	10 mcg	7%	3%
Pantothenic acid (as D-Calcium Pantothenate)	2 mg	40%	20%
Iron (as Ferrous Fumarate)	5 mg	50%	28%
Iodine (as Potassium Iodide)	50 mcg	71%	33%
Magnesium (as Magnesium Oxide)	20 mg	10%	5%
Zinc (as Zinc Oxide)	5 mg	63%	30%
Selenium (as Selenomethionine)	20 mcg	*	29%

*% Daily Value based on a 2,000 calorie diet.

** Daily Value not established.

SuperCalcium+™

What is it?

A health aid designed to supply the body with specific amounts of calcium carbonate for maximal absorption. Vitamin D and magnesium are included to further enhance absorption and utilization.

How does it work?

Taking adequate amounts of calcium and vitamin D supplies the nutrients that help prevent or slow the progression of osteoporosis (bone weakening), hip fractures, certain cancers and falls among the elderly.

Who should take this product?

SuperCalcium+ is suitable for

- Anyone not meeting the recommended amounts of calcium by not consuming two to three daily servings of dairy products or fortified products
- Individuals not getting optimal amounts of vitamin D through food, supplements or regular sun exposure

Suggested Use

As a dietary supplement take 1 tablet one to two times daily with a meal and 8 oz. of water.

Unique Features

- Contains calcium, magnesium and vitamin D, which are necessary for proper calcium absorption and utilization
- Calcium and magnesium are prepared in proper forms designed to optimize delivery and utilization
- Considers the use of other dotFIT products so you can maintain a safe and optimal range of total nutrient intake
- SuperCalcium+ is one component in the dotFIT longevity program
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

The use of calcium supplements by those with a history of kidney stones has varied results. Some individuals with a history of stones will benefit from the supplementation of calcium with food as it aids in the removal of oxalates. Consult with a physician when a history of kidney stones exists, or when taking these drugs: biphosphonates, hydrogen blockers, levothyroxine, proton pump inhibitors, quinolones and tetracyclines.

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 60

Amount Per Serving	% Daily Value*	
Vitamin D (as Cholecalciferol)	400 IU	100%*
Calcium (as Carbonate)	1,000 mg	100%*
Magnesium (as Oxide)	500 mg	125%*

Other Ingredients: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Stearic Acid (Vegetable Source), Magnesium Stearate (Vegetable Source)

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten, No Sugar, Salt, Starch, Artificial coloring, Flavoring or Preservatives added.

Contraindications

SuperiorAntioxidant™

What is it?

A health aid designed to provide nutrients that have been shown to help protect against excess free radicals and may help

- Stave off the cellular damage they cause
- Decrease the risk of chronic disease
- Improve the maintenance of eye health
- Protect against heart disease
- Prevent cognitive decline

How does it work?

Excess free radical damage is caused by the normal aging process and environmental stresses. SuperiorAntioxidant provides a unique blend of compounds known to quench damaging free radicals in many important parts of the body including the eyes, brain, heart and muscles.

Who should take this product?

SuperiorAntioxidant is suitable for

- Everyone, exercisers and non-exercisers, interested in reducing free radical damage
- Those who want to achieve optimal health and functioning
- People interested in reducing the risk of chronic and age-related disease
- Intense exercisers who are looking to reduce the increased free radical production and damage associated with demanding training bouts
- Those who are interested in the dotFIT longevity program

Suggested Use

One tablet per day before or after a main meal with a favorite beverage.

Unique Features

- Contains only the most effective antioxidants in their proper amounts
- Accurately complements the dotFIT multivitamin formulas
- Ingredients are prepared in their proper forms to maximize delivery
- Uses the OptiBerry® berry blend which is clinically proven to have superior antioxidant activity
- This formula considers use of other dotFIT products so you can maintain a safe and optimal range of total nutrient intake
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

dotFIT SuperiorAntioxidant formula is contraindicated in pregnancy and lactation.

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	% Daily Value *
Alpha Lipoic Acid	200 mg **
Co-Enzyme Q10 (CoQ-10)	100 mg **
OptiBerry (from wild blueberry, strawberry, cranberry, wild bilberry, elderberry, raspberry)	30 mg **
Lycopene	10 mg **
Lutein	6 mg **
Zeaxanthin	4 mg **
D. Salina natural mixed carotenoids	1.5 mg **

Other Ingredients: Soybean oil, Gelatin, Glycerin, Bee's Wax, Lecithin, Caramel color, Titanium Dioxide, Silicon Dioxide

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, or Gluten, No Sugar, Salt, Starch, Yeast, Artificial flavors, Coloring or Preservatives added.

Joint Flex Plus™

What is it?

A health aid that supplies joint compounds in the forms and amounts used in published research to support healthy joint tissue and function.

How does it work?

Cartilage is slowly lost in joints with injury and age (most noticeable between 50 and 60 years of age). Because cartilage acts as a cushion between bone joints, its loss causes friction, pain and stiffness. JointFlexibilityPlus provides the latest researched compounds found in and around the cells of cartilage that help

- Provide lubrication
- Retain water around the joint
- Delay structural degeneration of joint tissue

Who should take this product?

Joint Flex Plus is suitable for

- Individuals who want relief of mild joint discomfort with far fewer of the side effects that occur from chronic non-steroidal anti-inflammatory drug (NSAID) use such as aspirin or ibuprofen
- Those interested in a longevity program

Suggested Use

As a dietary supplement, take 2 tablets daily with meals, one in the morning, and one in the evening.

Unique Features

- Contains no other added ingredients so you may take other products (multivitamin, antioxidant) without worrying about reaching excessive levels that may be detrimental over time
- Dosages and compounds are in the precise amounts used in research that have shown to improve mobility, joint comfort, and knee-joint strength
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

- The use of any chondroitin sulfate formula is contraindicated during pregnancy and lactation because of a lack of data for this population

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

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

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** % Daily Value not established.

Other Ingredients: Kosher Gelatin (capsule), Rice powder, and Magnesium stearate.

Contains No: Shellfish (crustacean), Fish, Dairy, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial colors, Flavoring, Sulphites, MSG (monosodium glutamate) or Preservatives added. Free of Titanium dioxide.

SuperOmega-3

What is it?

A health aid designed maintaining cardiac and brain health. It provides two key essential fatty acids EPA and DHA that have demonstrated myriad health benefits related to heart and brain function.

How does it work?

The SuperOmega-3 delivers 60% EPA and 40% DHA—double the potency of typical fish oil products—which, when used properly, has the greatest chance to

- Reduce negative CV incidences
- Protect against age-related macular degeneration (AMD)
- Reduce the risk of dementia thus preserving cognitive function in the aging population
- Deliver the same benefits as the oil in fish

Who should take this product?

Omega-3 FA supplementation would be for all adults (over 18) who do not receive 1-2 grams per day of the omega-3 fatty acids EPA & DHA (equivalent to 2-4 servings of fatty fish/weekly) as a potential natural preventative aid in age-related cognitive decline and prevention of CV disease.

Suggested Use

For maintaining cardiac and brain health, take 1 or 2 softgels with any meal.

Unique Features

- Each softgel is uniquely enteric-coated to withstand stomach acid and dissolve in the small intestine. The result is maximum absorption and no “Fishy Repeat” or “Fish Burps”
- SuperOmega-3 fish oil complex is mercury-free & contains no PCBs
- This formula considers use of other dotFIT products so you can maintain a safe and optimal range of total nutrient intake
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

- Anyone taking greater than 3g per day should do so only under the care of their physician due to risk of excessive bleeding at higher doses
- Should not be used if on anticoagulants or have uncontrolled hypertension
- May raise blood sugar and LDL in people with diabetes

Supplement Facts

Serving Size: 1 Softgel
 Servings Per Container: 30
 Calories 13
 Fat Cal. 12

Amount Per Serving	% Daily Value*	
Total Fat	1.3 g	2%
Saturated Fat	0.1g	<1%
Trans Fat	0 g	**
Polyunsaturated Fat	1.1 g	**
Monounsaturated Fat	0.2 g	**
Cholesterol	1 mg	<1%
Vitamin E (D-Alpha Tocopheryl)	2 IU	7%
Total Omega-3 Polyunsaturates	600 mg	**
EPA (Eicosapentaenoic acid)	360 mg	**
DHA (Docosahexaenoic acid)	240 mg	**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
 ** % Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Water (Purified), Methacrylic acid, Copolymer, Triacetin FCC.

Contains No: Dairy, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Yeast, Artificial flavors, Coloring or Preservatives added. Components in this product are derived from natural sources.

Purity tested for pesticides, herbicides, PCBs and dioxins as well as heavy metals such as mercury.

This fish oil was processed using molecular distillation to ensure purity.

Advanced Brain Health™

What is it?

A health aid designed support brain function and to slow (and possibly stop or reverse) age-related decline in mental function.

How does it work?

Advanced Brain Health contains only well-researched brain support substances in their appropriate amounts, which, when used properly, has the greatest chance to

- Support brain function
- Slow age-related decline in mental functions
- Support the maintenance of brain tissue

Who should take this product?

Adults age 45 and older interested in supporting brain and nerve function during aging.

Suggested Use

- One to 3 tablets per day with food
- Typical dosage based on age
 - 45-55 years – 1/day
 - 56-65 years – 2/day
 - Over 65 years – 3/day

Unique Features

- Accurately complements the dotFIT™ multi-vitamin, antioxidant, and omega-3 formulas
- This formula considers use of other dotFIT products so you can maintain a safe and optimal range of total nutrient intake
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

- The Advanced Brain Health formula is contraindicated in pregnancy and lactation and for anyone suffering adverse reactions to any of the ingredients.
- Pregnant or lactating females should use only a prenatal supplement.

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 60

Amount Per Serving	% Daily Value *	
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%*
Acetyl-L Carnitine	500 mg	**
Phosphatidylserine	100 mg	**
Alpha Lipoic Acid	100 mg	**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
 ** % Daily Value not established.

Other Ingredients: Gelatin, Magnesium Stearate, Microcrystalline Cellulose, Titanium Dioxide.

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten, No Sugar, Salt, Starch, Yeast, Artificial flavors, or Preservatives added.

Fitness & Performance Enhancing Dietary Supplements

weight loss dotFIT

The goal of supplements in this category is to assist the user in complying with the daily routine that leads to weight reduction by acting in one or more of the following ways:

- Help create and maintain a calorie deficit by increasing daily calorie expenditure when compared to a non-supplemented state
- Raise energy levels that may make one more active throughout the day
- Reduce the drive to consume food
- Decrease calorie absorption

The dieter would cease supplementation once the weight goal is reached or when they have their daily routines under control to continue making progress without supplements.

See Appendix 2 in the complete SRG: Three proven strategies for weight reduction, maintenance of weight loss and prevention of weight gain.

FatRelease®

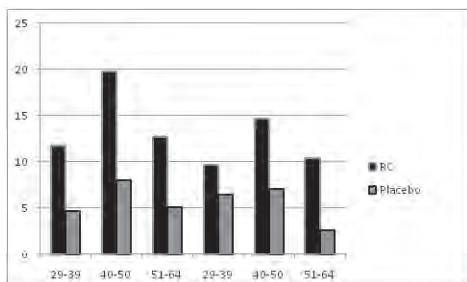
What is it?

A fat loss aid designed to

- Decrease the body's absorption of fat
- Support appetite
- Deliver the many potential benefits of green tea, including antioxidant properties
- Support the liver, one of your body's most active organs

How does it work?

As you gain weight the liver can accumulate excess fat, which can have a negative effect on the liver's health and ability to burn fat. The combination of ingredients in this product has been shown to support proper liver functioning, decrease the absorption of fat and calories and increase weight loss results. This formula is entirely new and only available through dotFIT.



As demonstrated in the graph above, during three months of dieting, the Rhododendron group lost two- to three-hundred percent more weight than the placebo subjects.

Who should take this product?

FatRelease is suitable for

- Anyone who wants to lose weight, especially females with a body fat greater than 32 percent and males with a body fat greater than 22 percent
- People who have difficulty limiting fat intake
- Individuals using the 90-day cycling program

Suggested Use

Take one tablet three times daily, 30 minutes before meals and with at least 8 oz. of water.

Unique Features

- The product supports weight loss at many different levels within the body (appetite, metabolism, fat absorption, etc.)
- Non-stimulant body fat and weight loss aid
- Blend is proprietary to dotFIT

- Can be used alone or in the 90-day cycling program to keep the body from adjusting to a single fat loss method
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

FatRelease is contraindicated in pregnancy and lactation because of a lack of data for this population.

Supplement Facts

Serving Size: 1 Tablet Servings Per Container: 90

Amount Per Serving	% Daily Value*
Green Tea Extract (Leaf) <small>(Standardized for 98% Polyphenols (196mg), 75% Catechins (150mg), 45% EGCG (90 mg), 7% Caffeine (naturally occurring - 14 mg))</small>	200 mg **
Choline (as Choline Bitartrate)	133 mg **
N-Acetyl Cysteine (NAC)	50 mg **
Milk Thistle Seed Extract (80% Silymarin)	166 mg **
dotFIT® Proprietary Herbal Complex <small>(Rhododendron caucasicum and Engelhardtia chrysolepis)</small>	133 mg **

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** % Daily Value not established.

Other Ingredients: Calcium Phosphate, Microcrystalline Cellulose, Croscarmellose, Stearic acid (Vegetable source), Silicon Dioxide, and Magnesium Stearate (Vegetable source).

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten, No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

WARNING: Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a health-care professional before beginning any supplement or exercise program. Do not use if safety seal under cap is broken or missing. Store in a cool dry place. **KEEP OUT OF REACH OF CHILDREN.**

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CarbRepel®

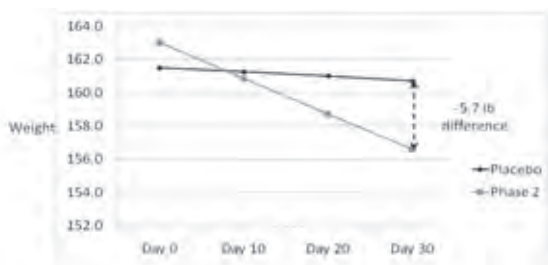
What is it?

A fat loss aid designed to

- Block carbohydrates or sugars from being absorbed and stored as body fat
- Keep food in the stomach longer which prolongs the feeling of fullness
- Manage appetite and control food intake
- Boost weight loss results

How does it work?

CarbRepel contains the best researched carb blocker which decreases the amount of carbs that will be absorbed by the body. The unique blend of fiber helps control appetite by helping you feel full sooner and for longer periods of time. All ingredients are supported by scientific studies including two approved Food and Drug Administration (FDA) claims.



In the figure above, subjects consumed a 2000-2200 calorie carbohydrate rich diet. The Phase 2 group experienced ~700% greater weight loss compared to the placebo.

Who should take it?

CarbRepel is suitable for

- Anyone who wants to lose weight and needs help with appetite control
- People who tend to overeat carbohydrates
- Individuals using the 90-day cycling program

Suggested Use

As a dietary supplement, take 2 tablets twice daily approximately 30 minutes before your largest carbohydrate containing meal with 8 oz. of water.

Unique Features

- Contains the first all natural nutritional ingredient that has been scientifically proven to block the digestion and absorption of starch from carbohydrates
- Non-stimulant body fat and weight loss aid
- Formula is proprietary to dotFIT

- Can be used alone or as part of the 90-day cycling program to keep the body from adjusting to a single fat loss method
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

The compounds in CarbRepel are contraindicated in pregnancy and lactation because of a lack of data for these populations.

Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 60

Amount Per Serving	% Daily Value*
Phase 2 Starch Neutralizer [®] White Kidney Bean Extract (Phaseolus vulgaris)	750mg **
Citrus Pectin	375 mg **
Pomegranate Fruit Extract (Total Polyphenols 110 mg, Ellagic Acid 55 mg)	137.5 mg **

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
** % Daily Value not established.

Other Ingredients: Calcium Phosphate, Microcrystalline Cellulose, Hydroxypropylmethylcellulose, Stearic acid (Vegetable source), Magnesium Stearate (Vegetable source), and Silicon Dioxide.

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten, No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.

‡The trademark Phase 2 Starch Neutralizer[®] is being used under license.

WARNING: Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a health-care professional before beginning any supplement or exercise program. Do not use if safety seal under cap is broken or missing. Store in a cool dry place. **KEEP OUT OF REACH OF CHILDREN.**

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ThermAccel®

What is it?

A fat loss aid designed to

- Increase total daily calorie burn by raising thermogenesis (boosting metabolism by wasting calories and fat as heat)
- Improve your desire to move by enhancing alertness and stimulating the central nervous system
- Suppress appetite
- Increase fat burning

How does it work?

ThermAccel helps to

- Increase thermogenesis (wasting calories as heat) by combining a new energy complex with caffeine and caffeine-containing herbs
- Address appetite control by incorporating two powerful natural ingredients, Caralluma fimbriata and LeptiCore™, that work through unique body fat regulation pathways
- Studies show at least a 10% increase in 24 hour EE or equivalent to 157 more calories burned in the caffeine/EGCG group (average subject's weight 173lbs)

Who should take this product?

ThermAccel is suitable for

- Anyone who wants to lose weight or body fat and can tolerate stimulants such as caffeine
- People who need help controlling appetite and food intake
- Fitness models, bodybuilders and those who are close to their final desired body composition goal
- Individuals using the 90-day cycling program

Suggested Use

As a dietary supplement, take 2 tablets with 8 oz. of water up to 2 times daily, approximately 30 minutes before breakfast and lunch. Do not consume within 5 hours of bedtime.

Unique Features

- Contains a unique thermogenic blend
- A stimulant used for aggressive body fat/weight reduction programs
- dotFIT Dual Stage Release Technology delivers active ingredients according to varying levels in the digestive tract
- Can be used alone or as part of the 90-day cycling program to keep the body from adjusting to a single fat loss method

- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

- ThermAccel is contraindicated for pregnant and lactating women and those under the age of 18
- Caffeine is contraindicated in hypertension, anxiety and thyroid disease. Caffeine can interfere with some medications such as lithium and MAO inhibitors. Caffeine is also contraindicated in those with cardiac arrhythmias, other forms of heart disease and peptic ulcers

Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 60

Amount Per Serving	% Daily Value*
LumaThin™ Caralluma Powder	520 mg **
dotFIT® Proprietary LeptiCore™ Complex† <small>(Acacia Polysaccharides, Esterified Fatty Acids, Pomegranate Extract, Aphyllizomenon Flos-Aquae Extract and Beta-Carotene)</small>	310 mg **
L-Theanine	100 mg **
ThermAccel™ Thermogenic Complex <small>Green Tea Extract (providing 270 mg EGCG), Caffeine (providing 350 mg of caffeine), Yerba Mate Powder, Guarana Seed Powder and Cayenne Fruit (standardized for 150,000 Heat Units)</small>	1,000 mg **

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** % Daily Value not established.

Other Ingredients: Calcium Phosphate, Microcrystalline Cellulose, Hydroxypropylmethylcellulose, Xanthum gum, Stearic acid (Vegetable source), Silicon Dioxide, and Magnesium Stearate (Vegetable source).
Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten, No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

†LeptiCore™ is a trademark of Pipeline Nutraceuticals, Inc., Protected by US patents 6,899,892, 5,569,679 and patents pending.

WARNING: Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a health-care professional before beginning any supplement or exercise program. This product contains caffeine and should not be taken by those wishing to eliminate caffeine from their diets. Do not exceed recommended daily intake. Improper use of this product will not improve results and is not advised. Do not use if safety seal under cap is broken or missing. Store in a cool dry place. **KEEP OUT OF REACH OF CHILDREN.**

‡These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

LeanMR™

A Balanced Nutrition Shake

What is it?

The dotFIT LeanMR drink mix was designed to support weight loss by providing a convenient, highly satisfying and nutritious meal replacement in fewer calories – an essential component of weight control. The unique combination of fiber, low glycemic carbs and healthy fats can boost the feeling of fullness, accelerate results and support health..

How does it work?

Research shows that using meal replacements once or twice a day can enhance weight loss, and continuous use helps people keep the weight off. That's because meal replacements help control calories, provide accurate calorie counts and may prevent people from skipping meals and over-eating later in the day. The dotFIT LeanMR drink mix contains a unique blend of low glycemic carbs and soluble fibers which help:

- Curb appetite
- Boost and maintain energy levels throughout the day
- Control blood sugar levels
- Lower cholesterol and triglycerides
- Improve gut health and bowel regularity

Who should take it?

LeanMR is suitable for:

- Individuals whose goal is to lose and sustain weight loss
- Anyone seeking a healthy and convenient meal or snack

Suggested Use

- Add two (2) scoops of powder to at least one cup of water (8-12 fl. oz.) or liquid of your choice as a meal replacement (increase or decrease the amount of liquid to achieve desired consistency).
- Shake, stir or blend until dissolved. Add crushed ice and/or your favorite fruit (count your calories) for a thicker, tastier shake.

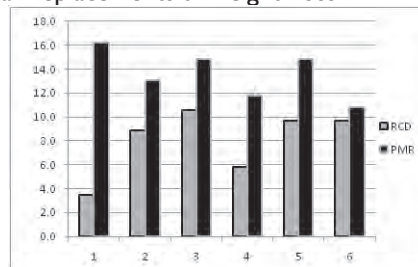
Unique Features

- Contains the highest quality whey protein
- Proprietary blend of carbohydrates, including functional fibers, deliver a “better lasting” energy source
- Contains NO ASPARTAME, LOW sugar and relatively LOW sodium
- Only 195 calories per serving with eight

grams of fiber (31% of daily needs) for satiety and health

- Healthy blend of essential fats including CLA
- Not spiked with unnecessary ingredients
- Works in synergy with other dotFIT products so you can maintain a safe and optimal range of total nutrient intake
- Manufactured in a FDA registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Meal Replacements & Weight Loss



The figure above shows that in all six studies groups using meal replacements (PMR) as part of their overall calorie intake lost significantly more weight than subjects using reduced calorie diets (RCD) alone.

Reference: Heymsfield SB, van Mierlo CA, van der Knaap HC, Heo M, Frier HI. Weight management using a meal replacement strategy: meta and pooling analysis from six studies. *Int J Obes Relat Metab Disord.* 2003 May;27(5):537-49.

Nutrition Facts

Serving Size: 2 Scoops (51g)
Servings Per Container: About 20
Calories 190
Fat Cal: 15

Amount Per Serving	% Daily Value*
Total Fat	2 g 3%
Saturated Fat	5 g 3%
Trans Fat	0 g
Cholesterol	10 mg 3%
Sodium	180 mg 8%
Total Carbohydrate	24 g 8%
Dietary Fiber	7 g 28%
Sugars	0 g
Protein	20 g 40%
Vitamin A (as Beta Carotene)	500 IU 10%
Vitamin C (as Ascorbic acid)	6 mg 10%
Calcium (from Calcium Lactate Gluconate)	200 mg 20%
Iron (as Ferrous Sulfate)	1.8 mg 10%
Vitamin D (as Cholecalciferol)	40 IU 10%
Vitamin E (as Succinate)	3 IU 10%
Thiamine (as Thiamin Hydrochloride)	15 mg 10%
Riboflavin	17 mg 10%
Niacin (as Niacinamide)	2 mg 10%
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg 10%
Vitamin B12 (as Cyanocobalamin)	6 mcg 10%
Biotin	30 mcg 10%
Pantothenic acid (as D-Calcium Pantothenate)	1 mg 10%
Iodine (as Potassium Iodide)	15 mcg 10%
Magnesium (as Magnesium Phosphate)	40 mg 10%
Zinc (as Zinc Sulfate)	1.5 mg 10%
Copper (as Copper Gluconate)	2 mcg 10%
Sustained Release Carbohydrates Blend (Fibersol-2, Isomaltulose, Glucomannan)	21.5 g **
Lean Fats Blend (Flaxseed Powder, High Oleic Sunflower Oil, Conjugated Linoleic Acid)	2.5 g **

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** % Daily Value not established.

Other Ingredients: Whey Protein Isolate, Lean Carb Blend (Rice Oligodextrins, Fibersol-2, Isomaltulose), Dutch Process Cocoa, Fat Blend (Flaxseed powder, High Oleic Sunflower oil, Conjugated Linoleic acid, Glucomannan, Vitamin and Mineral Blend (Calcium Lactate Gluconate, Magnesium Phosphate, Ascorbic acid, Vitamin E Succinate, Niacinamide, Ferrous Sulfate, Zinc Sulfate, Pantothenic acid, Beta Carotene, Pyridoxine HCl, Copper Gluconate, Riboflavin, Thiamin HCl, Biotin, Potassium Iodide, Cyanocobalamin, Vitamin D [Cholecalciferol]), Natural and Artificial Flavors, Carbonylmethylcellulose-gum, Salt, Sucralose, Acesulfame Potassium.

Contains: Derived from Milk.	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

performance dotFIT™

The goal of products in this category is to deliver safe, known, performance-enhancing substances not practically available from food sources that can improve training-induced size or performance outcomes. For complete position statement see page 3, and nutrition dotFIT for other goal enhancing formulas. Also see Appendix 3 in the complete SRG: Xtreme Muscle Stack: Creating the Perfect Anabolic Storm.

Creatine Monohydrate

What is it?

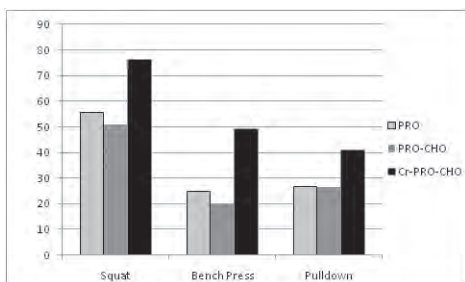
A performance aid designed to

- Improve anaerobic performance (sports and activities requiring quick bursts of energy)
- Increase strength and power
- Enhance muscle size and/or body composition

How does it work?

Creatine is a natural substance found in muscle that when supplemented accomplishes the above by

- Increasing the synthesis of the high energy compound phosphocreatine (PCr) and PCr levels in muscle allowing more strength and delayed fatigue leading to better, stronger workouts
- Increasing muscle cell swelling, which can also enhance muscle protein synthesis



The figure above clearly shows the creatine group out-performing the other groups.

Who should take it?

dotFIT Creatine Monohydrate is suitable for

- Experienced anaerobic athletes who want to enhance their performance and are not concerned with weight gain
- Experienced exercisers who consistently weight train and are looking to gain muscle
- Elderly persons seeking to enhance daily functions (confirmed by physician)

Suggested Use

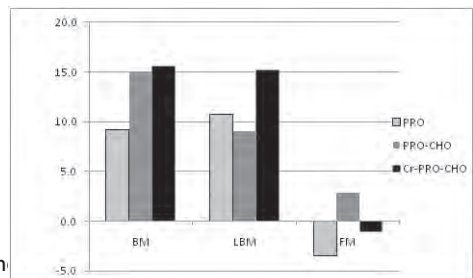
As a dietary supplement, **Loading Phase:** For the first 5 days take 4 capsules, 4 times daily with 8 oz. of cold water or your favorite beverage. **Maintenance Phase:** From day 5 onward consume 4 capsules, 1-2 times daily. **On training days:** Take 1 or 2 of the daily recommended 4 capsules shortly before and after exercise. For increased effects consume your creatine with 25-45g of a pre- or post-exercise carbohydrate food/beverage. For maximum results, use for a minimum of four weeks.

Unique Features

- Contains pure creatine monohydrate, the form shown in over 500 studies to yield desired results
- Convenient capsule delivery (no mess, consistent dose, no stomach upset)
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

- Due to one study performed on rats and two human case reports, creatine supplementation is contraindicated for those with kidney problems or at risk for kidney disease because of possible increased kidney stress.
- Creatine supplementation should be avoided by pregnant or lactating women because of the lack of studies done with this population.
- Athletes not desiring weight gain should avoid creatine supplementation or attempt to lose body fat simultaneously in order to offset muscle weight increases thus still receiving creatine's potential performance benefits.



In the CrM group, there are increases in lean body mass (LBM).

DIRECTIONS: As a dietary supplement, **Loading Phase:** For the first 5 days take 6 capsules, 4 times daily with 8 oz. of cold water or your favorite beverage. **Maintenance Phase:** From day 5 onwards consume 6 capsules, 1-2 times daily. **On Training days:** Take 1 or 2 of the daily recommended 6 capsules shortly before and after exercise. For increased effects, consume your creatine with a pre or post exercise food/beverage that contains a minimum of 25 grams of carbohydrate. For maximum results use for a minimum of 4 weeks.

Supplement Facts

Serving Size: 3 Capsules Servings Per Container: 90

Amount Per Serving	% Daily Value*
Creatine (as Creatine Monohydrate)	2,500 mg **

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
** % Daily Value not established.

Other Ingredients: Gelatin, Magnesium Stearate, Microcrystalline Cellulose, Titanium Dioxide.

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial coloring, Flavoring or Preservatives added.

WARNING: Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a health-care professional before beginning any supplement or exercise program. Do not use if safety seal under cap is broken or missing. **KEEP OUT OF REACH OF CHILDREN.**

Storage Conditions: Store in a cool, dry place.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CreatineXXL™

What is it?

A performance aid designed to increase exercise intensity, training volume and lean muscle mass to a greater extent than creatine alone.

How does it work?

By adding beta-alanine to help delay fatigue (see figure below), CreatineXXL may increase the well-known strength- and size-enhancing effects of taking creatine supplements alone. In addition to creatine, this product supplies other compounds that optimize muscle cell volume which stimulates protein synthesis.

The figure above demonstrates CrM significantly increased muscle hypertrophy in all three muscle fiber types when compared to the other two groups without CrM.

Who should take this product?

- Intermediate and advanced exercisers and athletes seeking an advantage during high intensity, high-volume training regimes
- Anyone who is trying to overcome training and muscle size plateaus

Suggested Use

As a dietary supplement, on high intensity training days, take 8 capsules 30 minutes before workouts with 8 oz. of water or your favorite beverage. Then take the remaining 8 capsules throughout the remainder of the day. On non-training days, take 5 capsules, twice daily with morning and evening meals. For increased effect consume with 25-45g of a carbohydrate food/beverage. For maximum results, use for a minimum of four weeks.

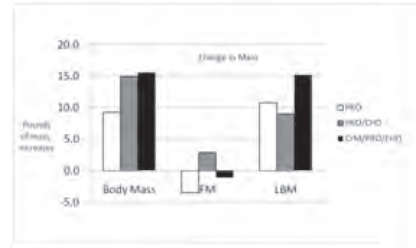
Unique Features

- No other performance/weight gain product on the market contains this combination of ingredients in a convenient capsule form
- Can be used alone or with NO7Rage™ and AminoBoostXXL™ as part of the dotFIT “Xtreme Muscle Stack”, providing maximum muscle pump and continuous training results for serious exercisers and athletes
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

- Athletes who wish to prevent weight gain should avoid CreatineXXL.

- Women who are pregnant or lactating are contraindicated because of a lack of data for these populations.



The figure above shows significantly greater increases in lean body mass (LBM) in the CrM group.

Supplement Facts

Serving Size: 8 Capsules

Servings Per Container: 60

Amount Per Serving	% Daily Value*
Creatine (as Creatine Monohydrate)	3,000 mg **
Beta-Alanine	1,600 mg **
dotFIT™ Proprietary Cell Hydration Complex (L-Glutamine, L-Glycine)	2,100 mg **

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**% Daily Value not established.

Other Ingredients: Magnesium Stearate, Silicon Dioxide

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial coloring, Flavoring or Preservatives added.

WARNING: Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a health-care professional before beginning any supplement or exercise program. Do not use if safety seal under cap is broken or missing. **KEEP OUT OF REACH OF CHILDREN.**

Storage Conditions: Store in a cool, dry place.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NO7Rage™

What is it?

A performance aid designed to enhance blood and nutrient flow to exercising muscles. This helps intensify training sessions, resulting in improved strength, performance and size when compared similar products or to training without using supplements. The ingredients in NO7Rage have been shown to

- Improve reaction time, endurance and power
- Improve mental focus and training motivation
- Enhance muscle gain
- Improve strength

How does it work?

NO7Rage contains a proprietary blend of compounds that work together to increase blood flow cell volume and mental focus. Greater blood flow to skeletal muscle increases the delivery of oxygen, energy and rebuilding nutrients, and also speeds up the removal of waste products. All of this leads to potential strength improvements, less muscle breakdown and increased muscle size. Results may be enhanced by properly consuming a specific ratio of the muscle building blocks contained in AminoBoostXXL.

Who should take this product?

- Intermediate and advance athletes and exercisers looking for an edge during high-intensity, high-volume training
- Anyone trying to overcome training and muscle size plateaus
- Anyone who needs or wants to stimulate training desire, workout intensity or mental focus

Suggested Use

Thirty to 40 minutes before workout

- Users under 150 lbs. take 1.5 scoops
- 150-200 lbs. take 2 scoops
- More than 200 lbs. take 2.5 scoops

Unique Features

- Contains L-citrulline which has been shown to be the most effective ingredient for inducing nitric oxide (NO) production
- Contains a unique, proprietary blend of taurine, glycerol and betaine to enhance the “muscle pump” during resistance training workouts
- Includes an exclusive blend of glycerol powder that may be the most important

active ingredient related to desired results

- An essential component of the dotFIT “Xtreme Muscle Stack” for serious exercisers and athletes
- Contains beta-alanine which has been shown to increase exercise endurance, intensity and strength

Contraindications

- NO7Rage supplementation is contraindicated in pregnancy and lactation because of the CNS stimulant (caffeine). Caffeine can interfere with some medications such as lithium and MAO inhibitors.
- Caffeine is contraindicated in those with cardiac arrhythmias, other forms of heart disease, hyperthyroidism and peptic ulcers.
- Creatine is contraindicated for those with kidney problems because of potentially greater kidney stress.

Supplement Facts

Serving Size 1 scoop (22 grams)
Servings Per Container 40

	Amount Per Serving	% DV
Calories	35	
Total Carbohydrate	9 g	3%
Sugars	7 g	**
Vitamin C (as Ascorbic Acid)	250 mg	416%
Vitamin E (as D-Alpha-Tocopheryl Acetate)	30 IU	100%
Potassium (as Citrate and Carbonate)	300 mg	9%
Sodium (as Sodium Chloride)	120 mg	5%
Energy Complex	7,903 mg	**
Isomaltulose (Palatinose)		**
Phenylethylamine hydrochloride (Thin FenBeta PEA)		**
NO7Rage™ Proprietary Blend	3,913 mg	**
Glycerol Powder		**
L-Citrulline L-Malate (Citrul M)		**
Beta Alanine (Carnosyn)		**
Pine Bark (85% Proanthocyanidins)		**
Alpha Lipoic Acid		**
Astaxanthin (AstaREAL®)		**
Creatine Monohydrate	2,500 mg	**
Taurine	2,000 mg	**
Glucuronolactone	400 mg	**
Caffeine Anhydrous	175 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
** % Daily Value not established.

WorkoutExtreme™

What is it?

A performance aid designed to increase exercise focus, performance, and intensity without weight gain. This formula supplies several compounds that have shown to

- Increase energy levels
- Delay the onset of fatigue
- Improve training intensity
- Boost mental focus

How does it work?

WorkoutExtreme contains a unique blend (caffeine, ginseng, taurine, glucuronolactone) that has been shown to enhance mental focus and work capacity.

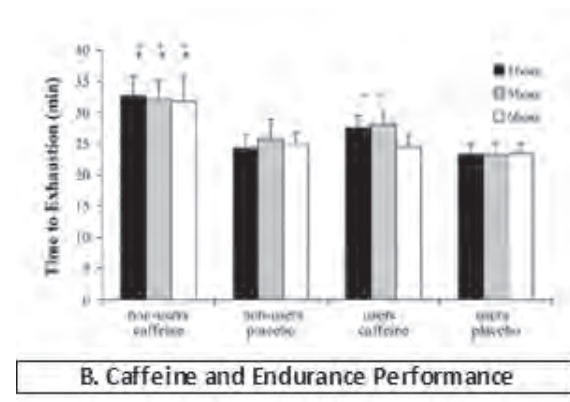


Figure above shows caffeine’s effects based on time of administration before exercise.

Who should take this product?

dotFIT WorkoutExtreme is suitable for

- All athletes looking for an energy boost without water retention
- Endurance athletes who do not want to gain weight but are interested in improving performance
- Anyone not bothered by stimulants as an energy booster
- Those who are experiencing a training or weight loss plateau
- Not for use by those who experience adverse effects from stimulants

Suggested Use

As a dietary supplement, take 4 capsules 30 minutes before a workout with 8 oz. of water or your favorite beverage. Do not consume within 5 hours of bedtime. Cycle for 3 weeks on and 3 weeks off during intense training cycles.

Unique Features

- Increases workout energy and intensity without weight gain in a convenient pill form
- Ginseng is standardized and certified for proper ginsenosides that have shown positive metabolic effects
- Uses a rapid release capsule delivery system to maximize the formula’s potential and provides an immediate impact on training intensity
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

- WorkoutExtreme supplementation is contraindicated in pregnancy and lactation because of the CNS stimulants caffeine and ginseng
- Caffeine can interfere with some medications such as lithium and MAO inhibitors
- Caffeine is contraindicated in heart disease, hyperthyroidism and peptic ulcers
- American ginseng (Panax) is contraindicated for those taking cholinesterase and MAO inhibitors, anticoagulants, antiplatelet drugs and hypoglycemic medicines because of potential interactions

Supplement Facts

Serving Size: 4 Capsules Servings Per Container: 30

Amount Per Serving	% Daily Value**
Taurine	1000 mg *
Glucuronolactone	600 mg *
Panax Ginseng (root) (8% Ginsenosides)	300 mg *
Caffeine Anhydrous	300 mg *

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
* % Daily Value not established.

Other Ingredients: Gelatin, Magnesium Stearate, Microcrystalline Cellulose, Titanium Dioxide.

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten No Sugar, Salt, Starch, Yeast, Artificial flavors, Coloring or Preservatives added.

WARNING: Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a health-care professional before beginning any supplement or exercise program. This product contains caffeine and should not be taken by those wishing to eliminate caffeine from their diets. Do not exceed recommended daily intake. Improper use of this product will not improve results and is not advised. Do not use if safety seal under cap is broken or missing. **KEEP OUT OF REACH OF CHILDREN.**

Recover&Build™

What is it?

A performance aid designed to speed up the recovery process which allows you to maintain intense training bouts and ultimately improve performance.

How does it work?

Recover&Build provides the key building blocks of muscle - branched chain amino acids - in the most CURRENTLY studied ratio that can reduce muscle damage and enhance recovery by

- Supplying an additional fuel source to help meet energy demands
- Supporting muscle protein synthesis
- Minimizing muscle protein breakdown

Who should take this product?

Recover&Build is suitable for

- Athletes and exercisers of any fitness level during intense or excessive training bouts
- Weight-conscious athletes or in-season bodybuilders
- Anyone beginning an intense exercise program
- In combination with other performance products to amplify their effects, especially to enhance recovery

Suggested Use

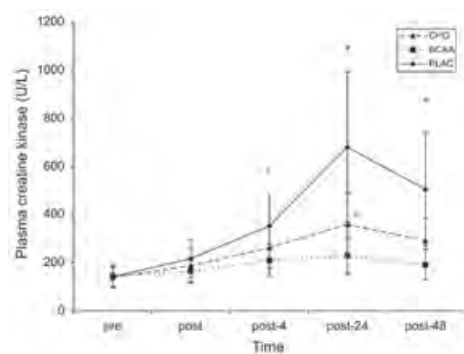
- Minimum dose: Take five tablets before exercise
- Optimal dose and for those over 200 lbs.: Take eight tablets before exercise

Unique Features

- Contains the CURRENT ideal ratio (high leucine levels) of branched chain amino acids - leucine, isoleucine and valine - in a convenient tablet form
- Uses a proprietary “swell and release” delivery system for rapid release and uptake by the working muscles
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Contraindications

- BCAA supplementation is contraindicated in pregnancy and lactation because of the lack of studies done with this population.
- BCAA supplementation is contraindicated for those with the hereditary disorder maple syrup urine disease or who have kidney disorders.



In the figure above, plasma creatine kinase (CK) is shown to be accurate indicator of muscle damage. Significantly lower serum CK activities were found in the BCAA trial at the 4-, 24-, and 48-h time points than in the PLAC trial ($P < 0.05$) Greer BK et al. Int J Sport Nutr Exerc Metab. 2007 Dec;17(6):595-607.

Supplement Facts

Serving Size: 5 Tablets Servings Per Container: 20

Amount Per Serving	% Daily Value *
L-Leucine	3,835 mg **
L-Isoleucine	600 mg **
L-Valine	600 mg **

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
** % Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Dibasic Calcium Phosphate, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Hydroxypropyl Cellulose, Magnesium Stearate

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten No Sugar, Salt, Starch, Yeast, Artificial flavors, Coloring or Preservatives added.

WARNING: Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a health-care professional before beginning any supplement or exercise program. Do not use if safety seal under cap is broken or missing. **KEEP OUT OF REACH OF CHILDREN.**

Storage Conditions: Store in a cool, dry place.

AminoBoostXXL™

What is it?

A performance aid designed to deliver the ideal blend of nutrients to take advantage of “metabolic windows of opportunity” for optimal recovery and results. When taken properly, AminoBoostXXL

- Maximizes the body’s muscle building mechanisms
- Can lead to greater strength and size gains, especially if you’ve hit a plateau

How does it work?

Following intense training, your body is in negative protein balance until amino acids are provided. Muscle protein synthesis is stimulated by taking this specific blend of amino acids before and after exercise.

Who should take this product?

AminoBoostXXL is suitable for

- All athletes who train hard and need rapid muscle tissue recovery. This includes all track and basketball athletes, most baseball players, wrestlers, boxers, runners, cyclists, etc.
- Physique competitors, especially while dieting to lose weight or body fat
- All older athletes and intense exercisers
- Anyone who is experiencing a plateau and trying to gain muscle

Suggested Use

As a dietary supplement, add 1 scoop (16g) to 8 oz. cold water and mix vigorously. Alternatively, mix with 20-40 grams of your favorite fast-acting carbohydrate beverage. For maximum results: On training days, use 1 serving 20 minutes pre-workout and 1 serving immediately post-workout. Individuals under 150 lbs. use half of the above recommended dosage.

Unique Features

- This formula uses a proprietary essential amino acid blend that significantly increased muscle protein synthesis
- Can result in significantly greater muscle gains than traditional protein and carbohydrate shakes and bars
- Contains fewer calories and less nitrogen load on the kidneys, thus providing the greatest “bang for your buck” of any post-workout supplement
- Can be used alone or with NO7Rage™ and CreatineXXL™ as part of the dotFIT “Xtreme Muscle Stack” providing maximum

muscle pump and continuous training results for serious exercisers and athletes

Contraindications

- This product, as with any protein or creatine-containing supplement, is contraindicated for users with kidney or liver disease.
- This product is contraindicated for phenylketonurics because it contains phenylalanine.
- This product is also contraindicated for pregnant or lactating females because it has not been tested in these groups and because protein can be adequately supplied by the diet for fetal growth or lactation needs.

Supplement Facts

Serving Size: 15.5 grams (1 scoop)
 Servings Per Container: About 34
 Calories 0
 Calories from Fat 0

Amount Per Serving		% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Sodium (as Sodium Chloride)	19 mg	<1%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	**
Protein	0 g	0%
AminoBoostXXL™ Proprietary Blend	12 g	**
L-Leucine		**
L-Phenylalanine		**
L-Lysine		**
L-Valine		**
L-Threonine		**
L-Isoleucine		**
L-Histidine		**
L-Methionine		**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
 ** % Daily Value not established.

Other Ingredients: Citric acid, Natural and Artificial flavors, Sucralose, Acesulfame Potassium, Red 40, Soy Lecithin.

MuscleDefender™

What is it?

A performance aid designed to replenish glutamine which is depleted from long training sessions and over-training. Doing so allows you to maintain demanding training schedules and maximal performance.

How does it work?

Glutamine enhances recovery from prolonged, exhaustive exercise by

- Increasing muscle protein synthesis
- Refilling muscle fuel stores (glycogen synthesis)
- Supporting the immune system

Who should take it?

MuscleDefender is suitable for

- Highly stressed athletes who restrict calories, such as in-season bodybuilders and fitness competitors
- Endurance athletes with frequent and heavy training loads
- Exercisers who severely restrict calories for weight or fat loss
- Any athlete susceptible to over-training due to excessive workloads
- Use with other performance products to amplify their effects, especially to minimize over-training and enhance recovery

Suggested Use

As a dietary supplement, mix 1 scoop (8g) with 8 oz. of water or your favorite beverage. On training days, use 1 serving immediately after exercise. For maximum results use 1-2 servings daily

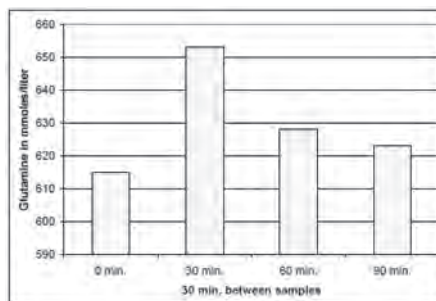
Unique Features

- Produced in an easy-to-mix powder
- Contains L-glutamine peptide and a patented, stable form of L-glutamine from Albion that has been demonstrated to elevate the body's glutamine levels. These levels remain elevated for 90 minutes after consumption

Contraindications

- Glutamine supplementation is contraindicated in those with kidney problems or at risk for kidney disease because of possible increased kidney stress.
- Glutamine supplementation should be avoided by pregnant or lactating women because of the lack of studies done with this population.

- Glutamine supplementation should not be employed by children and adolescents due to limited data.



Supplement Facts

Serving Size: 8 grams (One Level Scoop)
Servings Per Container: About 50

Amount Per Serving	% Daily Value	
L-Glutamine	7.6 g	**
Magnesium (from 400 mg Magnesium Glycyl Glutamate ¹)	34 mg	8.5%
Chromium (from 8 mg Chromium Nicotinate Glycinate Chelate ²)	200 mcg	167%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
** % Daily Value not established.

Other Ingredients: None.

Pre/Post Workout Formula & Meal Replacement™

What is it?

A performance formula that can deliver enhanced exercise induced results and aid in weight control.

How does it work?

As a pre- and post-workout drink, the product delivers ideal amounts of carbohydrate, protein and fat in a form that can be rapidly digested in order to quickly reach muscle tissues to deliver energy, speed recovery and increase muscle building (see Fig 1).

Other uses for this product include

- Boosting energy and curbing hunger between meals
- Weight loss -- to control calories and provide accurate calorie counts
- Weight gain -- to increase daily calorie intake when unable to do so by consuming whole food

Who should use this product?

- All athletes and regular exercisers
- Anyone who needs a convenient and ideal pre- and post-exercise meal or snack
- Individuals who want to gain weight or muscle and need to increase their calorie intake
- People who want to enhance weight loss by replacing one to two meals per day with this formula. Research has shown doing so increases weight loss and makes it easier to sustain results long-term

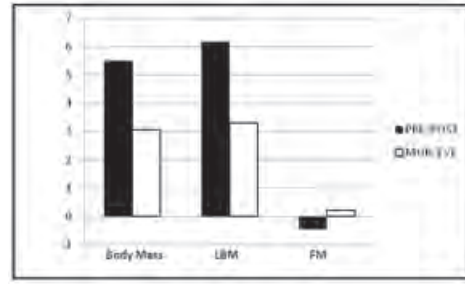
Suggested Use

For pre-workout meals or snacks, add one or two scoops of powder to at least one cup (8 oz.) of cold water or liquid of your choice. To maximize recovery after workouts or competition, use one to two additional scoops.

Unique Features

- Low sugar, NO ASPARTAME
- Healthy blend of essential fats
- Perfect blend of the highest quality proteins
- Ideal blend of fast- and continuous-acting carbohydrates for quick and steady energy and recovery
- Works in synergy with other dotFIT™ products so you can maintain a safe and optimal range of total nutrient intake
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing

Practices (GMPs) and maintains rigorous product testing from raw materials to the finished products exclusively for dotFIT, LLC



In the figure above, training results from 23 experienced recreational bodybuilders resistance training for 10 weeks with all things (diet, supplements, training, etc.) equal except the addition of pre/post feedings yielded significantly greater gains in body mass, LBM, strength and reduction in fat mass for the pre/post feeding subjects.

Nutrition Facts

Serving Size: 2 Scoops (65 g)
Servings Per Container: About 176
Calories 250
Fat Cal. 30

Amount Per Serving		% Daily Value *
Total Fat	3 g	5%
Saturated Fat	1 g	5%
Trans Fat	0 g	**
Cholesterol	30 mg	10%
Sodium	260 mg	11%
Total Carbohydrate	37 g	12%
Dietary Fiber	3 g	12%
Sugars	2 g	**
Protein	20 g	40%
Vitamin A (as Beta Carotene)	500 IU	10%
Vitamin C (as Ascorbic acid)	6 mg	10%
Calcium (as Calcium Lactate Gluconate)	200 mg	20%
Iron (as Ferrous Sulfate)	1.8 mg	10%
Vitamin D (as Cholecalciferol)	40 IU	10%
Vitamin E (as Succinate)	3 IU	10%
Thiamin (as Thiamin Hydrochloride)	.15 mg	10%
Riboflavin	.17 mg	10%
Niacin (as Niacinamide)	2 mg	10%
Vitamin B6 (as Pyridoxine Hydrochloride)	.2 mg	10%
Vitamin B12 (as Cyanocobalamin)	.6 mcg	10%
Biotin	30 mcg	10%
Pantothenic acid (as D-Calcium Pantothenate)	1 mg	10%
Iodine (as Potassium Iodide)	15 mcg	10%
Magnesium (as Magnesium Oxide)	40 mg	10%
Zinc (as Zinc Sulfate)	1.5 mg	10%
Copper (as Copper Gluconate)	.2 mg	10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** % Daily Value not established.

Other Ingredients: Maltodextrin, Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein, Calcium Caseinate), Dutch Processed Cocoa, Fat blend (High Oleic Sunflower oil, Medium Chain Triglyceride oil, Safflower oil), Natural and Artificial Flavors, Carboxymethylcellulose gum, Vitamin and Mineral blend (Calcium Lactate Gluconate, Magnesium Phosphate, Ascorbic acid, Vitamin E Succinate, Niacinamide, Ferrous Sulfate, Zinc Sulfate, Pantothenic acid, Beta Carotene, Pyridoxine HCl, Copper Gluconate, Riboflavin, Thiamin HCl, Biotin, Potassium Iodide, Cyanocobalamin, Vitamin D [Cholecalciferol]), Salt, Sucralose, Acesulfame Potassium, Xanthan gum.

Contains: Milk

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4	

WheySmooth™

What is it?

A performance formula that can deliver high quality protein and the essential amino acids our bodies need for optimal development, functioning and recovery with few calories.

How does it work?

Whey proteins have unique sequences of amino acids and small peptides that have demonstrated superior absorption and tissue-building effects than other proteins.

The combination of fast- and slow-acting proteins/ amino acids in WheySmooth may help maximize the body's ability to build muscle.

Who should take it?

WheySmooth is suitable for

- Adults who do not meet protein requirements from food, especially fitness competitors, bodybuilders and other athletes (strength, endurance and active recreational) during an adaptation period
- Weight and body fat conscious athletes during the final weeks of competition dieting, in order to meet protein requirements with fewer calories
- Athletes who tend to over-train
- Anyone wanting a great tasting, convenient protein source
- Those concerned with proper timing of protein intake and want the quick digestibility that cannot be accomplished by traditional food sources.

Suggested Use

Add two scoops of powder to one cup (8-10 fl oz.) of cold water or liquid of your choice (increase or decrease the amount of liquid to achieve desired consistency). Shake, stir or blend until dissolved. Add your favorite carbohydrates as needed. Add crushed ice and/or your favorite fruit for a thicker, tastier shake.

Unique Features

- One serving contains 40 grams of protein from extremely high quality sources, giving WheySmooth its unique "fast and slow" release pattern
- Only two grams of sugar per serving and NO ASPARTAME
- Provides co-factors to ensure greater amino acid and protein utilization
- Great taste, easy mixing

- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

Supplement Facts		
Serving Size: 2 Scoops (63 g)		
Servings Per Container: About 18		
Calories 250		
Fat Cal. 35		
Amount Per Serving		% Daily Value*
Total Fat	4 g	6%
Saturated Fat	1.5g	8%
Trans Fat	0 g	**
Cholesterol	120 mg	40%
Sodium	200 mg	8%
Total Carbohydrate	13 g	4%
Dietary Fiber	2 g	8%
Sugars	3 g	**
Protein	40 g	80%
Vitamin A	0 IU	0%
Vitamin C	0 mg	0%
Calcium (from Milk Protein)	215 mg	22%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**Daily Value not established.

Other Ingredients: Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Egg White Protein, Micellar Casein), Cocoa Powder, Maltodextrin, High oleic Sunflower Oil, Carboxymethylcellulose gum, Natural and Artificial Flavors, Salt, Pyridoxine 5' Phosphate, Sucralose Acesulfame Potassium, Xanthan gum

Contains: Milk and Eggs

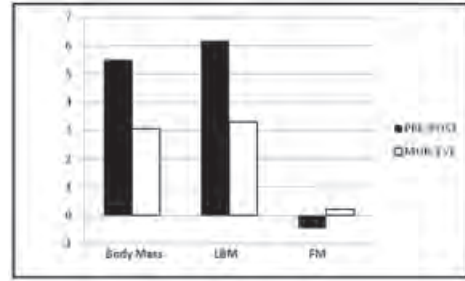
FirstString™

What is it?

A great-tasting performance formula that can enhance exercise-induced results, leading to maximum increases in strength and size.

How does it work?

As a pre- and post-workout drink, FirstString delivers ideal blends of carbohydrates, protein and fat in a form that can be rapidly digested in order to quickly reach muscle tissues to deliver energy, speed recovery and increase muscle building (see Fig 1).



In addition, this formula meets the NCAA guidelines for college athletes.

Who should take it?

FirstString is suitable for

- All athletes, especially youth, collegiate, and professional, looking to gain strength or muscle
- Youth athletes to help maximize athletic development and overall growth potential

In the figure above, training results from 23 experienced recreational bodybuilders resistance training for 10 weeks with all things (diet, supplements, training, etc.) equal except the addition of pre/post feedings yielded significantly greater gains in body mass, LBM, strength and reduction in fat mass for the pre/post feeding subjects.

Suggested Use

- Over 200 lbs. add/mix four (4) scoops (one serving) of First String with 16-20 fl. oz. of cold water/fluid
- Under 200 lbs. add/mix two (2) scoops (half serving) of First String with 8-12 fl. oz. of cold water/fluid

Timing

- 1st serving: 30-40 minutes pre-workout
- 2nd serving: Post-workout or immediately following training
- 3rd serving: Snack or bedtime

Unique Features

- Contains Aminogen® for more complete digestion, absorption and retention
- NO Aspartame and low sugar
- Ideal carbohydrate mix to help maximize protein synthesis
- Sophisticated blend of the highest quality fast and slow acting proteins
- Not spiked with unnecessary nutrients
- Manufactured in a FDA-registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC
- Meets NCAA and professional sport guidelines
 - NSF Certified for Sport

Nutrition Facts

Amount Per Serving	2 Scoops (75g) About 32		4 Scoops (150g) About 16	
	Calories 295	Fat Cal. 25	Calories 590	Fat Cal. 50
	% Daily Value		% Daily Value	
Total Fat	3 g	4.5%	6 g	9%
— Saturated Fat	1 g	0%	2 g	0%
— Trans Fat	0 g	**	0 g	**
Cholesterol	60 mg	10%	120 mg	20%
Sodium	225 mg	9.5%	450 mg	19%
Total Carbohydrate	46 g	15.5%	92 g	31%
— Dietary Fiber	2.5 g	10%	5 g	20%
— Sugars	2 g	**	4 g	**
Protein	21 g	42%	42 g	84%
Vitamin A (as Beta Carotene)	250 IU	5%	500 IU	10%
Vitamin C (as Ascorbic acid)	3 mg	5%	6 mg	10%
Vitamin D (as Cholecalciferol)	20 IU	5%	40 IU	10%
Vitamin E (as D-Alpha Tocopheryl succinate)	1.5 IU	5%	3 IU	10%
Thiamin (as thiamine hydrochloride)	0.075 mg	5%	0.25 mg	10%
Riboflavin	0.085 mg	5%	0.27 mg	10%
Niacin (as Niacinamide)	1 mg	5%	2 mg	10%
Vitamin B6 (as Pyridoxine HCl)	0.1 mg	5%	0.2 mg	10%
Vitamin B12 (as Cyanocobalamin)	0.3 mcg	5%	0.6 mcg	10%
Biotin	15 mcg	5%	30 mcg	10%
Pantothenic acid (as d-Calcium Pantothenate)	0.5 mg	5%	1 mg	10%
Calcium (from Milk Protein and Carbonate)	150 mg	15%	300 mg	30%
Iron (as Ferrous Sulfate)	2.25 mg	12.5%	4.5 mg	25%
Iodine (as Potassium Iodide)	7.5 mcg	5%	15 mcg	10%
Magnesium (as Magnesium Phosphate)	20 mg	5%	40 mg	10%
Zinc (as Zinc Sulfate)	0.75 mg	5%	1.5 mg	10%
Copper (as Copper Gluconate)	0.1 mg	5%	0.2 mg	10%
Aminogen* (13 Units)	125 mg	**	250 mg	**

* % Daily Value not established.
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Other Ingredients: Maltodextrin, Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Molar Casein, Calcium Caseinate, Aminogen®), Dutch Processed Cocoa, Fat blend (High Oleic Sunflower oil, Medium Chain Triglyceride oil, Safflower oil), Natural and Artificial Flavors, Carboxymethylcellulose gum, Vitamin and Mineral Blend (Calcium Lactate Gluconate, Magnesium Phosphate, Ascorbic acid, Vitamin E, Succinic Acid, Niacinamide, Ferrous Sulfate, Zinc Sulfate, Pantothenic acid, Beta Carotene, Pyridoxine HCl, Copper Gluconate, Riboflavin, Thiamin HCl, Biotin, Potassium Iodide, Cyanocobalamin, Vitamin D (Cholecalciferol), Salt, Sucralose, Acesulfame Potassium, Xanthan gum.

Allergen Statement: Contains Milk, Produced in a facility that also processes egg, and shellfish.

Contains: Derived from Milk and Soy.

Contains No: Fish, Crustacean Shellfish, Tree nuts, Peanuts, or Gluten, No Salt, Starch, Artificial coloring or Preservatives added.

nutrition dotFIT™ Sport and Fitness Foods

Overview

The purpose of the nutrition dotFIT line (including shake mixes) is to accomplish two important health, sport and fitness goals: 1) satisfy and compliment the evolving change in society's eating patterns by supplying great tasting meals and snacks – i.e. deliver better, satisfying nutrition with fewer calories; 2) these same foods/mixes, because of the unique formulations, will also be able to deliver the perfect ingredients to serve as the pre- and post-exercise/activity supplement that has been proven necessary to enhance training induced results.

The multiple uses/goals of the nutrition dotFIT assortment are the following:

- Weight control^{1,2,3,4,5,6,7,8,9,10}
- Daily menu incorporation as a meal substitute to reduce or increase daily caloric intake^{11,12,13,14}
- Snack between meals as an energy boost or hunger killer¹⁵
- Pre- and post-exercise/activity energy and recovery supplement
- Guiltless dessert

Rationale (see individual product descriptions & references for more information)

Weight control

It has been well established that successful dieters, weight loss maintainers, athletes and others able to control a healthy weight regularly incorporate meal replacement/substitute type foods^{1,2,8,9,10,13,14,16,17} (see Figures 1 & 2), including energy bars or snacks, meal replacements or “protein shakes”, etc. into their daily meal plans for the following reasons:

- More for less: using nutrition dotFIT products allows you to increase the frequency of daily meals while managing calories in order to satisfy appetite and maintain greater daily energy levels – i.e. more nutrition¹⁸ and fullness with fewer calories and often a significant savings in groceries. Proper use throughout the day can deliver sound nutrition while helping to save calories allowing you to partake in larger meals/favorite foods for desired times (e.g. higher calorie lunches and/or dinners)
- Proper use allows more accurate calorie counts of total daily food intake when compared to having to estimate the calories of self-prepared or unmarked meals¹⁹
- Products in the nutrition dotFIT category offer helpful portion control: people generally attempt to consume meals to completion; therefore meal portion size significantly impacts a person's total calorie intake. Overwhelming evidence validates that the smaller the portions, the fewer daily calories consumed^{20,21,22} and vice-versa i.e. people tend to “eat with their eyes not their stomachs”^{12,13,14,23}
- A healthy, lower calorie alternative to traditional fast foods
- Convenient storage anywhere and faster than stopping and picking up generally less healthy, higher calorie traditional fast foods

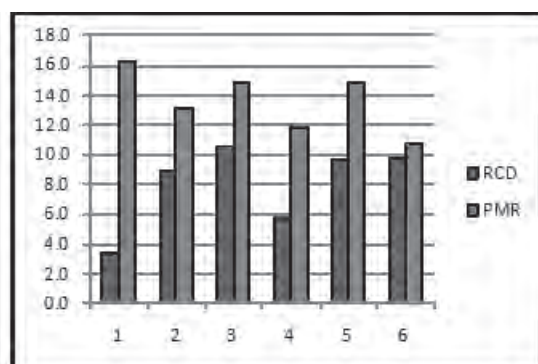


Figure 1: In all six studies the groups using meal replacements (PMR) as part of their overall calorie intake lost significantly more weight than the reduced calorie diet (RCD) group.¹

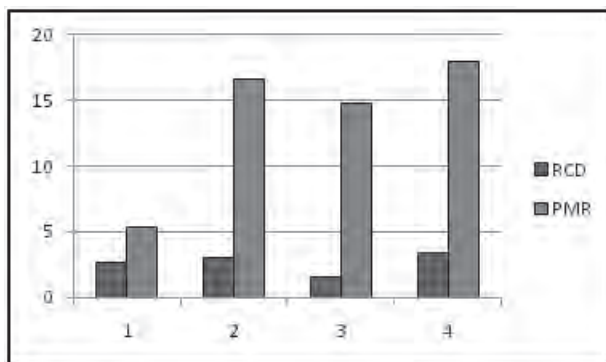


Figure 2: In a 1-year follow-up in the groups that were tracked, the subjects still using meal replacements maintained significantly more weight loss than the RCD group.¹

Daily menu incorporation as a meal substitute to reduce or increase daily caloric intake

Products in the nutrition dotFIT category can satisfy the criteria for smaller meals or be a balanced addition to increase meal size:

- Reduced meal size: busy people often need quick nutrition that can satisfy nutritional needs and deliver energy while keeping calories within a range that allows a healthy weight. Multiple, large, daily meals are not needed for most people today because of low activity in the workplace and during leisure time (sedentary entertainment).²⁴ And because of the continuous need to sit so we can be transported by vehicles in order to sit somewhere else. Therefore, nutrition dotFIT products can supply an adequate caloric meal as a part of one's overall daily meal planning
- Increase meal size or calorie intake: when weight/muscle gain is the goal and it becomes difficult to increase the consumption of traditional foods in order to continue to add lean body mass (LBM), nutrition dotFIT products offer the ideal solution. Easy/convenient to consume preparations can be added to any meal or daily menu plan to deliver exactly what's needed so surplus nutrients/calories are incorporated into muscle tissues rather than body fat when appropriate resistance exercise is included.^{25,26,27,28}

Snack between meals as an energy boost or hunger killer

Convenient for snacking to deliver quick energy or to take the edge off hunger without running up the calories. When hunger "nags", nutrition dotFIT products can satisfy the desire to snack on less healthy or poorly satiating foods. Using these products for snacking may also decrease the amount of food consumed in the subsequent meal or keep you from making an inappropriate food choice (e.g. decadent high calorie meal driven by an uncontrolled craving) as often happens when extra hungry and especially during weight loss.

Pre- and post-exercise/activity energy and recovery supplement

Because of the length of time it takes to digest and absorb the nutrients from traditional meals, whole/traditional food meals cannot deliver the required nutrients within a timeframe that allows maximum results induced by exercise when compared to the proper use of quick digesting specialized formulas.^{25,27,29,30}

All proteins sticks, bars, cookies, and shakes meet the necessary "quick digestion", carbohydrate and protein content criteria that have been shown to deliver an increase in energy, maximize recovery and increase muscular development when consumed before^{28,29,31} and after exercise.^{25,32,33} Although dotFIT liquid pre- and post-feedings (mixes or ready-to-drinks) have the fastest absorption time, when they are not an option based on venue or preference, all other nutrition dotFIT products make a convenient and effective alternative when attempting to maximize the training induced "windows of growth".

Metabolic windows of growth

Immediately following exercise, muscle cell nutrient uptake is at its highest point of the day and therefore

this “window of opportunity” requires a well-designed, fast-acting formula.^{26,31}

Virtually all studies have demonstrated that the inclusion of “immediate” pre- & post-training fast-acting carbohydrate/sugars and protein feedings can stimulate muscle protein synthesis (MPS)^{29,34,35,36,37} and reduce muscle damage to a far greater extent than normal meals/feeding patterns.^{26,29,33} In other words, no matter how well you eat throughout the day, you recover faster and build more muscle and strength by including these quickly absorbed pre- and post-exercise formulas (see Figure 3).^{27,29,38} Simply put, the post exercise feeding activates the muscle building that takes place during this period – and without it there is little to no protein synthesis during this timeframe.

We also recently discovered that although the post training metabolic window is active for as much as 60-90 minutes, its maximum activity (greatest nutrient uptake and protein synthesis capabilities) takes place immediately at the end of the training session.^{27,30,37} From that point on, the longer you wait to supply the proper nutrients or the more time they take to get to the affected tissues, the less muscle building or recovery takes place during this period and can't be made up for at any other point in time.

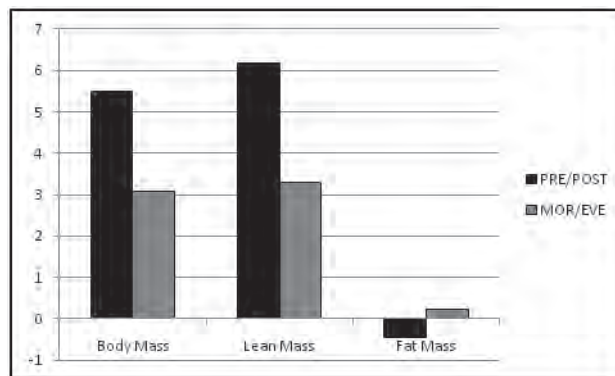


Figure 3: Training results from 23 experienced recreational bodybuilders resistance training for 10 weeks with all things (diet, supplements, training, etc.) equal except the addition of pre/post feedings yielded significantly greater gains in body mass, LBM, strength and reduction in fat mass for the pre/post feeding subjects.²⁷

The proper pre/post formula

There is no longer a debate whether pre- and post-workout feedings enhance exercise-induced results. Volumes of peer review literature and studies continue to not only validate this now established fact, but also document the proper formulas.^{39,40,41}

The formulas used in scientific studies are all relatively the same: within the range of 1.5-4 parts carbohydrate (CHO) to 1 part protein and low to no fat. The CHO range is based on the activity being studied – the longer the workout the higher the carbohydrate/sugar content. This formula produces the desired results i.e. quick, lasting energy, faster recovery and more muscle and strength gains from the workout.

The carbohydrate mixture must contain the proper amounts of simple, fast-acting sugars because the sugars/energy must enter the body quickly or the product loses effectiveness.^{36,42,43} All formulas include complexes that contain glucose polymers in order to deliver immediate and consistent energy.^{25,26,43,44} The formulas need to contain the right of amount of amino and fatty acids, which besides their role in muscle building, are also instrumental in managing the speed at which the carbohydrates continue to enter the body,⁴⁵ allowing the recipient higher but consistent energy levels throughout the desired period.

By consuming the same ingredients (as the post-workout formula) before the workout, we not only improve the user's training energy levels, we can also enhance the recovery and muscle building process to a greater extent than solely ingesting the post-workout formula.

Although recovery primarily takes place after the workout, you can help speed and enhance the process before you start exercise by ingesting the formula 10-40 minutes before the workout (always make sure

your pre-training, full food meal is eaten 2-3 hours before exercise unless you train first thing in the

morning and time does not permit). Proper carbohydrate/sugar content is important because it stimulates insulin production and insulin is our body's most anabolic hormone thus "king" when it comes to building muscle.^{46,47} Not only does this hormone start and continue the entire muscle-building process, but insulin also helps minimize the damage caused by exercise.^{46,47,48} Insulin blunts the exercise induced production of the catabolic hormone cortisol, which "tears down" muscle tissue. Increasing insulin levels at proper times allows the body to spend more incoming nutrients and time building muscles rather than using everything to simply repair muscle.^{29,47,48} By ingesting the right drink pre-exercise, carbohydrates (CHO) not only supply workout energy but also kick-off the necessary insulin release that will work to mitigate the exercise-induced damage. When you repeat the process immediately post-workout, you quickly restore energy (glycogen) while stimulating a renewed insulin release, which initiates and enhances the muscle-building hormone process/cascade thus recovery and results.

Recently pre and post feedings of carbohydrate and protein have also demonstrated the abilities to: reduce delayed onset of muscle soreness (DOMS),^{29,36,49} improve competitive performance,^{28,37,49} enhance immune function by decreasing exercise induced neutrophil degranulation,³² speed the recovery of neuromuscular functions after heavy training³³ and increase the cell signaling related to protein synthesis,³⁷ all compared to placebo and/or no immediate pre and post exercise/training feedings.

Guiltless dessert

All nutrition dotFIT can serve as great tasting, healthy low calorie desserts and can satisfy any "sweet-tooth".

Products in the nutrition dotFIT category have wonderful flavors and textures with the macronutrient blend (protein, fat and carbohydrate ratios) designed to satisfy the appetite for far fewer calories than it would normally take using traditional desserts.

Typical Use

Use as needed to satisfy any of the stated goals:

- Weight control for portion control and accurate calorie counts
- Daily menu incorporation as a meal substitute to reduce or increase daily caloric intake
- Snack between meal as an energy boost or hunger killer
- Pre- and post-exercise/activity energy and recovery supplement
- Guiltless dessert

Summary

Purpose

- Products in the nutrition dotFIT category supply nutrient-rich, convenient between-meal snacks to boost energy, curb hunger and assist in weight control
- Can also be used to increase daily caloric intake when unable to do so by consuming whole food
- Pre- and post-workout snack to enhance energy and recovery
- Can be used during training
- Can be used as a guiltless dessert
- A healthy, convenient food assortment designed to be integrated into your daily meal planning in order to assist you in reaching and maintaining your sport and fitness goals. All products in the nutrition dotFIT line can be selected based on taste, preference, venue, size and shape or calorie requirements for any of the above goals

Unique Features

- Products in the nutrition dotFIT category are designed in a synergistic relationship with all dotFIT products and a person's traditional food intake. These products are NOT spiked with unnecessary nutrients. Most other products in this space (e.g. bars, shakes, ready to drinks, etc.) are heavily spiked with nutrients that can lead to undesirable levels within the body when combining multiple manufacturers, products and normal food intake. When consuming only dotFIT products as directed

with one's normal daily food intake, the recipient is assured of keeping the body at a safe

and optimal nutrient level

- A good source of calcium and fiber
- An excellent source of protein
- Formulated and manufactured for great taste and pleasing texture, all nutrition dotFIT products meet or exceed the FDA's guideline for "High Protein" and foods are microwaveable
- Bars, protein sticks, cookies, etc., are handmade and baked with high quality ingredients
- Third-party testing: Commitment to producing world-class products is our #1 priority. Rigorous testing, both in-house and through third-party FDA approved laboratories, assures that all nutritional claims meet or surpass FDA guidelines, USDA guidelines, and industry norms

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Ready-to-Eat Bars and Baked Goods

(See complete SRG for individual formulas)

Positioning

A healthy convenient food assortment designed to be integrated into your daily meal planning in order to assist you in reaching and maintaining your sport and fitness goals. All products in the nutrition dotFIT line can be selected based on taste, preference, venue, size and shape or calorie requirements for any of the typical uses listed below.

Unique features

- Contains multiple high quality protein sources
- Products in the nutrition dotFIT category are designed in a synergistic relationship with all dotFIT products and a person's traditional food intake. These products are NOT spiked with unnecessary nutrients. Most other products in this space (e.g. bars, shakes, ready to drinks, etc.) are heavily spiked with many nutrients that can lead to undesirable levels within the body when combining multiple manufactures, products and normal food intake. Because of our product synergy, use of our complete product line promotes safe and optimal daily nutrient intake
- Formulated and manufactured for great taste and pleasing texture, all products in the nutrition dotFIT category meet or exceed the FDA's guideline for "High Protein" and foods are microwaveable
- Bars, protein sticks, cookies, etc., are handmade and baked with high quality ingredients
- Third-party testing: Commitment to producing world-class products is our #1 priority. Rigorous testing, both in-house and through third-party, FDA-approved laboratories, assures our clients that all nutritional claims meet or surpass FDA guidelines, USDA guidelines, and industry norms

Typical use

Use as needed to satisfy any of the stated goals:

- Weight control for portion control and accurate calorie counts
- Daily menu incorporation as a meal substitute to reduce or increase daily caloric intake
- Between meal snack as an energy boost or hunger killer
- Pre- and post-exercise/activity energy and recovery supplement
- Guiltless dessert

Bar Category Profiles

- dotTREAT
 - Protein 15 grams
 - Carbs 26 grams
 - Fat 8 grams
 - Calories 230
- dotBAR Breakfast Bar
 - Protein 15 grams
 - Carbs 29 grams
 - Fat 5 grams
 - Calories 220
- dotSTICK
 - Protein 12 grams
 - Carbs 26 grams
 - Fat 6 grams
 - Calories 190
- dotBAR Meal Replacement Bars
 - Protein 12-15 grams
 - Carbs 21-23 grams
 - Fat 5-7 grams
 - Calories 160-200

