

A person's hands are shown holding a thick, braided rope. The person is wearing a black watch on their left wrist. The background is a bright, out-of-focus indoor space, likely a gym.

**HEALTH**

A person is shown from the side, wearing a dark blue tank top. They appear to be in a gym setting, with a blurred background showing other people and equipment.

**WEIGHT LOSS**

A person is shown from the back, wearing a blue tank top. They are leaning forward, possibly performing a workout. The background is a gym with other people and equipment.

**NUTRITION**

A person is shown from the side, wearing a dark tank top. They are holding a thick, braided rope. The background is a gym with other people and equipment.

**PERFORMANCE**

# dotFIT ActiveMV

## Who is this for?

- This formula is designed for the exercisers 12 to 50 years of age.
- Vitamins and minerals are essential for all functions in the body, and because we can't make them, we must obtain them from diet.
- Most people do not receive the recommended amounts of all essential nutrients through food alone, making this product necessary for filling nutrient gaps, supporting health, aging and daily recovery.

## What makes this product unique?

- This properly designed full spectrum multivitamin & mineral formula includes a “controlled release” delivery system to release nutrients throughout the day to optimize absorption and usage.
- This formula has levels of Vitamins A, C and E to support the antioxidant needs of exercising individuals.
- It contains higher amounts of Vitamin D, not typically found in other formulas. Vitamin D is necessary for bone health. Proper Vitamin D levels are associated with greater health outcomes.
- 3<sup>rd</sup> party tested by NSF Certification for Sport

## How should I take this?

- One (1) tablet with food 1-2 times a day



## Supplement Facts

Amount Per Serving	Amount Per Serving	% DV*
Serving Size: 1 Tablet      Servings Per Container: 60		
Vitamin A (as Beta Carotene and Palmitate)	4,500 IU	90%
Vitamin C (as Ascorbic Acid and Calcium Ascorbate)	450 mg	750%
Vitamin D-3 (as Cholecalciferol)	600 IU	150%
Vitamin E (as D-Alpha Tocopheryl Succinate)	150 IU	500%
Vitamin K (as Phytonadione K1 and Menaquinone K2)	50 mcg	63%
Vitamin B1(as Thiamine Mononitrate)	5 mg	333%
Vitamin B2 (as Riboflavin -5 Phosphate)	2.5 mg	147%
Vitamin B3 (as Niacinamide)	15 mg	75%
Vitamin B6 (as Pyridoxal 5-phosphate)	3 mg	150%
Folic Acid	100 mcg	25%
Vitamin B-12 (as Cyanocobalamin and Methylcobalamin)	15 mcg	250%
Biotin	150 mcg	50%
Iron (as Ferrous Fumerate)	5 mg	28%
Iodine (from Kelp)	25 mcg	17%
Magnesium (as Magnesium Oxide and Citrate)	100 mg	25%
Zinc (as Zinc Citrate)	7.5 mg	50%
Selenium (L-Selenomethionine)	35 mcg	50%
Copper (as Copper Gluconate)	0.5 mg	25%
Chromium ( as Chromium Picolinate)	50 mcg	42%

\* Percent Daily Values based on a 2,000 Calorie Diet.

# dotFIT Women's MV

## Who is this for?

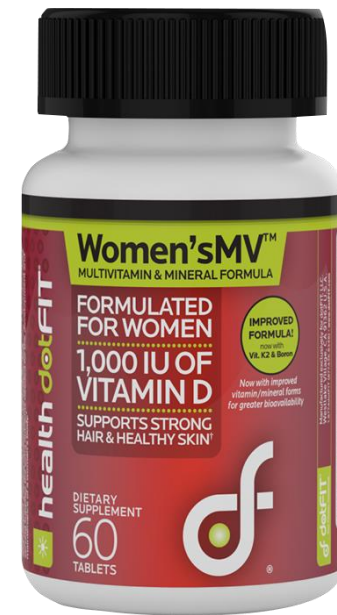
- Women ages 18-50 with low to moderate activity levels. More physically active women are often recommended the ActiveMV.
- Vitamins and minerals are essential for all functions in the body, and because we can't make them, we must obtain them from diet.
- Most people do not receive the recommended amounts of all essential nutrients through food alone, making this product necessary for filling nutrient gaps, supporting health, aging and daily recovery.

## What makes this product unique?

- This properly designed full spectrum multivitamin & mineral formula includes a “controlled release” delivery system to release nutrients throughout the day to optimize absorption and usage.
- This formula contains nutrients in amounts tailored to the specific needs of women:
  - Boron
  - Iron
  - Folic Acid
  - Vitamins K1 and K2
  - Vitamin D
  - Magnesium

## How should I take this?

- One (1) tablet per day with food



## Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene and Acetate)	6,000 IU	120%
Vitamin C (as Ascorbic Acid and Calcium Ascorbate)	300 mg	500%
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as D-Alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K (as Phytonadione K1 and Menaquinone K2)	50 mcg	63%
Vitamin B1(as Thiamine Mononitrate)	6 mg	400%
Vitamin B2 (as Riboflavin -5 Phosphate)	17 mg	353%
Vitamin B3 (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxal 5-phosphate)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	10 mcg	167%
Biotin	100 mcg	33%
Vitamin B5 (D-Calcium Pantothenate)	15 mg	150%
Iron (as Iron Fumarate)	10 mg	56%
Iodine (from Kelp)	100 mcg	67%
Magnesium (as Oxide and Citrate)	100 mg	25%
Zinc (as Zinc Citrate)	12 mg	80%
Selenium (L-Selenomethionine)	50 mcg	71%
Chromium ( as Chromium Picolinate)	50 mcg	42%
Boron (as Boron Citrate)	1 mg	*

\*% Daily Value not established.

# dotFIT Over50MV

## Who is this for?

- Individuals over 50 years of age with low to moderate activity levels. More physically active women are often recommended the ActiveMV.
- Vitamins and minerals are essential for all functions in the body, and because we can't make them, we must obtain them from diet.
- Most people do not receive the recommended amounts of all essential nutrients through food alone, making this product necessary for filling nutrient gaps, supporting health, aging and daily recovery.

## What makes this product unique?

- This properly designed full spectrum multivitamin & mineral formula includes a “controlled release” delivery system to release nutrients throughout the day to optimize absorption and usage.
- This formula emphasizes specific nutrients for individuals over 50 years of age:
  - Folate
  - Vitamins B6 and B12
  - Vitamin D
  - Beta Carotene
  - Vitamins K1 and K2
  - Magnesium

## How should I take this?

- One (1) tablet per day with food



## Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

	Amount Per Serving	% Daily Value*
Vitamin A (as Beta Carotene)	10,000 IU	200%
Vitamin C (as Calcium Ascorbate)	400 mg	667%
Vitamin D (as Cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl Succinate)	50 IU	167%
Vitamin K (K1 as Phytonadione and K2 as Menagui none)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	6 mg	400%
Vitamin B2 (as Riboflavin)	6 mg	353%
Vitamin B3 (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hcl)	10 mg	500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B12 (as Cyanocobalamin and Methylcobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Vitamin B5 (as d-calcium pantothenate)	10 mg	100%
Iodine (From Kelp)	75 mcg	50%
Magnesium (as Magnesium Citrate)	100 mg	25%
Zinc (as Zinc Citrate)	15 mg	100%
Selenium (as 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.

**Other Ingredients:** Microcrystalline Cellulose, Di Calcium Phosphate, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide, Magnesium Stearate, Pharmaceutical Glaze



# dotFIT VeganMV

## Who is this for?

- Vegans and those who follow primarily a plant based diet.
- Those interested in filling nutritional gaps commonly found in vegan diets when compared to current recommended dietary allowances (RDAs) or levels of nutrients and other important bio-actives.
- Vegans seeking to fill nutrient gaps, support health, aging and daily recovery with a superiorly formulated multivitamin and mineral.



## What makes this product unique?

- This formula contains amounts of key ingredients typically lacking in a vegan diet, including vitamin B12, vitamin D2, iron, iodine and zinc.
- Controlled released delivery system
- Third party tested
- Part of the dotFIT Vegan line

## How should I take this?

- One (1) tablet per day with food

## SUPPLEMENT FACTS

Serving Size: 1 Tablet  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	6000 mcg (10000 IU)	667%
Vitamin C (from Magnesium Ascorbate)	200 mg	222%
Vitamin D-2 (as Ergocalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	82.64 mg (100 IU)	551%
Vitamin K-1 (as Phytonadione)	25 mcg	21%
Vitamin K-2 (as Menaquinone-7)	25 mcg	21%
Vitamin B-1 (as Thiamine Mononitrate)	6 mg	500%
Vitamin B-2 (as Riboflavin)	6 mg	462%
Vitamin B-3 (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	6 mg	353%
Folate	333mcg DFE (200 mcg folic acid)	83%
Vitamin B-12 (as Cyanocobalamin)	15 mcg	625%
Biotin	50 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Iron (from Ferrous Fumarate)	15 mg	83%
Iodine (from Potassium Iodide)	50 mcg	33%
Magnesium (from Magnesium Ascorbate)	50 mg	12%
Zinc (from Zinc Picolinate)	15 mg	136%
Selenium (from Sodium Selenite)	50 mcg	91%
Copper (from Copper Bisglycinate Chelate)	1 mg	111%
Chromium (from Chromium Picolinate)	100 mcg	286%

# dotFIT KidsMV



## Who is this for?

- Children between the age of 2 and 11.
- Most children do not receive the recommended amounts of all essential nutrients through food alone, making this product necessary for filling nutrient gaps, supporting growth, development, health, and daily recovery.

## What makes this product unique?

- This is a full-spectrum multivitamin & mineral formula
- Emphasis on Vitamin D to support bone and overall health
- Chewable tablets
- New and improved formula contains choline, an essential nutrient for child development.

## How should I take this?

- Take one (1) tablet with food 1-2 times

**Suggested Use:** For children under the age of 4, chew one tablet daily. For adults and children 4 years and up, chew two tablets daily. Consume with main meals.

## Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

	Amount Per Serving	%Daily Value Children <4	%Daily Value Children & 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%	33%
Selenium (as Selenomethionine)	20 mcg	*	29%
Choline Bitartrate	100 mg	*	*

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

\* Daily Value not established.

# dotFIT SuperCalcium+

## Who is this for?

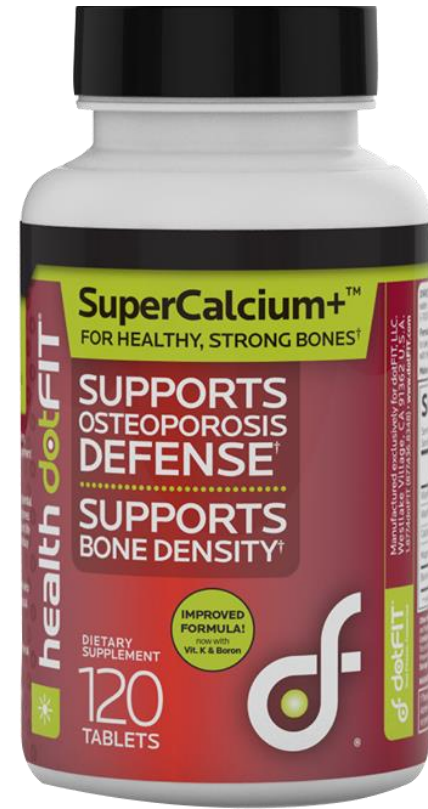
- Individuals who do not consume the recommended daily amount of this essential mineral, which is 1,000-1,200 mg. (ex. 1 cup of milk contains 300 mg)
- Most American do not consume adequate amounts of calcium and other bone building nutrients contained in this formula.
- Bone building years stop at approximately ages 25-30, and consuming adequate calcium helps to maintain bone mass.
- Calcium is also critical for muscle contraction and other functions. Insufficient intake results in the breakdown of bone, which can lead to osteopenia, osteoporosis and related fractures.

## What makes this product unique?

- Calcium carbonate has the highest calcium content by weight and has superior absorption when taken with food.
- Contains cofactors needed to maximize calcium absorption and support bone health: Vitamin D3, Vitamin K (1 & 2), magnesium and boron.
- Complements any of the dotFIT multivitamin and mineral formulas, keeping total intake in the safe and recommended nutrient range.

## How should I take this?

- Take one (1) tablet per day with food



## Supplement Facts

Serving Size: 1-2 Tablets  
Servings Per Container: 60 to 120

	Amount 1 tablet	% DV	Amount 2 tablets	% DV
Vitamin D (as Cholecalciferol)	200 IU	50%	400 IU	100%
Vitamin K (as phytonadione K1 and menaquinone K2)	30 mcg	38%	60 mcg	75%
Calcium (as carbonate)	500 mg	50%	1,000 mg	100%
Magnesium (as oxide and citrate)	125 mg	32%	250 mg	63%
Boron (as Sodium Borate)	1 mg	**	2 mg	**

\*\* % Daily Value not established.

# dotFIT SuperOmega-3

## Who is this for?

- Anyone who does not consume 2-4 servings weekly of the fatty fish which contains the omega-3 fish oils, EPA and DHA. (Salmon, mackerel, anchovies, sardines, herring)
- Low intake of these nutrients is common in the U.S.
- Optimal intake of the omega-3 fish oils supports cardiovascular health.
- EPA and DHA may benefit inflammation and support eye and brain health, as well as body composition.

## What makes this product unique?

- This formula contains the correct ratio and milligrams of EPA to DHA (3:2) which have been shown to have positive health benefits.
- No mercury or harmful PCBs.
- Made from wild caught Alaska Pollock.
- NSF Certified for Sport for purity, potency and label accuracy
- Certified sustainable and traceable by the Marine Stewardship Council

## How should I take this?

- Take one (1) tablet per day with food



## Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 60

Amount Per Serving	% Daily Value*
Calories	10
Calories from Fat	10
Total Fat	1 g 2%*
<hr/>	
Fish Oil - AlaskOmega®	1000mg **
EPA (Eicosapentaenoic acid) (360 mg)	
DHA (Docosahexaenoic acid) (240 mg)	

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

\*\* Daily Value not established.



# dotFIT Superior Antioxidant



## ***Who is this for?***

- Persons interested in supporting healthy aging by supplying important natural compounds, often limited in human diets, that are not only necessary constituents of vital tissues, but have also been shown to have antioxidant and anti-inflammatory properties in specific areas that potentially support health and energy.

## ***What makes this product unique?***

- Contains recommended forms and dosages of each ingredient to complement typical diets in supporting overall health.
- NSF Certified for Sport for purity, potency and label accuracy
- Vegetarian/Vegan friendly

## ***How should I take this?***

- Take one (1) tablet per day with food

## **Supplement Facts**

Serving Size: 1 Vegetarian Capsule  
Servings per Container: 30

	Amount Per Serving	% DV
Alpha Lipoic Acid	200 mg	*
Co-Enzyme Q10 (CoQ-10)	100 mg	*
OptiBerry® Blend	30 mg	*
Wild blueberry ( <i>vaccinium angustifolium</i> ) fruit powder, Strawberry ( <i>fragaria chiloensis</i> ) fruit powder, Cranberry ( <i>vaccinium macrocarpon</i> ) fruit powder, Wild bilberry ( <i>vaccinium myrtillus</i> ) fruit extract, Elderberry ( <i>sambucus nigra</i> ) fruit extract, Raspberry ( <i>rubus idaeus</i> ) seed powder		
Lycopene 10%	10 mg	*
Lutein 5%	6 mg	*
Zeaxanthin	5 mg	*
D. Salina natural mixed carotenoids	1.5 mg	*

\* % Daily Value not established.

# dotFIT JointFlexPlus

## Who is this for?

- Individuals seeking support for joint comfort and mobility, and/or skin health.
- Those seeking relief from minor sore joint pain and maintenance of joint tissues.

## What makes this product unique?

Includes the combination of three natural ingredients, not obtained through typical diets, but shown to help support joint and skin health:

- Hydrolyzed type II collagen has been shown to reduce joint pain and may stimulate cartilage cells and improve joint fluid quality.
- Hyaluronic Acid is a major component of joint fluid, providing lubrication
- Chondroitin Sulfate inhibits joint degeneration and assists in reducing joint inflammation.
- Daily ingestion of BioCell Collagen® for 12 weeks led to a significant decrease in facial lines and wrinkles
- NSF Certified for Sport for purity, potency and label accuracy.

## How should I take this?

- Take 1-2 capsules in the morning and at night before a meal (2-4 total per day)



## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	% DV
BioCell Collagen® (Proprietary sternal cartilage extract)	1,000 mg *	
Hydrolyzed Collagen Type II	600 mg *	
Chondroitin Sulfate	200 mg *	
Hyaluronic Acid (HA)	100 mg *	

\*% Daily Value (DV) not established.

# dotFIT UltraProbiotic

## Who is this for?

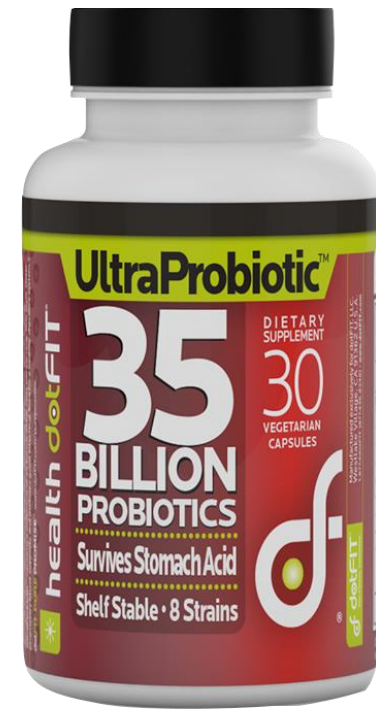
- Anyone interested in supporting a healthy balance of beneficial gut bacteria to assist in healthy intestinal tract functioning, digestion, nutrient synthesis and absorption. Maintaining a healthy gut microbiota by consuming proper amounts of these friendly organisms may also support overall health.

## What makes this product unique?

- It contains over 35 billion cells per capsule
- Formulated to survive the acidic environment of the stomach
- Shelf stable – does not require refrigeration
- 8 probiotic strains from Danisco, a world leader in probiotic research and manufacturing
- Vegetarian/Vegan friendly
- Also contains a prebiotic blend to support the growth of probiotics

## How should I take this?

- Adults take one (1) capsule daily during meals or as directed by a health professional.



## Supplement Facts

Serving Size: 1 Vegetarian Capsule

	Amount Per Serving	% DV
Proprietary probiotic blend (35 billion cells per cap)		*
<i>Lactobacilli acidophilus</i>		
<i>Bifidobacterium lactis</i>		
<i>Lactobacilli salivarius</i>		
<i>Lactobacilli plantarum</i>		
<i>Bifidobacterium bifidum</i>		
<i>Bifidobacterium longum</i>		
<i>Lactobacilli rhamnosus</i>		
<i>Lactobacilli bulgaricus</i>		
Prebiotic blend (FOS, FiberAid® arabinogalactans)	50 mg	*

\* % Daily Value not established.

# dotFIT Vitamin D-3

## *Who is this for?*

- Anyone seeking overall health benefits of associated with the recent increased recommendations of Vitamin D.
- Individuals seeking to reach serum levels of vitamin D to equal or above 30 ng/mL (75 nmol/L).
- Those who do not consume vitamin D rich foods regularly (fatty fish, fortified milk and other fortified products).
- Those who do not have adequate sun exposure to raise vitamin D to recommended levels in the body.
- It is estimated that less than 30% of Americans have sufficient levels of Vitamin D.

## *What makes this product unique?*

- This formula contains the form of vitamin D (cholecalciferol) shown to increase levels in the body.
- Complements any dotFIT multivitamin and mineral formula + dotFIT SuperCalcium+ to keep intake at safe and optimal range (2,000-2,600 IU/d).
- NSF Certified for Sport for purity, potency and label accuracy.

## *How should I take this?*

- Take one (1) capsule per day with food to reach blood levels of 30 ng/mL (75 nmol/L) or as recommended by your health professional.



<b>Supplement Facts</b>		
Serving Size: 1 Softgel Capsule		
	Amount Per Serving	% DV
Vitamin D-3 (as cholecalciferol)	25 mcg (1,000 IU)	125%*
* % Daily Values are based on a 2,000 calorie diet.		



# dotFIT Advanced Brain Health

## Who is this for?

- Individuals over 45 years of age looking for nutritional support for cognitive functions to help maintain brain health throughout the aging process.

## What makes this product unique?

- Ingredients in this formula decrease as we age.
- Contains 100 mg of phosphatidylserine (PS) per serving.
- There are 500 mg of Acetyl-L-Carnitine (ALC) per serving.
- Contains 100 mg of Alpha Lipoic Acid (ALA) which also supports brain, nerve and energy function.

## How should I take this?

- Typical dosage based on age and split with meals throughout the day:
  - 45-55 years – one serving (4 capsules) per day with any meal
  - 56-65 years – two servings (8 capsules) per day. Four (4) capsules with AM meal and four (4) with PM meal
  - Over 65 years – three servings (12 caps) per day. Four (4) capsules with AM meal and eight (8) with PM meal



<b>Supplement Facts</b>		
Serving Size: 4 Softgel Capsules		Servings Per Container: 60
	Amount Per Serving	%DV*
Calories	20	
Calories from Fat	20	
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%
Acetyl-L Carnitine	500 mg	**
Phosphatidylserine	100 mg	**
Alpha Lipoic Acid	100 mg	**
* Percent Daily Value based on a 2,000 calorie diet. ** % Daily Value(DV) not established		
<b>Other Ingredients:</b> Rice Bran Oil, Gelatin, Glycerin, Water, Beeswax, Sunflower Lecithin and Carob		

# dotFIT DigestiveEnzymes

## Who is this for?

- Persons to support overall digestion including nutrient extraction (from ingested foods) and transport to help manage minor, common and sporadic digestive discomforts including bloating, gas, lactose intolerance, etc.

## What makes this product unique and what are the benefits?

- Delivers a 5 digestive enzyme complex ( $\alpha$ -amylase, Lactase, Lipase, Cellulase and a Neutral Protease) that can add to the body's natural production of the primary enzymes assisting in proper digestion of ingested foods to improve non-clinical digestive irregularities (if necessary) such as bloating, gas, cramps and constipation including from lactose maldigestion.
- Supports extraction/absorption of the important nutrients/bio actives (such as amino acids, vitamins, minerals, flavonoids, glucose, etc.) contained in foods to glean related benefits of improved nutrition utilization throughout the body.
- Some evidence supports the use of digestive enzyme supplementation (primarily proteases) for decreasing inflammation and exercise-induced DOMS and improving muscle recovery.

## How should I take this?

- Take 3 capsules total daily. Take one (1) capsule with each of three main meals



**SUGGESTED USE:** As a dietary supplement, adults should take 1 capsule, 3 times daily, with or after main meals. Consume with 8 oz. of your favorite beverage.

## Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% DV
Digestive Enzyme Complex (Digezyme®)	50 mg	*
Alpha Amylase (1200 DU), Protease (300 PC), Cellulase (55 CU), Lactase (200 ALU), Lipase (10 FIP)		

\* Daily Value not established.

# dotFIT LeanMR



## Who is this for?

- Those looking to lose weight/body fat or maintain results, increase protein intake to help preserve lean mass, and control calories. The ingredients in this formula have been shown to support weight loss, help to control hunger and provide long-lasting energy.

## What makes this product unique?

- It contains less than 200 calories per serving, with zero added sugar.
- There is a 1:1 ratio of carbohydrates to protein.
- 6-7 grams of fiber per serving to help control hunger
- 21 grams per serving of high quality protein from whey isolate
- Sustained release carbohydrates for long lasting energy
- Tastes great!

## How should I take this?

- Mix with water or milk to substitute 1-2 meals or snacks per day.

Supplement Facts		
Serving Size: 2 scoops (50g) Serving Per Container: 20		
	Amount Per Serving	% DV
Calories	190	
Calories from Fat	15	
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	**
Cholesterol	10 mg	3%
Total Carbohydrate	24 g	8%
Dietary Fiber	7 g	28%
Sugars	0 g	**
Protein	21 g	40%
Calcium	115 mg	12%
Iron	2 mg	11%
Sodium	180 mg	8%
<b>Sustained Release Carbohydrates Blend</b>	19.5 g	**
Rice Oligodextrins, Digestion Resistant Maltodextrin (Fibersol-2), Isomaltulose, Glucomannan		
<b>Lean Fats Blend</b>	2.5 g	**
Flaxseed Powder, High Oleic Sunflower Oil, Conjugated Linoleic Acid		

\* Percent Daily Value based on a 2,000 Calorie Diet  
\*\* Daily Value Not Established

# dotFIT Weight Loss & Liver Support

## Who is this for?

- Individuals with unwanted fat as a result of weight gain, which can also lead to excess fat accumulation in the liver, resulting in oxidative stress and decreased overall liver health.

## What makes this product unique?

- This formula contains specific ingredients that support weight loss, healthy fat utilization, and promote healthy liver function.
- Also contains African Mango, (*irvingia gabonensis*) which has been shown to positively affect the appetite to help curb hunger and support weight loss.
- Stimulant free

## How should I take this?

- Take one (1) tablet, 3 times daily approximately 30 minutes before meals.



## Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 90

Amount Per Serving

		% DV
Green Tea (Camelia Sinensis) Leaf Extract	200 mg	*
[Standardized to 98% Polyphenols (196 mg), 80% Catechins (160 mg), 45% EGCG (90 mg), 2% Caffeine (naturally occurring 4 mg)]		
Choline (as Choline Bitartrate)	133 mg	*
N-Acetyl Cysteine	50 mg	*
Milk Thistle (Silybum Marianum L.) Seed Extract (Standardized to 80% Silymarin)	166 mg	*
Irvingia Gabonensis Seed Extract	150 mg	*

\* Daily Value not established



# dotFIT CarbRepel

## Who is this for?

- Those looking to lose weight/body fat and support appetite control. This product supports carbohydrate control by blocking the absorption of a percentage of the calories consumed from carbohydrates.

## What makes this product unique?

- The main ingredient is Phase 2, an extract of the white kidney bean, which has been shown to block the primary enzyme (alpha amylase) that breaks down carbohydrates and allows them to be absorbed into the body thus, use of this product may limit carbohydrate absorption
- Stimulant free

## How should I take this?

- Take two (2) tablets, twice daily approximately 30 minutes before the two (2) largest carbohydrate meals.



## Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 60

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

\*Daily Value not established.

# dotFIT ThermAccel

## Who is this for?

- Individuals looking to lose weight/body fat and can tolerate stimulants, including caffeine. This product's ingredients will enhance thermogenesis (burning calories) and help to control appetite. This can help increase total calorie burn and contribute to the caloric deficit required for fat loss.

## What makes this product unique?

- Thermogenic complex with caffeine, yerba mate,\* guarana,\* green tea extract polyphenol (EGCG) and capsaicin that have independently, combined and additively demonstrated total daily energy expenditure (TDEE) enhancements and fat oxidation increases compared to placebo
- Sinetrol (polyphenols), which is a combination of non-stimulant polyphenols that also contributes, but through different mechanisms, to increases in fat oxidation - i.e. supporting energy usage from body fat
- Contains Caralluma fimbriata, a plant-based appetite support ingredient

## How should I take this?

- Take 2 tablets up to 2 times daily, approximately 30 minutes before breakfast or lunch. Do not take within 5 hours of bedtime or mix with other stimulants.



## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 60

Amount Per Serving

		% DV
Caralluma Fimbriata Powder	520 mg	*
Sinetrol™ (Mediterranean Citrus Extract)	600 mg	*
L-Theanine	100 mg	*
ThermAccel™ Thermogenic Complex [Caffeine Anhydrous (providing 200 mg of caffeine), Green Tea Leaf (providing 270 mg EGCG), Yerba Mate, Guarana Seed Extract and Cayenne Fruit]	527 mg	*

\*% Daily Value not established.

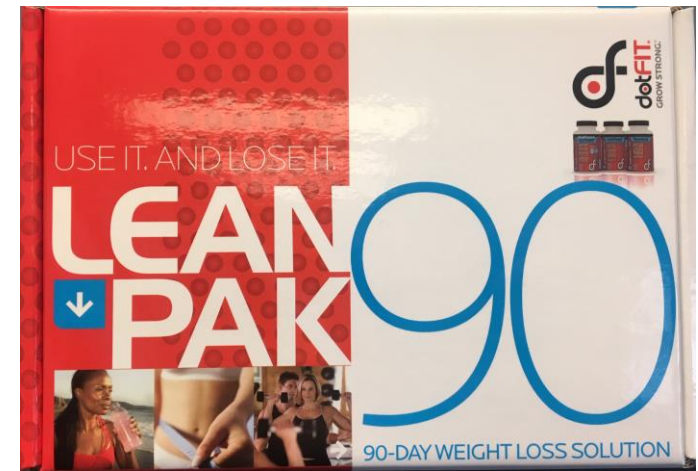
# LeanPak90

## Who is this for?

- Those looking to lose weight/body fat and support appetite control.

## What makes this product unique?

- The LeanPak90 includes all 3 of the dotFIT weight loss products that can be taken separately (30 days each for a total of 90 days) OR can be taken together at the same time for maximum results!
  - **Weight Loss & Liver Support:** This formula contains specific ingredients that support weight loss, healthy fat utilization, and promote healthy liver function. Also contains African Mango, (*irvingia gabonensis*) which has been shown to positively affect the appetite to help curb hunger and support weight loss.
  - **CarbRepel:** The main ingredient is Phase 2, an extract of the white kidney bean, which has been shown to block the primary enzyme (alpha amylase) that breaks down carbohydrates and allows them to be absorbed into the body thus, use of this product may limit carbohydrate absorption
  - **ThermAccel:** Thermogenic complex with caffeine, yerba mate,\* guarana,\* green tea extract polyphenol (EGCG) and capsaicin that have independently, combined and additively demonstrated total daily energy expenditure (TDEE) enhancements and fat oxidation increases compared to placebo. Also contains:
    - Sinetrol (polyphenols), which is a combination of non-stimulant polyphenols that also contributes, but through different mechanisms, to increases in fat oxidation - i.e. supporting energy usage from body fat
    - Contains Caralluma fimbriata, a plant-based appetite support ingredient



# dotFIT First String

## Who is this for?

- Anyone looking to promote greater gains in strength, size and performance. This formula is specifically designed for the athlete or intense exerciser to perform at their highest level in the 2<sup>nd</sup> half or 4<sup>th</sup> quarter, and is 100% compliant with NCAA guidelines for collegiate athletes.

## What makes this product unique?

- It contains 290 calories per serving
- There is a 2:1 ratio of fast acting carbohydrates (maltodextrin) to protein (whey protein concentrate, whey protein Isolate, calcium caseinate, micellar casein) per serving
- There are 21 grams of protein per serving
- Drinking a properly designed shake pre and post workout versus eating whole food allows the nutrients to be digested and absorbed more quickly, making this a convenient method of fueling around exercise.

## How should I take this?

- 1st Serving: 30-40 minutes before workouts, mix two (2) scoops (1 serving) of First String™ with 16-20 fl. oz. of cold water/fluid and mix vigorously for 30 seconds in a shaker or blender.
- 2nd Serving: repeat immediately following workouts or training.



Nutrition Facts		
Serving Size:	2 Scoops (73.5g)	
Servings Per Container:	About 32	
	Calories 290	Fat Cal. 30
Amount Per Serving	% Daily Value	
<b>Total Fat</b>	2.5 g	4%
Saturated Fat	0.75 g	4%
Trans Fat	0 g	**
<b>Cholesterol</b>	63 mg	21%
<b>Sodium</b>	125 mg	5%
<b>Total Carbohydrate</b>	44.5 g	15%
Dietary Fiber	0 g	0%
Sugars	3 g	**
<b>Protein</b>	21 g	42%
Vitamin A (as Beta Carotene)	300IU	6%
Vitamin C (as Ascorbic acid)	3 mg	5%
Vitamin D (as Cholecalciferol)	20 IU	5%
Vitamin E (as D-Alpha Tocopheryl succinate)	1.5 IU	5%
Vitamin B1 (Thiamine Hydrochloride)	0.075 mg	5%
Riboflavin	0.085 mg	5%
Niacin (as Niacinamide)	1 mg	5%
Vitamin B6 (as Pyridoxine HCl)	0.1 mg	5%
Vitamin B12 (as Cyanocobalamin)	0.3 mcg	5%
Biotin	15 mcg	5%
Pantothenic acid (as d-Calcium Pantothenate)	0.5 mg	5%
Calcium (as Calcium Lactate Gluconate)	150 mg	15%
Iron (as Ferrous Sulfate)	0.5 mg	3%
Iodine (as Potassium Iodide)	32.5 mcg	22%
Magnesium (as Magnesium Phosphate)	20 mg	5%
Zinc (as Zinc Sulfate)	0.75 mg	5%
Copper (as Copper Gluconate)	0.1 mg	5%
Aminogen® (13 Units)	125 mg	**



# dotFIT Pre/Post Workout

## Who is this for?

- Anyone looking for a combination of carbohydrates and protein to fuel muscles and reduce protein breakdown pre-workout, and replenish fuel stores post-work to maximize muscle protein synthesis (building).

## What makes this product unique?

- It contains 240 calories per serving
- There is a 1.5:1 ratio of fast acting carbohydrates (maltodextrin) to protein (whey protein concentrate, whey protein isolate, calcium caseinate, micellar casein) per serving
- There are 21 grams of protein per serving
- Drinking a properly designed shake pre and post workout versus eating whole food allows the nutrients to be digested and absorbed more quickly, making this a convenient method of fueling around exercise.

## How should I take this?

- For pre-workout (30-45 minutes) add two (2) scoops to at least one cup (8 fl. oz.) of cold water or liquid of your choice. To maximize recovery after workouts or competition (within 45 minutes) use two (2) additional scoops post-workout. Can also be used as a meal replacement or protein rich snack.



## Nutrition Facts

Serving Size: 2 Scoops (61 g)		Servings Per Container: 20 servings	
<b>Amount Per Serving</b>			
Calories 240		Calories from Fat 25	
		<b>% Daily Value*</b>	
<b>Total Fat</b>	<b>2.5 g</b>	<b>4%</b>	
Saturated Fat	1 g	5%	
Trans Fat	0 g	**	
<b>Cholesterol</b>	<b>60 mg</b>	<b>20%</b>	
<b>Sodium</b>	<b>140 mg</b>	<b>6%</b>	
<b>Total Carbohydrates</b>	<b>33 g</b>	<b>11%</b>	
Dietary Fiber	0g	0%	
Sugars	3 g	**	
<b>Protein</b>	<b>21 g</b>	<b>42%</b>	
Vitamin A	0%	•	Vitamin C 0%
Calcium	15%	•	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. **% Daily Value not established.			
	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		

# dotFIT Unflavored Pre/Post Workout

**\*NO Artificial Flavoring or Sweeteners**

## Who is this for?

- Those wanting a natural product containing a combination of carbohydrates and protein to fuel muscles and reduce protein breakdown pre-workout, and replenish fuel stores post-work to maximize muscle protein synthesis (building).

## What makes this product unique?

- It contains 240 calories per serving
- There is a 1.5:1 ratio of fast acting carbohydrates (maltodextrin) to protein (whey protein concentrate, whey protein isolate, calcium caseinate, micellar casein) per serving
- There are 21 grams of protein per serving
- Drinking a properly designed shake pre and post workout versus eating whole food allows the nutrients to be digested and absorbed more quickly, making this a convenient method of fueling around exercise.
- UNFLAVORED, (no artificial flavoring or sweeteners) use any of the dotFIT flavor packs or flavor on your own!**
- Perfect for baking**
- Have it your WHEY!**

## How should I take this?

- For pre-workout (30-45 minutes) add two (2) scoops to at least one cup (8 fl. oz.) of cold water or liquid of your choice. To maximize recovery after workouts or competition (within 45 minutes) use two (2) additional scoops post-workout. Can also be used as a meal replacement or protein rich snack.



Nutrition Facts		
Serving Size: 2 Scoops (61 g)		
Servings Per Container: 20 servings		
Amount Per Serving		
Calories 240	Calories from Fat 25	
% Daily Value*		
<b>Total Fat</b>	2.5 g	4%
Saturated Fat	1 g	5%
Trans Fat	0 g	**
<b>Cholesterol</b>	60 mg	20%
<b>Sodium</b>	140 mg	6%
<b>Total Carbohydrates</b>	33 g	11%
Dietary Fiber	0g	0%
Sugars	3 g	**
<b>Protein</b>	21g	42%
Vitamin A	0%	Vitamin C 0%
Calcium	15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.		
** % Daily Value not established.		
	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	

# dotFIT WheySmooth

## Who is this for?

- Anyone looking to add a low calorie, high quality protein to their diet for health, performance or body composition change.
- Optimal protein intake is essential for healthy aging, preserving and building muscle tissue, and boosting satiety during weight loss. At least 1 gram of protein per pound of lean body mass is recommended for exercising individuals, and more may be beneficial for individuals restricting calories.



## What makes this product unique?

- It contains 160 calories per serving
- There is a 0.3:1 ratio of carbohydrates to protein.
- There are 25 grams of high quality, fast and slow releasing proteins per serving (whey protein concentrate, calcium caseinate, egg white protein, whey protein isolate and micellar casein)

## How should I take this?

- Add one (1) scoop to one (1) cup of cold water or liquid, or add to foods as desired to meet daily protein targets.

## Nutrition Facts

Serving Size: 1 Scoop (40g)

Servings Per Container: approximately 28.5 servings

Amount Per Serving		Calories from Fat 25
		% Daily Value*
Calories 160		
<b>Total Fat</b>	2.5g	4%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Cholesterol</b>	75mg	25%
<b>Sodium</b>	125mg	5%
<b>Total Carbohydrate</b>	8g	3%
Dietary Fiber	1g	4%
Sugars	2g	
<b>Protein</b>	25g	
Vitamin A 0%	•	Vitamin C 0%
Calcium 15%	•	Iron 8%

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

\*\* % Daily Value not established.

	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	

# dotFIT Unflavored WheySmooth

**\*NO Artificial Flavoring or Sweeteners**

## Who is this for?

- Anyone looking to add a low calorie, high quality protein to their diet for health, performance or body composition change.
- Optimal protein intake is essential for healthy aging, preserving and building muscle tissue, and boosting satiety during weight loss. At least 1 gram of protein per pound of lean body mass is needed for exercising individuals, and more may be beneficial for individuals restricting calories.



## What makes this product unique?

- It contains 150 calories per serving
- There are 25 grams of protein per serving
- **UNFLAVORED, (no artificial flavoring or sweeteners)** use any of the dotFIT flavor packs or flavor on your own!
- Perfect for baking
- Have it your WHEY!

## How should I take this?

- Add one (1) scoop to one (1) cup of cold water or liquid, or add to foods as desired to meet daily protein targets.

## Nutrition Facts

30 servings per container	
Serving size 1 Scoop (38g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3 g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	<b>**</b>
<b>Cholesterol</b> 60 mg	<b>20%</b>
<b>Total Carbohydrate</b> 6 g	<b>2%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 2 g	
<b>Protein</b> 25 g	
<b>Sodium</b> 170 mg	<b>7%</b>
<hr/>	
Vitamin D 0 mcg	0%
Calcium 200 mg	15%
Iron 0 mg	0%
Potassium 224 mg	5%
<hr/>	
**Daily Value not established.	

**Other Ingredients:** Protein Blend [Whey Protein Concentrate, Instant Calcium Caseinate, Egg White Protein, Instant Micellar Casein, Instant Whey Isolate], Maltodextrin, Sunflower Oil, Cellulose Gum, Natural Bitter Blocker Flavor, Xanthan Gum



# dotFIT All Natural WheySmooth

## Who is this for?

- Anyone looking to add a low calorie, high quality protein to their diet for health, performance or body composition change.
- Optimal protein intake is essential for healthy aging, preserving and building muscle tissue, and boosting satiety during weight loss. At least 1 gram of protein per pound of lean body mass is needed for exercising individuals, and more may be beneficial for individuals restricting calories.



## What makes this product unique?

- Contains 140 calories per serving
- There is a 0.3:1 ratio of carbohydrates to protein.
- There are 25 grams of high quality protein per serving (whey protein concentrate and whey protein isolate)
- Grass fed, non-GMO, rBGH free, gluten free, Stevia sweetened
- No artificial colors or flavors
- Whey protein is domestic and the product is manufactured in the USA

## How should I take this?

- Add one (1) scoop to one (1) cup of cold water or liquid or add to foods as desired to meet daily protein targets.

<b>SUPPLEMENT FACTS</b>		
Serving Size: 1 1/2 Scoops (Approx. 35.3 g)		
Servings Per Container: 26		
	Amount Per Serving	% Daily Value*
Calories	140	
Calories from Fat	15	
Total Fat	1.5 g	2%
Saturated Fat	1 g	5%
Cholesterol	65 mg	22%
Sodium	65 mg	3%
Potassium	250 mg	7%
Total Carbohydrate	6 g	2%
Sugars	2 g	**
Protein	25 g	50%
Vitamin A	<2%	• Vitamin C 0%
Calcium	15%	• Iron <2%
Vitamin D	0%	• Thiamin 0%
Riboflavin	0%	• Vitamin B-6 0%
Vitamin B-12	0%	• Pantothenic acid 0%
Phosphorus	<2%	• Magnesium 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	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	
** Daily Value not established		

# dotFIT Best Plant Protein

## Who is this for?

- Anyone looking to add a low calorie, high quality protein to their diet for health, performance or body composition change.
- Optimal protein intake is essential for healthy aging, preserving and building muscle tissue, and boosting satiety during weight loss. At least 1 gram of protein per pound of lean body mass is needed for exercising individuals, and more may be beneficial for individuals restricting calories.

## What makes this product unique?

- Contains 140 calories per serving
- There is a 0.3:1 ratio of carbohydrates to protein.
- There are 21 grams of pea protein isolate, Cranberry seed, Sacha Inchi and Chia seed per serving
- Over 6,000 mg of branched chain amino acids (BCAAs) added
- Non-GMO, gluten free, no dairy, no soy, hypoallergenic

## How should I take this?

- Add one (1) scoop to one (1) cup of cold water or liquid or add to foods as desired to meet daily protein targets.



<b>SUPPLEMENT FACTS</b>		
Serving Size: 1 Scoop (34 g)		
Servings Per Container: 30		
	Amount Per Serving	% Daily Value*
Calories	130	
Calories from Fat	20	
Total Fat	3 g	5%
Saturated Fat	0,5 g	3%
Sodium	270 mg	11%
Potassium	160 mg	5%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	<1%
Sugars	<1 g	**
Protein	21 g	42%
Calcium	65 mg	6%
Iron	7 mg	38%
Magnesium	40 mg	10%
<b>Multi Source Plant Protein Blend:</b> (Pea protein isolate, Cranberry seed, Chia seed, Sacha Inchi seed)	23,855 mg	**
<b>Branch Chain Amino Acids:</b> (L-Leucine, L-Isoleucine and Valine)	6,225 mg	**
<b>Glutamine</b>	3,475 mg	**
<b>Enzyme Blend:</b> (Alpha-galactosidase and Bromelain)	110 mg	**
* Percent Daily Values are based on a 2,000 calorie diet.		
** Daily Value not established.		
<b>Other Ingredients:</b> Inulin, natural cocoa, natural chocolate, stevia, xanthan gum, natural flavor, glycine and silica.		

# dotFIT Unflavored Best Plant Protein

**\*NO Artificial Flavoring or Sweeteners**

## Who is this for?

- Anyone looking to add a low calorie, high quality protein to their diet for health, performance or body composition change.
- Optimal protein intake is essential for healthy aging, preserving and building muscle tissue, and boosting satiety during weight loss. At least 1 gram of protein per pound of lean body mass is needed for exercising individuals, and more may be beneficial for individuals restricting calories.

## What makes this product unique?

- Contains 110 calories per serving
- There are 21 grams of pea protein isolate, Cranberry seed, Sacha Inchi and Chia seed per serving
- 5,000 mg of branched chain amino acids (BCAAs) added
- Non-GMO, gluten free, no dairy, no soy, hypoallergenic
- **UNFLAVORED, (no artificial flavoring or sweeteners) use any of the dotFIT flavor packs or flavor on your own!**
- **Perfect for baking!**

## How should I take this?

- Add one (1) scoop to one (1) cup of cold water or liquid or add to foods as desired to meet daily protein targets.



## SUPPLEMENT FACTS

Serving Size: 1 Scoop (28g)  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	110	
Total Fat	2g	3%*
Sodium	340 mg	15%*
Total Carbohydrate	2 g	1%*
Protein	21g	32%*
Iron	4 mg	22%*
Potassium	30 mg	1%
<b>Multi Source Plant Protein Blend:</b> Pea protein isolate, Cranberry seed, Chia seed, Sacha Inchi seed	24.5 g	**
<b>Branch Chain Amino Acids:</b> L-Leucine, L-Isoleucine and L-Valine	5 g	**
<b>Glutamine</b>	3.5 g	**
<b>Enzyme Blend:</b> Alpha-galactosidase and Bromelain	110 mg	**

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

# dotFIT dotBAR

## *Who is this for?*

- Anyone looking for a good source of carbohydrates and protein to fuel the body and support muscles.

## *What makes this product unique?*

- The bars range from 150 to 190 calories
- Each bar contains 12-15 grams of protein to support muscles, boost satiety, and help meet daily needs
- They contain a 2:1 ratio of carbohydrates to protein to provide proper fuel and recovery throughout the day or before/after a workout

## *How should I take this?*

- Use the dotBAR within your daily calorie plan. This can be to substitute a meal, used as a snack, taken before a workout for proper fuel, taken after a workout for recovery or even used as a dessert



**Salted Caramel Crunch-**  
**190 Calories**  
**(12 grams Protein)**



**Chocolate Peanut Butter Crunch-**  
**190 Calories**  
**(12 grams Protein)**



**PB&J-**  
**160 Calories**  
**(15 grams Protein)**



**Chocolate Fudge Crisp-**  
**150 Calories**  
**(15 grams Protein)**



**Peanut Butter Crisp-**  
**150 Calories**  
**(15 grams Protein)**



**Chocolate Mint-**  
**160 Calories**  
**(15 grams Protein)**



# dotFIT Iced Lemon dotSTICK

## Who is this for?

- Anyone looking for a convenient source of carbohydrates and protein to fuel the body and support muscles. This can be used as a snack, meal replacement, pre/post workout nutrition or even a dessert!



Iced lemon Vanilla Creme

## What makes this product unique?

- The dotSTICKs are 190 calories each
- Each STICK contains 12 grams of protein to support muscles, help control hunger and help meet daily targets
- They contain a 2:1 ratio of carbohydrates to protein provides the proper fuel throughout the day or before/after a workout



Birthday Cake

## How should I take this?

- Use the dotSTICK within your daily calorie plan. This can be to substitute a meal, used as a snack, taken before a workout for proper fuel, taken after a workout for recovery or even used as a dessert!

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size: 1 Bar (50g) Servings per Package: 12 Calories 190 Calories from Fat 54  *Percent Daily Value (DV) are based on a 2,000 calorie diet. †Daily Value Not Established.	<b>Total Fat</b> 6g	9%	<b>Total Carb</b> 26g	9%
	Saturated Fat 2g	10%	Dietary Fiber 3g	12%
	Trans Fat 0g	†	Sugars 8g	†
	<b>Cholesterol</b> 10mg	3%	Sugar Alcohol 8g**	†
	<b>Sodium</b> 170mg	7%	<b>Protein</b> 12g	24%
	Vitamin A 3% • Vitamin C 1% • Calcium 10% • Iron 5%			

# dotFIT VEGANdotSTICK

## Who is this for?

- Anyone looking for a convenient vegan source of carbohydrates and protein to fuel the body and support muscles. This can be used as a snack, meal replacement, pre/post workout nutrition or even a dessert!

## What makes this product unique?

- The Vegan dotSTICKs are 260 calories each
- Each STICK contains 12 grams of protein to support muscles, help control hunger and help meet daily targets
- They contain a 2:1 ratio of carbohydrates to protein provides the proper fuel throughout the day or before/after a workout



## How should I take this?

- Use the Vegan dotSTICK within your daily calorie plan. This can be to substitute a meal, used as a snack, taken before a workout for proper fuel, taken after a workout for recovery or even used as a dessert!

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 9g	12%	<b>Total Carbohydrate</b> 24g	9%
Saturated Fat 4g	20%	Dietary Fiber 4g	14%	
Trans Fat 0g		<b>Total Sugars</b> 10g		
<b>Cholesterol</b> 0mg	0%	Includes 9g Added Sugars	18%	
<b>Sodium</b> 350mg	15%	<b>Protein</b> 12g	24%	
<b>Calories per serving</b> <b>260</b>	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0.3mg 2% • Potassium 40mg 0%			

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# dotFIT High Protein dotCOOKIE

## Who is this for?

- Anyone looking for a convenient source of carbohydrates and high quality protein to fuel the body, help support muscle tissue, and manage appetite.

## What makes this product unique?

- It contains 190 calories per serving
- There are 15 grams of protein (whey protein concentrate and whey protein Isolate) per cookie
- There are 18 grams of fast acting carbohydrates per cookie
- Gluten free
- Extra delicious when heated up

## How should I take this?

- Use the dotCOOKIE within your daily calorie plan. This can be to substitute a meal, used as a snack, taken before a workout for proper fuel, taken after a workout for recovery or even used as a dessert!



<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size 1 Cookie (50g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4g	<b>20%</b>
Monounsaturated Fat 3g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 7g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 15g	<b>30%</b>
Vitamin D 0.1mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 300mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# dotFIT dotWafer

## Who is this for?

- Anyone looking for a convenient source of carbohydrates and high quality protein to fuel the body, help support muscle tissue, and manage appetite.

## What makes this product unique?

- It contains 240 calories per serving
- There are 15 grams of protein per wafer
- There are 12-13 (Choc: 12, Van: 13) grams of fast acting carbohydrates per wafer
- Extra delicious when heated up

## How should I take this?

- Use the dotWafer within your daily calorie plan. This can be to substitute a meal, used as a snack, taken before a workout for proper fuel, taken after a workout for recovery or even used as a dessert!



## Nutrition Facts

Serving size	(46g)
Amount per serving	
<b>Calories</b>	<b>240</b>
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 40mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 3g Added Sugars	6%
<b>Protein 15g</b>	
Vitamin D 0mcg	0%
Calcium 226mg	15%
Iron 1mg	6%
Potassium 82mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.



# dotFIT AminoBoostXXL

## Who is this for?

- Anyone looking for maximum recovery and growth from their training program, or help offset age related muscle loss. The essential amino acids in this formula, including the branched-chain (BCAA's), have been shown to increase muscle protein synthesis, activate new muscle growth and improve recovery from intense training.

## What makes this product unique?

- It contains the eight (8) essential amino acids required for triggering muscle protein synthesis.
- Consuming these essential amino acids around workouts triggers muscle repair and stimulates protein synthesis, supporting new muscle growth, less soreness and better recovery. Better recovery helps maintain high quality training sessions.
- Four (4) grams of leucine is included, which is key for muscle protein synthesis.

## How should I take this?

- On training days, use one (1) serving pre-workout and one (1) serving immediately post-workout. Individuals under 150 lbs use half of the above recommended dosage.
- Consume one (1) serving before bedtime to help decrease protein breakdown during sleep if desired.



## Supplement Facts

Serving Size: 1 Scoop (16 g)  
Servings Per Container: 37

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	<1%*
Sodium (as Sodium Chloride)	90 mg	4%
<b>AminoBoost XXL Complex</b>	<b>11.9g</b>	<b>**</b>
L-Leucine	4g	**
L-Phenylalanine	1.67 g	**
L-Lysine HCl	1.67 g	**
L-Threonine	1.3 g	**
L-Valine	1.1 g	**
L-Histidine Base	900 mg	**
L-Isoleucine	900 mg	**
L-Methionine	360 mg	**

\* Percent Daily Value Based on a 2,000 Calorie Diet

\*\* Daily Value Not Established

# dotFIT Vegan AminoBoostXXL

## Who is this for?

- Anyone looking for maximum recovery and growth from their training program, or help offset age related muscle loss. The essential amino acids in this formula, including the branched-chain (BCAA's), have been shown to increase muscle protein synthesis, activate new muscle growth and improve recovery from intense training.

## What makes this product unique?

- It contains the eight (8) essential amino acids required for triggering muscle protein synthesis.
- Consuming these essential amino acids around workouts triggers muscle repair and stimulates protein synthesis, supporting new muscle growth, less soreness and better recovery. Better recovery helps maintain high quality training sessions.
- Four (4) grams of leucine is included, which is key for muscle protein synthesis.
- Vegan, GMO Free, No artificial sweeteners, flavors or colors!

## How should I take this?

- On training days, use one (1) serving pre-workout and one (1) serving immediately post-workout. Individuals under 150 lbs use half of the above recommended dosage.
- Consume one (1) serving before bedtime to help decrease protein breakdown during sleep if desired.



## Supplement Facts

Serving Size: 1 Scoop (23 g)  
Servings Per Container: 37

	Amount Per Serving	% Daily Value
Calories	70	
Total Carbohydrate	7 g	0%
Total Sugars	5 g	*
AminoBoost XXL Complex	11.9 g	*
L-Leucine	4 g	*
L-Phenylalanine	1.67 g	*
L-Lysine HCl	1.67 g	*
L-Threonine	1.3 g	*
L-Valine	1.1 g	*
L-Histidine Base	900 mg	*
L-Isoleucine	900 mg	*
L-Methionine	360 mg	*

\* Daily Value Not Established

# dotFIT Creatine Monohydrate

## Who is this for?

- Anyone looking to take their training and performance to the next level. Creatine monohydrate is made and stored in the body. Supplementation has been shown to increase strength, power and muscle size; improve recovery from high intensity exercise, and enhance athletic performance. Creatine monohydrate recycles your body's immediate energy stores, allowing you to train more intensely. It also provides a cell volumizing effect, which drives more nutrients and water into the cells to maximize protein synthesis (building).

## What makes this product unique?

- It contains Creapure®, a superior form of creatine monohydrate sourced from Germany, which results in less waste/byproduct.
- It is NSF-Certified for Sport for purity, potency and label accuracy
- There are 5 grams per serving
- Delicious Raspberry Lemonade Flavor



## How should I take this?

- For the first five days of loading, mix one (1) heaping scoop with 4-8 oz of favorite fluid and take four (4) times daily with a carbohydrate containing meal/drink. Thereafter take 1/2 to 1 scoop (1-scoop if over 200 lbs) twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing ~25 to 45 grams of carbohydrate (depending on size). On training days use one dose before workout and one after with meals/drinks. May mix with your pre & post training formula.

## Supplement Facts

Serving Size: 6.8g (1 heaping scoop) Servings Per Container: 60

	Amount Per Serving	% Daily Value*
Calories	5	
Total Carbohydrate	2 g	1%
Calcium	24 mg	2%
Creatine Monohydrate	5,000 mg	**

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

\*\* % Daily Value not established.

**Other Ingredients:** Maltodextrin, Citric Acid, Natural and Artificial Flavors, Calcium Silicate, Sucralose, Red Beet Juice (for color).

# dotFIT ExtremeCreatineXXXL

## Who is this for?

- Anyone looking to take their training and performance to the next level. Creatine monohydrate is made and stored in the body. Supplementation has been shown to increase strength, power and muscle size; improve recovery from high intensity exercise, and enhance athletic performance. It recycles your body's immediate energy stores, allowing you to either get those extra reps and train harder. Beta-Alanine buffers fatigue-producing compounds in the body. These ingredients bolster muscle strength and endurance, and supports lean muscle mass.

## What makes this product unique?

- This formula contains 3 proven ingredients in the highest quality, most effective forms in ideal doses:
  - Creatine monohydrate from Creapure
  - Beta alanine from Carnosyn
  - L-glutamine in a stable, dipeptide form
- Stimulant free, easy to mix powder
- NSF Certified for Sport

## How should I take this?

- As a dietary supplement, mix 2 scoops daily with 8 oz. of water, as directed below
  - On Training Days: Take 1 scoop before training and 1 scoop after. You may mix with your pre/post shake containing protein and carbohydrates
  - On Non-Training Days: Take 1 scoop with morning meal or shake and 1 scoop with evening meal or shake.



## Supplement Facts

Serving Size: 1 Rounded Scoop (10.7g)  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1g	0%
CreaPure® Creatine Monohydrate	2.5 g	*
CarnoSyn® Beta-Alanine	1.6 g	*
L-Glutamine	3.5 g	*

\* Daily Value Not Established



# dotFIT NO7 Rage

## Who is this for?

- Adult exercisers looking for the ideal pre-workout booster to take their training and performance to the next level. The ingredients maximize muscle “pump” and volumization, help remove lactic acid, and improve performance.

## What makes this product unique?

- It contains L-Citrulline (which converts to L-Arginine, without the massive amounts needed if it was just L-Arginine) to enhance nitric oxide production for the muscle pump.
- Creatine monohydrate and beta-alanine are included to boost strength, power and reduce fatigue.
- Every serving includes caffeine, glucuronolactone, and taurine to increase mental focus, reaction time and physical endurance.

## How should I take this?

- Mix the appropriate amount listed below with at least 8 oz. of water. Consume 30 to 40 minutes before workout.
  - Users under 150 lbs. - 1.5 scoops
  - 150-200 lbs. - 2 scoops
  - More than 200 lbs - 2.5 scoops



## Supplement Facts

Serving Size: 1 scoop (15.8g)  
Servings Per Container: 40

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Sodium	140 mg	6%
Potassium (as potassium citrate)	320 mg	9%
Creatine Monohydrate	2,500 mg	†
Taurine	2,000 mg	†
Glycerol Powder 65% (Hydromax®)	2,000 mg	†
L-Citrulline	1,000 mg	†
Beta-Alanine (as CarnoSyn®)	1,000 mg	†
Inositol Arginine Silicate (Nitrosigine™)	750 mg	†
Agmatine Sulfate	500 mg	†
Glucuronolactone	400 mg	†
Caffeine	175 mg	†
Pine Bark (95% proanthocyanidins)	100 mg	†
Alpha Lipoic acid	10 mg	†

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

†Daily value not established

# dotFIT WorkoutExtreme

## Who is this for?

- Adult exercisers looking for a powerful, pre-workout formula to boost alertness, energy levels and metabolism, and delay fatigue.

## What makes this product unique?

- dotFIT's WorkoutExtreme contains:
  - Caffeine anhydrous, which stimulates the central nervous system, increases focus and mental alertness, boosts metabolism, decreases perceived effort level and delays exhaustion.
  - Glucuronolactone and taurine work synergistically with caffeine to support energy and performance.

## How should I take this?

- As a dietary supplement, take up to five (5) capsules, 30 minutes before a workout with 8 oz. of water or your favorite beverage.
- Consume only if caffeine is well tolerated.
- Do not consume within five (5) hours of bedtime.
- Do not combine with other stimulants.



<b>Supplement Facts</b>		
Serving Size: 5 Capsules	Servings per Container: 30	
	Amount Per Serving	% DV
Taurine	3000 mg	*
Glucuronolactone	600 mg	*
Caffeine Anhydrous	350 mg	*
* % Daily Value not established.		

# dotFIT Muscle Defender

## Who is this for?

- Intense exercisers looking for immune system support and increased muscle protein synthesis and recovery, especially during periods of caloric restriction.

## What makes this product unique?

- It contains 5 grams of L-glutamine combined with magnesium and chromium, making it the most stable form of glutamine available.
- Clinical tests have shown using this combination of ingredients can elevate muscle glutamine levels above baseline for 90 minutes (perfect time for workouts!).
- NSF Certified for Sport for purity, potency and label accuracy

## How should I take this?

- Mix one (1) scoop with 8 oz. of water or your favorite beverage. On training days, consume half before workouts and the other half immediately after.
- For maximum results use an additional scoop 15-30 minutes before bedtime.



## Supplement Facts

Serving Size 5.4g (1 level scoop)  
Serving Per Container: 70

	Amount Per Serving	% DV*
Magnesium (as magnesium glycinate glutamine chelate)‡	34 mg	9%
Chromium (as chromium nicotinate glycinate chelate)‡	150 mcg	125%
L-Glutamine	5 g	**

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

# dotFIT Recover&Build

## *Who is this for?*

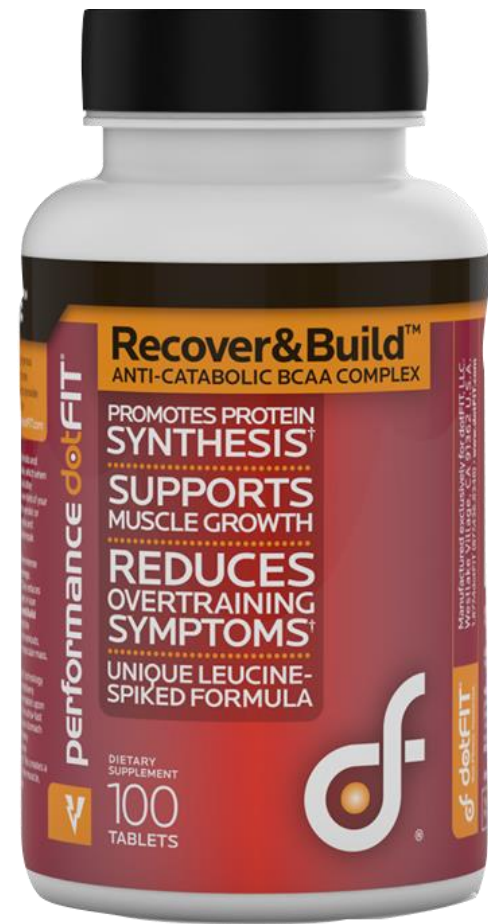
- Anyone not using AminoBoostXXL and looking for support in recovery and growth from their training program. The branched chain amino acids (BCAAs) in this product have been shown to trigger muscle protein synthesis and may offset the effects of calorie restriction on muscle protein breakdown.
- Potentially assists endurance athletes in delaying fatigue.

## *What makes this product unique?*

- It contains the 3,835 mg per serving of the key essential amino acid, leucine, which turns on muscle protein synthesis.
- Recover&Build utilizes a unique “swell & release” delivery system that allows the nutrients to be delivered as fast as possible

## *How should I take this?*

- Minimum dose: Take five (5) tablets 30-45 minutes before exercise.
- Optimal dose and for those over 200 lbs, take eight (8) tablets 30-45 minutes before exercise.



## 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	*

\* % Daily Value not established.