

Personalized Supplement Plan

Client Name: _____ Trainer Name: _____

Health

Multivitamin & Mineral Formula (Choose one):

- ActiveMV
- Over50MV
- Women'sMV
- VeganMV
- Kids'MV
- AllIn1SuperBlend

As Needed:

- SuperCalcium+
- SuperOmega-3
- UltraProbiotic
- SuperiorAntioxidant
- JointSkinCollagen+
- AdvancedBrainHealth

Weight Loss

- WeightLoss&LiverSupport
- CarbRepel
- ThermAccel
- LeanPak90

Muscle Gain/Performance

- Recover&Build
- AminoFormula
- WorkoutExtreme
- NO7Rage
- CreatineMonohydrate
- ExtremeCreatineXXXL
- MuscleDefender

Nutrition

Bars

- dotBARs (160 calories)
- dotSTICKs (190 calories)
- dotBARs (190-220 calories)
- dotCookies (190 calories)

Shakes

- LeanMR (190 calories)
- Pre/Post Workout Formula (240-250 calories)
- WheySmooth (240-260 calories)
- AllNaturalWheySmooth (120-140 calories)
- BestPlantProtein (130 calories)
- FirstString (290-295 calories)
- Shaker Bottle (20oz or 28oz)

www.dotFIT.com 877.436.8348

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