

dotFIT Endurance Stack



Health, Longevity & Endurance Competitor Training Supplement Program

Foundational Supplements:

- **Active MV** – take one tablet twice daily with morning and evening meal
- **SuperiorAntioxidant** – take one daily anytime with a meal

As Needed:

- **SuperCalcium+** – use if you not consuming 1,000-1,200 mg of calcium from food (approximately three servings of calcium rich foods)
 - Females take one or two daily with meals; if you need to take two, take one with morning meal and the second with evening meal; Males take one only if necessary, with food
- **SuperOmega 3 Fish Oil** - take one daily with meal if not consuming 8 ounces/week of fatty fish
- **JointFlexibilityPlus™** - take one to two in the morning and repeat in the evening for injury or age-related joint discomfort

Workout Days:

Weeks	AminoFormula	FirstString or Whey Smooth (to control calories)	MuscleDefender	WorkoutExtreme
1+	-1 scoop 10 minutes before -1 scoop immediately after	-1.5 scoops 30-40 minutes before workout -1.5 scoops 30-40 minutes after workout		
6 weeks before comp	-1 scoop 10 minutes before -1 scoop immediately after	1.5 scoops 30-40 minutes before workout -1.5 scoops 30-40 minutes after workout	-1 scoop before workout -1 scoop immediately after May mix with AminoFormula	-5 capsules 40-60 minutes before workout every other training day (total caffeine 350mg) -Start with 2 capsules if caffeine sensitive -Do not take other stimulants within 4 hours -Discontinue 5 days before competition -On competition day, take dosage as described above 40-60 minutes before activity

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Meal Timing

- If feasible, eat every 4 hours
- Consume a large pre-training/event meal 2-3 hours before training
- Consume large post meal ~30-60 minutes after last post workout shake/supplement

Early Morning Training

- Eat a large pre-training type meal the night before
- Consume only the pre-workout snack/shake and AminoFormula before training (as shown above) and follow workout day supplement schedule above

Fluid Recommendations*

- Drink 16 oz two hours before activity and an extra 8-16 oz one hour before activity on hot/humid days
- Drink 4-8 oz every 20 minutes during activity
- Drink 20 oz for every pound of weight loss post-activity

*Use electrolyte formula (e.g. Gatorade) and water as directed