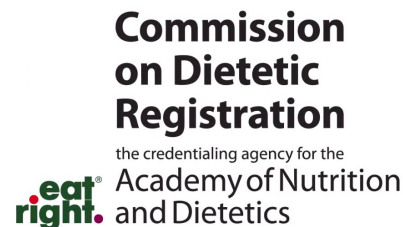


# dotFIT - Trusted by Professionals

## *R&D for Nutrition Programs & Products*

- Over 1,500 sport and fitness facilities
- Over 40,000 fitness professionals
- Trusted & Used by MILLIONS of Households
- Largest provider of 3<sup>rd</sup> party tested nutrition programs and products in the sport and fitness channels including collegiate and professional sports





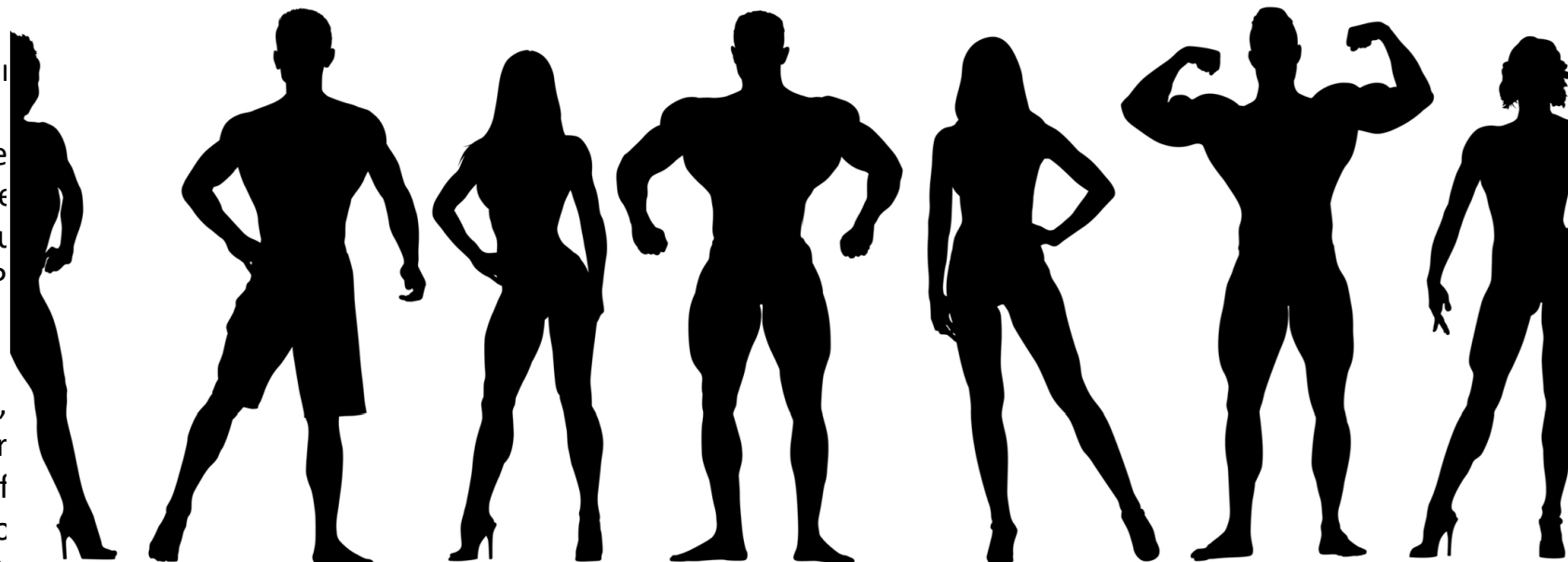
Supporting Over 200 College & Pro Sport Teams

## dotFIT Custom Group Previous Supplements of the Month -all available in your dotFIT U-TUBE Channel

Note: all products have extended video education found in your trainer console and dotFIT U-TUBE

Support Recordings containing the full science of all products is in your trainer console under "[dotFIT Tools](#)" then "[Supplement Education](#)"

- Feb 18 (2022), Intro to dotFIT, history, why i (Baseline supplementation)
- Mar 18 – All Proteins, Protein Intro, Update
- April 8 – AminoFormula - Perf Cat 2, Update
- May 6 – Fat loss intro review, ea. product su
- June 3 – Essentials (MVM [Ca, V-D], SO-3, P
- July 8 – JointFlexPlus with Collagen intro &
- Aug 5 – All Nutrition Bars, FAQs, Updated
- Sept 2 – Family Essential Packs (MVM, SO3,
- Oct 14 – UltraProbiotic Full; Scripts/collater
- Nov 4 – MR Powders & Bars, Save Calories f
- Dec 9 – Immune Bundles, Presentations, Cc
- Jan 6 – Popular Diets and New Year Resolut
- Feb 3 – Popular Gym-Goer Products for The
- Mar 3 – Playspan®, Self-Care & Future of Fit
- Oct 6 –Alln1 SuperBlend™ Launch: produc
- logistics
- Nov 10 – Holiday/New Year weight solution
- favorite protein



## Part 3 - Optimizing Body Composition, Contest Prep

### dotFIT Masterclass

Neal Spruce, Founder & CEO

Kat Barefield, MS, RD, CPT

- **Dec 8 – Optimizing BodyComp Part 1 - Weight Loss vs. Fat Loss, Beyond Calorie**
- **Jan 5 – Optimizing body composition: Part 2 – Maximizing Gainz While Minimizing Bodyfat**

**Feb 2 (2024) – Part 3 - Optimizing Body Composition, Recap 1&2, monitoring, myths & Contest Prep**



# Content to be Presented

- Part 1 Recap – Maximizing Fat Loss While Preserving/increasing Muscle
- Monitoring and Adjustments for Overcoming Plateaus
- Fat Loss Facts
- Part 2 Recap – Maximizing Muscle Gain While Minimizing Fat Gain
- Physique & Bodybuilder Contest Prep







## Part 1 – Recap

Maximizing Fat Loss While  
Preserving or Increasing Muscle

---

- Dieting (reducing calories) invokes survival mechanisms to close the deficit
  - Increase in hunger hormones, decrease in NEAT, reduced BMR, loss of LBM, causes nutrient shortages
- Goal is for the program to offset the body's natural defenses



# Part 1 – Recap

Maximizing Fat Loss While Preserving or increasing Muscle –  
Calories & Macronutrients

## **Starting Calories**

---

- ~500-750 calories below maintenance (goal caveat)
- Adjust to lose ~0.5 - 1.5% body fat every two weeks
  - The leaner, the slower to protect or add LBM

## **Prioritize Protein: 25-35%**

- 1 g per pound of body weight (or LBM). Trends up during prolonged fat loss
  - Divided 4-6 times per day, including pre/post workout

## **Starting Carbohydrate: 40-50%**

- Most before workout (unless early training), some with meals
  - First macro to be reduced if calories are reduced

## **Starting Fats: 25-35%**

- Second macro to adjust based on goal and energy

Bottom line is to maintain or increase nutrients/protein as body fat loss progresses while altering calories as necessary to stay on target



# Part 1 – Recap

## Bodyfat reduction/LBM Protect or increase 4/5 Component Summary

Favorably Altering Body Composition

### Meal Planning

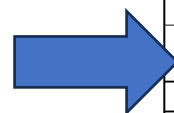
- Proper macronutrient and timed caloric intake below maintenance – see sample for basic structure

### Exercise

- Resistance training & cardio as necessary for desired caloric extraction & deposition

### Dietary support (nutrients with little to no calories)

- Nutrient dense caloric efficiency – i.e., supplementation with isolated nutrients to feed muscle/starve bodyfat, and appetite support
  - Baseline through physique competition support



Meal 1 – Morning Meal (Eat this meal as soon as you wake up.)	Pro (g)	Carb (g)	Fat (g)	Calories
2 eggs + 2 egg whites (scrambled)	19	2	9	174
2 pieces whole grain toast	9	28	3	170
1/2 cup sliced strawberries	1	6	-	27
1/2 cup blueberries	1	11	-	42
<b>Total:</b>	<b>30</b>	<b>47</b>	<b>12</b>	<b>413</b>
<b>Percent of Calories:</b>	<b>30%</b>	<b>44%</b>	<b>26%</b>	
Meal 2 – Lunch (Eat this meal 2 1/2 to 3 hours before workouts or competition.)	Pro (g)	Carb (g)	Fat (g)	Calories
2 pieces whole grain bread	9	28	3	170
3 ounces sliced oven roasted turkey breast	12	6	2	90
1-ounce sliced avocado	1	2	4	45
1 tablespoon light mayo			4	45
1 teaspoon of mustard				3
Lettuce and tomato		1		6
<b>Total:</b>	<b>22</b>	<b>37</b>	<b>13</b>	<b>359</b>
<b>Percent of Calories:</b>	<b>25%</b>	<b>41%</b>	<b>34%</b>	
Meal 3 – Pre-Training Snack - (Eat this snack 10 to 40 minutes before workouts)	Pro (g)	Carb (g)	Fat (g)	Calories
1 scoop dotFIT WheySmooth	25	7	3	160
8 ounces of water + ice as desired	-	-	-	-
<b>Total:</b>	<b>25</b>	<b>7</b>	<b>3</b>	<b>160</b>
<b>Percent of Calories:</b>	<b>65%</b>	<b>17%</b>	<b>18%</b>	
Meal 4 – Post Training Snack - (Eat or drink this snack immediately after workouts)	Pro (g)	Carb (g)	Fat (g)	Calories
1 scoop dotFIT WheySmooth	25	7	3	160
8 ounces of water + ice as desired	-	-	-	-
<b>Total:</b>	<b>25</b>	<b>7</b>	<b>3</b>	<b>160</b>
<b>Percent of Calories:</b>	<b>65%</b>	<b>17%</b>	<b>18%</b>	
Meal 5 – Post-training Meal (Eat this meal within 1.5-hours after workouts.)	Pro (g)	Carb (g)	Fat (g)	Calories
1 large (8 oz) baked sweet potato	4	37		159
1/2 tablespoon of butter	-	-	6	51
3 ounces roasted chicken breast, skinless	26	-	3	140
4 cups of mixed greens	2	5		34
2 tablespoons balsamic vinaigrette		3	5	60
<b>Total:</b>	<b>32</b>	<b>45</b>	<b>14</b>	<b>434</b>
<b>Percent of Calories:</b>	<b>30%</b>	<b>40%</b>	<b>30%</b>	
Meal 6 – Dinner (Eat this typical dinner within 3-4 hours of previous meal.)	Pro (g)	Carb (g)	Fat (g)	Calories
1 cup cooked brown rice	5	46	2	218
3 ounces baked salmon	19	-	11	176
8 asparagus spears	3	5		26
1/2 tablespoon of extra virgin olive oil	-	-	7	60
<b>Total:</b>	<b>27</b>	<b>51</b>	<b>20</b>	<b>474</b>
<b>Percent of Calories:</b>	<b>37%</b>	<b>35%</b>	<b>26%</b>	
<b>Menu Totals:</b>	<b>161</b>	<b>194</b>	<b>65</b>	<b>2005</b>



**TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!**  
**MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS -GET PAID OVERTIME FOR YOUR WORKOUT!**  
**FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!**

## **BODYFAT REDUCTION SUCCESS PACKAGES**



**Level-1 Package: Go fast**  
**Results paid in full**

**Level-2: Go Faster**  
**Results Paid Overtime**

**Level-3: Fastest**  
**Results Paid Double Time**

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# BODYFAT REDUCTION SUCCESS PACKAGES

And - Ashwagandha, Turmeric (curcumin)  
 & Mushroom blend to battle stress,  
 anxiety, fatigue and improves sleep quality  
 to enhance overall wellbeing



**Level-1 Package: Go fast**  
**Results paid in full**

**Level-2: Go Faster**  
**Results Paid Overtime**

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**Results Paid Double Time**



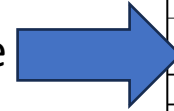
# Part 1 – Recap

## Bodyfat reduction/LBM Protect or increase 4/5 Component Summary

Favorably Altering Body Composition

### Meal Planning

- Proper macronutrient and timed caloric intake below maintenance – see sample for basic structure



### Exercise

- Resistance training & cardio as necessary for desired caloric extraction & deposition

### Dietary support (nutrients with little to no calories)

- Nutrient dense caloric efficiency – i.e., supplementation with isolated nutrients to feed muscle/starve bodyfat, and appetite support
  - Baseline through physique competition support

### Personal Programming Assistance

- Set up, monitoring & adjustments (trainer & client centric program)
  - Based on starting and ongoing weekly measurements

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8 ounces of water + ice as desired	-	-	-	-
<b>Total:</b>	<b>25</b>	<b>7</b>	<b>3</b>	<b>160</b>
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	25	7	3	160
	-	-	-	-
	25	7	3	160
	65%	17%	18%	
Meal 5 – Dinner (Eat this typical dinner within 3-4 hours of previous meal.)	Pro (g)	Carb (g)	Fat (g)	Calories
	4	37		159
	-	-	6	51
	26	-	3	140
	2	5		34
		3	5	60
<b>Total:</b>	<b>32</b>	<b>45</b>	<b>14</b>	<b>434</b>
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3 ounces baked salmon	19	-	11	176
8 asparagus spears	3	5		26
1/2 tablespoon of extra virgin olive oil	-	-	7	60
<b>Total</b>	<b>27</b>	<b>51</b>	<b>20</b>	<b>479</b>
<b>Percent of Calories</b>	<b>37%</b>	<b>35%</b>	<b>26%</b>	
<b>Menu Totals:</b>	<b>161</b>	<b>194</b>	<b>65</b>	<b>2005</b>



Level-1 Package: Go fast  
Results paid in full

Level-2: Go Faster  
Results Paid Overtime

Level-3: Fastest  
Results Paid Double Time



# Diet Monitoring & Adjustments

## Program Algorithms

### Consistency

- Weigh or measure in same clothing, same time of day and same scale.

### Body fat

- Use same method or device for body fat measurements. Skin calipers preferred.

### Adjust if needed

- If necessary, only adjust calories in or out every seven days



# Progress Check Pop-Up

*Appears on Summary page every 1-2 weeks*

## TRAINER TIP:

### The dotFIT Program:

- Adjusts calories based on input
- Provides feedback and options
- Tracks results on progress graphs

### Coaching Measurements

#### Progress Check

It's time to check your results and get feedback to stay on track. Enter your weight and body fat now.

Weight:  lbs

Body Fat:  %

**ENTER**



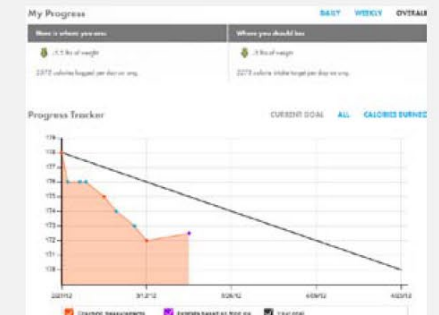
## Actionable Feedback

### Feedback

According to your weight/measurement change since the beginning of this program, you lost 0 lb (s) of weight, therefore you consumed an average of 0 fewer calories per day than you burned during this period. Your goal was to lose 2.3 lb(s). Keep in mind, body weight can vary based on rate/amounts of muscle/fluid gains or losses.

What do you want to do:

1. Keep my program the same.  
**Select**
2. Understand why my weigh-in was different than I expected.  
**Select**
3. Keep my goal date of 06/07 and update my average deficit target to 1082 calories per day  
**Select**
4. Keep current calorie deficit of 1000 and extend the goal date to 6/15/2010  
**Select**
5. Start a new program  
**Select**
6. Contact a coach  
**Select**



*Do not ignore it – this is your accountability secret sauce!*

# Diet Monitoring & Adjustments

## Program Algorithms

### Adjustments:


- Measurable or visual reduction in body fat and/or weight proceeds in a consistent manner, e.g. a decrease in circumference inches, and/or the desired average decrease in body fat per week
- If progress stops or slows dramatically, use one or combination of adjustments to re-start the process:
  - **Increase daily activities** (e.g., daily steps or other non-athletic/exercise activities)
    - Standing and pacing burns 1.5-2 times more calories than sitting for the same period
    - There are approximately 2000-2500 steps (depending on stride length) in a mile. Walking 2000 steps will burn ~75-150 more calories (depending on individual size) than sitting for the same time, takes ~20-30min and can be done anywhere, even in the office, while on the phone or watching TV
  - **Increase cardio workout time and/or intensity** and include interval training if necessary
    - Ex: if doing 30 minutes 5D/WK, go to 45min and add interval work within the time frame
  - **Decrease food intake** approximately 200 to 300 calories per day or remove a small portion (carbs/fats) of largest meal other than pre-workout meal (incorporate 3-days low/1-high as necessary)
  - **Add dietary support** beyond baseline as necessary (thermogenic, energy partitioning, appetite control, etc.)
- **Repeat the process any time body fat is stable for at least one week. Always remember if you are supplementing properly and you stop losing fat, you need to eat less, move/burn more or a combination of the two regardless of what you read or hear from others.**  
As you lower calorie intake, make sure your protein intake stays at or above 1gm per pound of body weight to protect LBM



# Monitoring & Adjustments cont.....

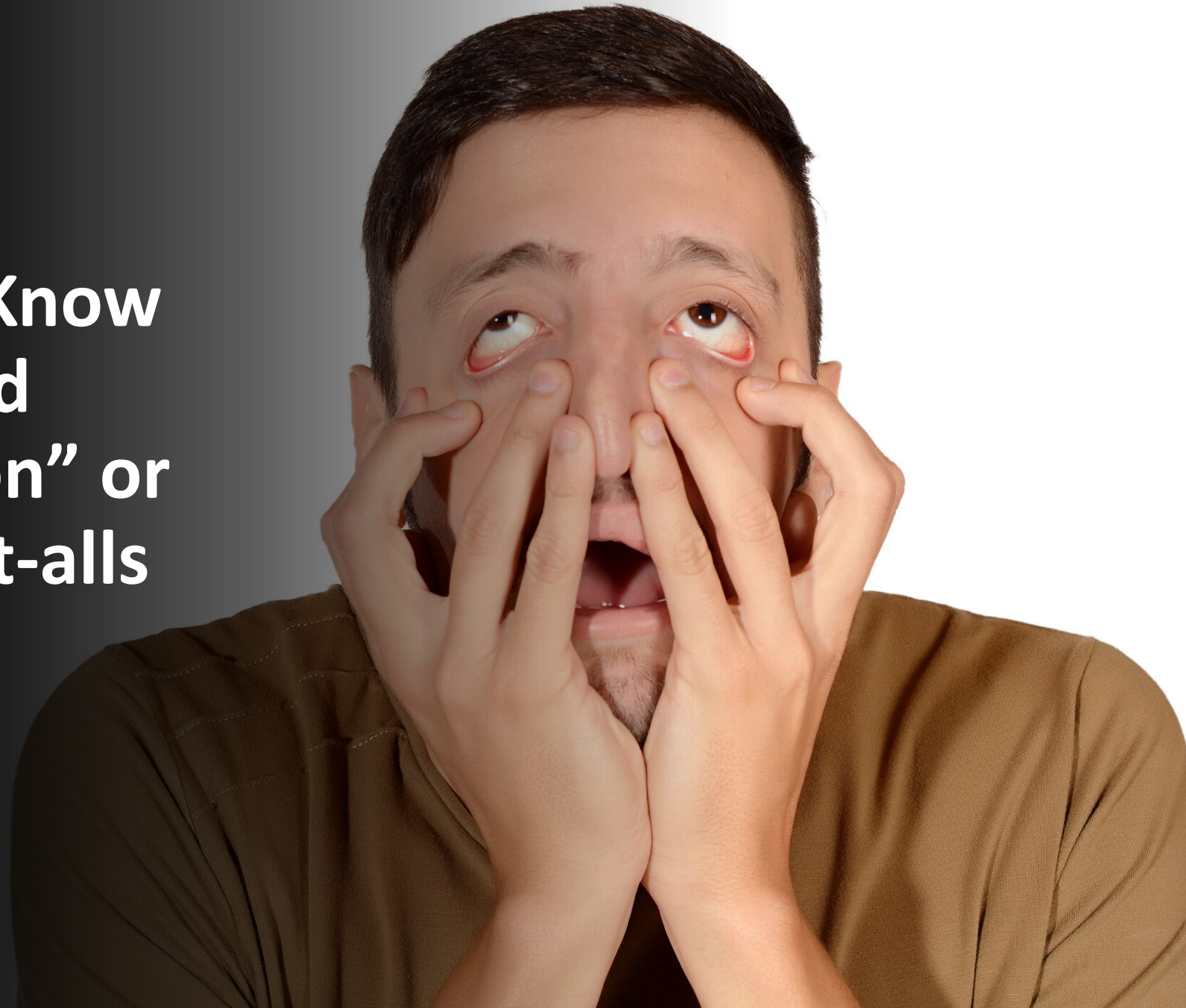
- *Note: what it takes to get the goal is not necessarily what it takes to maintain it depending on when and how long you stabilize*
- Once body composition goal is achieved, increase calorie intake and decrease, as/if needed, activities to maintain desired body fat (i.e., plug in maintenance goal) and may discontinue **goal** supps (not the health)





# Facts You Need To Know To Avoid Failure and “Internet Distraction” or unqualified know-it-alls

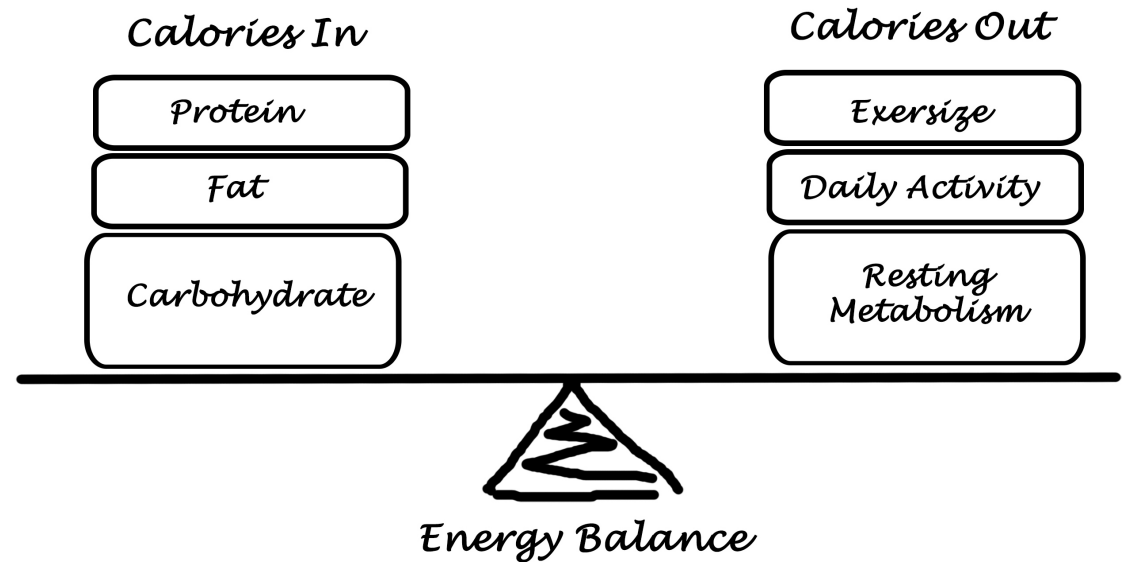
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## Facts You Need To Know To Avoid Failure and “Internet Distraction” or unqualified know-it-alls

### Fact:

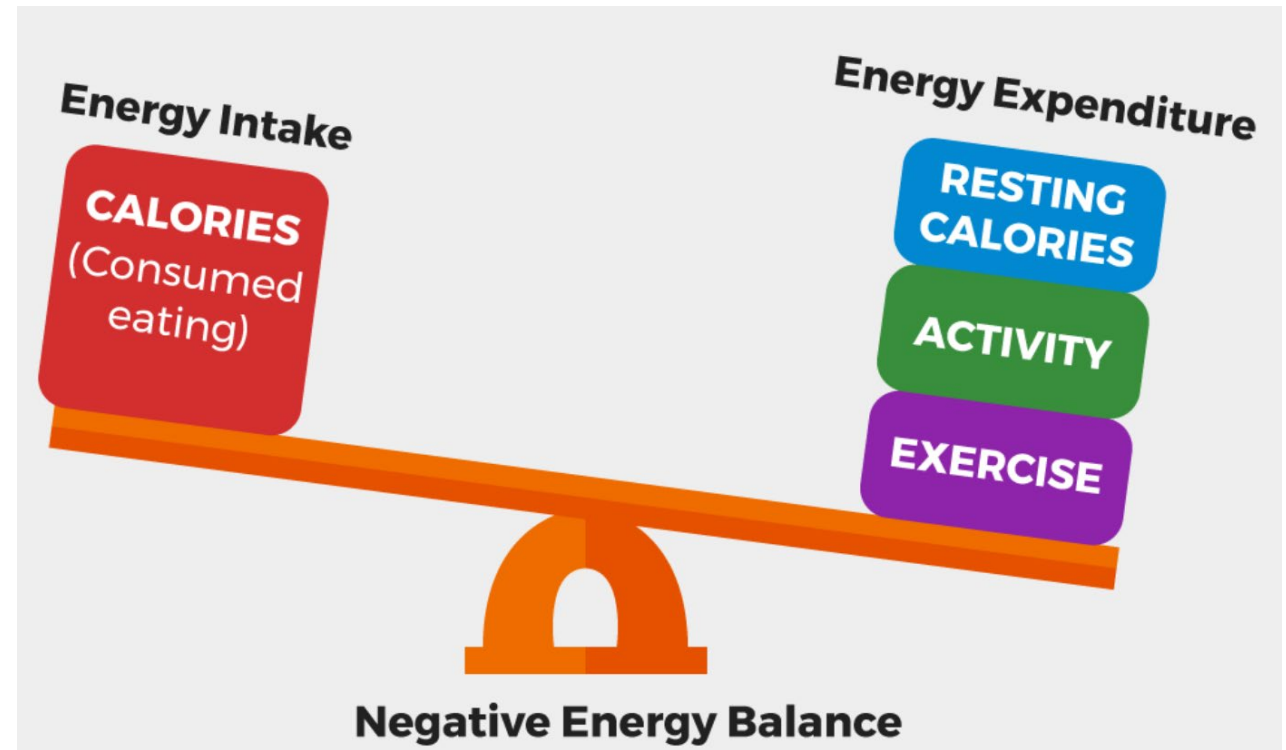
- Energy is neither created or destroyed – only transferred
  - Law of Thermodynamics
- No mammalian structure violates this law





# Facts You Need To Know To Avoid Failure and “Internet Distraction” or unqualified know-it-alls

- Rate of weight/fat lost is always the average daily energy/calorie deficit
- Where energy is removed during a deficit is controlled by all factors discussed here (and there is no “spot reducing”)



# Facts You Need To Know To Avoid Failure and “Internet Distraction” or unqualified know-it-alls



There is no spot reducing. A deficit draws from stores wherever the body is programmed



Genetics set the subcutaneous fat programming and age can alter it (caveat –visceral fat)

DIETMORE

## HOW TO GET RID OF BELLY FAT

*the secrets you never knew*

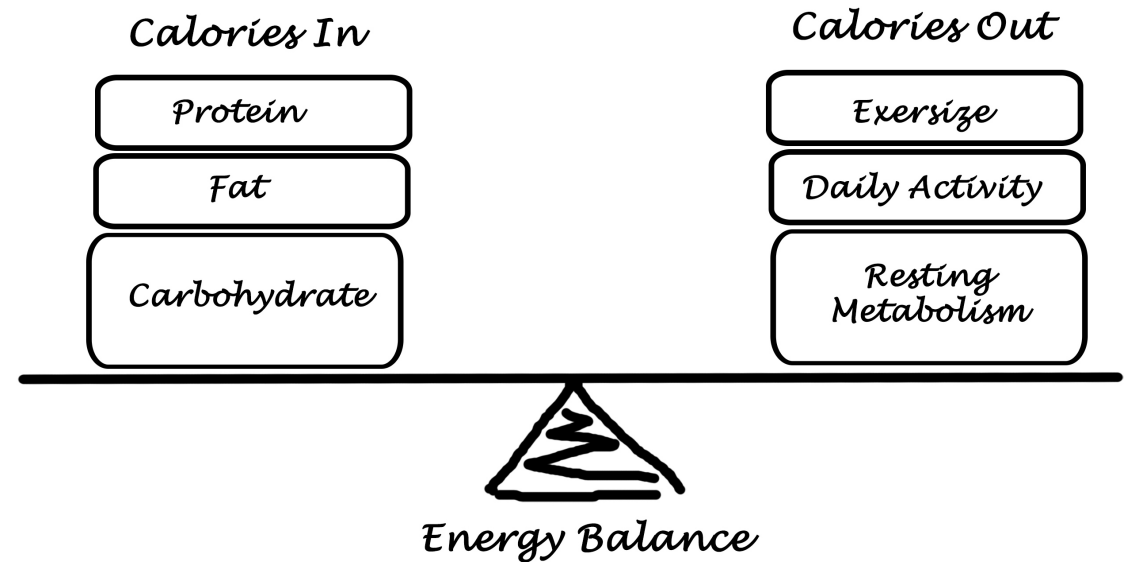


## Facts You Need To Know To Avoid Failure and “Internet Distraction” or unqualified know-it-alls

Fact:

A weight and body composition  
plateau is the definition of  
energy balance ( $CI=CO$ )

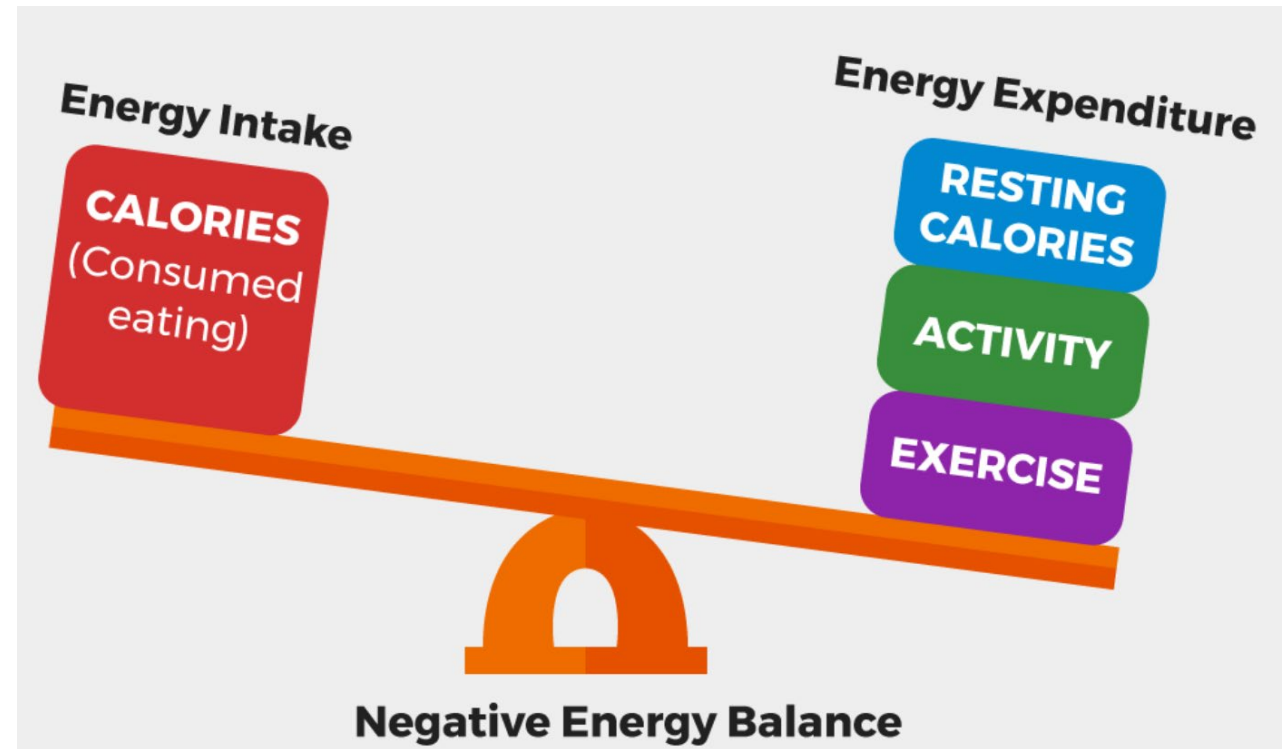
Regardless of the “human  
math”





# Facts You Need To Know To Avoid Failure and “Internet Distraction” or unqualified know-it-alls

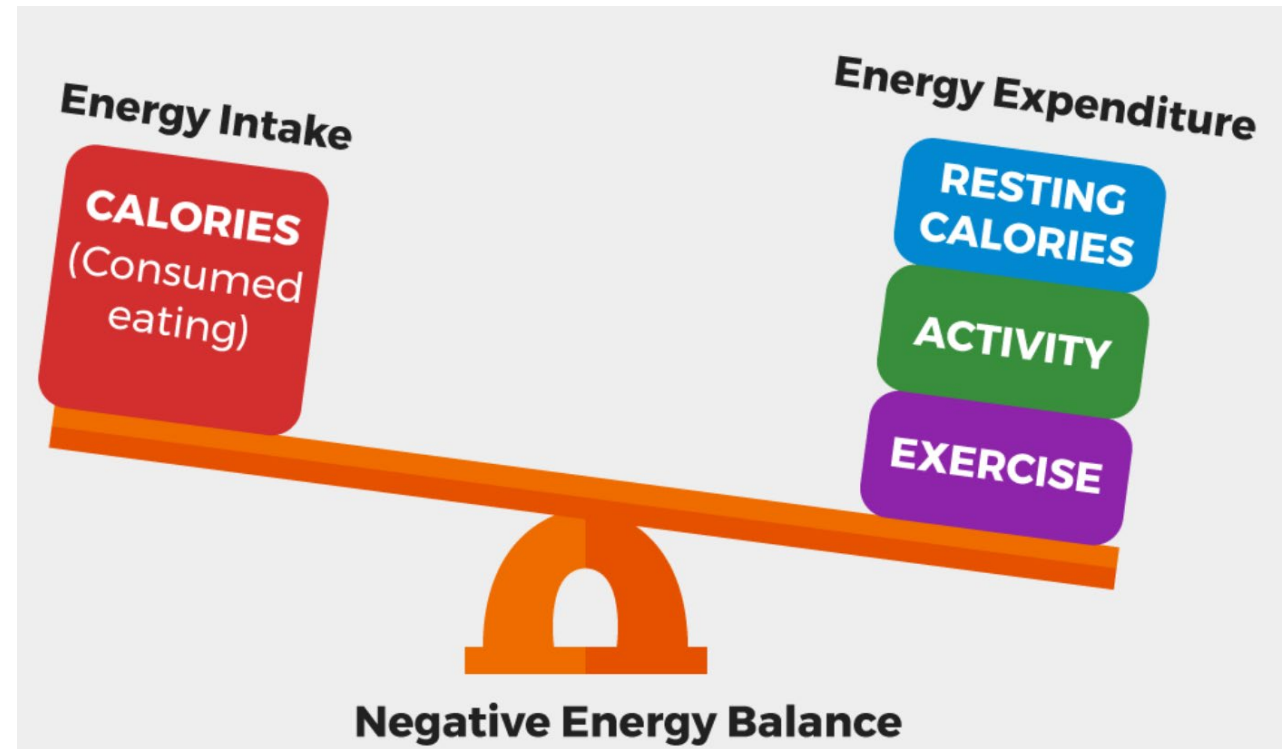
- Continuous fat loss requires continuous adjustments of CI/CO as the body naturally adapts
- Type of CI can effect CO; weight/fat reduction & fitness leads to energy efficiency (adding LBM can offset)



# Facts You Need To Know To Avoid Failure and “Internet Distraction” or unqualified know-it-alls

## FACT:

- No limit to fat loss until death, meaning plateaus are avoided or broken by adherence to program adjustments
- Genetics, age, medications, etc., can make progression more difficult – but not impossible



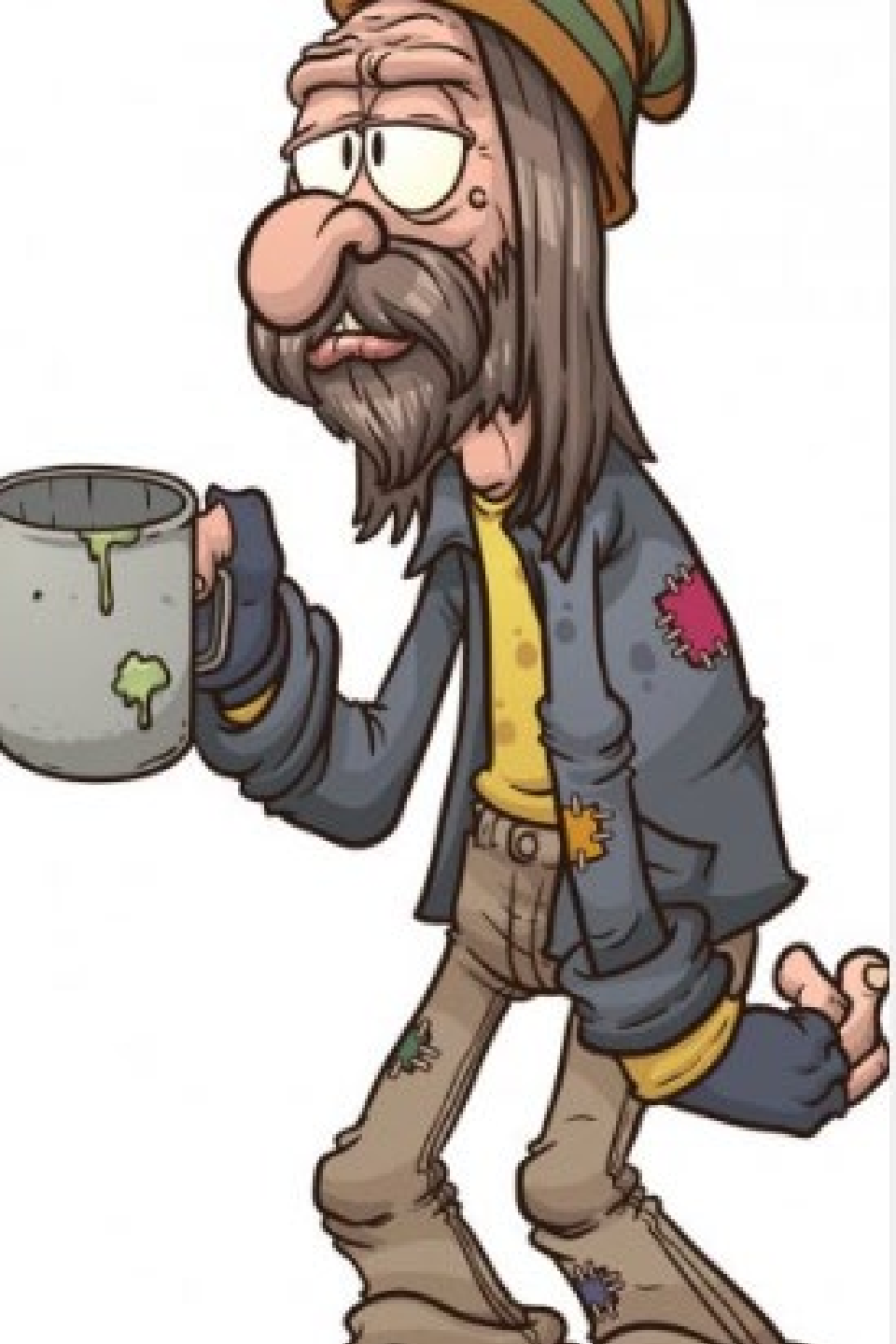
# Facts You Need To Know To Avoid Failure and “Internet Distraction”

## FACT:

- Numbers don't lie – people do
- Clients are misrepresenting intake/movement if plateau is not overcome by following directions while they profess to be adherent
- Mis or underreporting is common but not necessarily purposeful (e.g., declining daily activities often go unnoticed, calorie intake reporting incomplete/inaccurate, etc.)







# Facts You Need To Know To Avoid Failure and “Internet Distraction” or unqualified know-it-alls

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## FACT:

No such thing as “starvation mode” or calorically “damaged metabolism.” Human metabolism slightly flexes in both directions as needed

Starving humans don’t eventually perish while overweight - i.e., die still fat

Facts you need to know to not fail or be “Internet Distracted” or unqualified know-it-alls

# Motivation, not Necessarily Method, Predicts Success

Or Moving to a Deserted Island



Recap

# Part 2 – Maximizing Muscle Growth While Minimizing Fat Gain



# Summary – Ideal Nutrition Gainz Program



## Nutrition Plan - Set up Your dotFIT Program for Muscle Gain and See Sample Menus

Calories	5-20% above maintenance Adjust every 7 days if needed based on measurements
Protein	1.0 gram per pound of LBM or body weight split evenly across 4-6 meals + pre/post within 1-2 hours of exercise
Fat	~0.2 to 0.7g /lb. of body weight per day (20-35% of total calories)
Carbs	~1.4-2.3 g/lb. of body weight per day
Baseline/Foundational Supplements	<ul style="list-style-type: none"><li>• Targeted Multivitamin &amp; Mineral with Vitamin D</li><li>• Omega-3 Fish Oils (EPA+DHA) if diet falls short of 8.5 ounces of fatty fish/week</li><li>• Calcium if diet falls short of 1,000-1,300 mg/day</li><li>• Protein to help meet daily targets + optimize timing</li></ul>
Supplements to Enhance Training Sessions	<ul style="list-style-type: none"><li>• Creatine Monohydrate (loading by weight: 0.14 g/lb./day 4 times per day for 5 days + maintenance by weight: .014-.04 g/lb./day)</li><li>• Caffeine (1.4-2.7 mg/lb of body weight)</li><li>• Beta Alanine (~3.2–7 g per day, divided into 800–1,600 mg doses for 4 weeks minimum)</li></ul>
Supplements to Enhance Training Adaptations	<ul style="list-style-type: none"><li>• Protein (full spectrum of EAAs with ~2.5 g of leucine)</li><li>• Essential Amino Acids (10-12 g)</li><li>• Creatine Monohydrate (see above for doses by weight)</li></ul>

**LET'S TAKE YOUR RESULTS WELL BEYOND DIET & EXERCISE ALONE! WE WILL DIRECTLY FEED YOUR MUSCLES THEIR BUILDING BLOCKS, SO THEY GROW BIGGER FASTER WITHOUT ADDING BODYFAT AND OPTIMIZE DAILY ENERGY LEVELS, PERFORMANCE AND WORKOUT INTENSITY - GET BIGGER, STRONGER & FASTER - AND KEEP GOING**



&/OR

***Level 1- Build Fast  
Results Paid in Full***

***Level-2 Build Faster  
Results Paid Overtime***

***Competitor Level - Build Fastest  
Results Paid Double Time***

**LET'S TAKE YOUR RESULTS WELL BEYOND DIET & EXERCISE ALONE! WE WILL DIRECTLY FEED YOUR MUSCLES THEIR BUILDING BLOCKS, SO THEY GROW BIGGER FASTER WITHOUT ADDING BODYFAT AND OPTIMIZE DAILY ENERGY LEVELS, PERFORMANCE AND WORKOUT INTENSITY – GET BIGGER, STRONGER & FASTER - AND KEEP GOING**



**And - Ashwagandha, Turmeric (curcumin) & Mushroom blend to battle stress, anxiety, fatigue and improves sleep quality to enhance overall wellbeing**

**Level 1- Build Fast  
Results Paid in Full**

**6gms of fiber & 2 full  
servings of vegies**

**Level-2 Build Faster  
Results Paid Overtime**

**Competitor Level (3)- Build Fastest  
Results Paid Double Time**

**&/OR**



# Maximize Muscle

## 4/5 Component Summary

### Meal Planning

- Proper macronutrient & timed caloric intake above maintenance –see sample for basic structure

### Exercise

- Progressive unaccustomed resistance training & cardio as necessary for desired caloric deposition

### Dietary Support & Next Level as Desired

- Isolated nutrition with little to no calories: feed muscle/starve body fat, fill gaps (health), improve training/recovery to accelerate & prolong gains



### Personal/Programming Assistance (component adjustments)

- Set up, monitoring & adjustments (trainer & client centric program ) based on starting and ongoing weekly measurements

Meal 1 – Morning Snack <b>Eat this meal as soon as you wake up.</b>	Pro (g)	Carb (g)	Fat (g)	Calories
3 Eggs (scrambled)	19	2	16	233
2 pieces Wheat toast	5	24	2	130
1 pat Butter	-	-	3	27
1½ cup (12 oz) Orange Juice	-	41	-	165
<b>Total:</b>	<b>24</b>	<b>66</b>	<b>21</b>	<b>554</b>
<b>Percent of Calories:</b>	<b>17%</b>	<b>48%</b>	<b>34%</b>	
Meal 2 – Pre Training Meal: low-fat/high carb meal including lean meat and starch <b>Eat this meal 2 ½ to 3 hours before workouts or competition.</b>	Pro (g)	Carb (g)	Fat (g)	Calories
1 Chicken Teriyaki Bowl	26	106	5	580
1 bottle (20 oz) Gatorade	-	14	-	50
1 medium Banana	1	27	0.4	105
1 each dotFIT ActiveMV™ Multivitamin	-	-	-	-
<b>Total:</b>	<b>27</b>	<b>147</b>	<b>5.4</b>	<b>735</b>
<b>Percent of Calories:</b>	<b>15%</b>	<b>80%</b>	<b>7%</b>	
Meal 3 – Pre Training Snack (dotFIT FirstString, Any Recipe) <b>Eat this snack 10 to 40 minutes before workouts to maximize energy stores.</b>	Pro (g)	Carb (g)	Fat (g)	Calories
2 scoops dotFIT FirstString™	21	45	3	285
1 cup Frozen Mixed Berries	-	17	-	70
Crushed Ice	-	-	-	-
<b>Total:</b>	<b>21</b>	<b>62</b>	<b>3</b>	<b>355</b>
<b>Percent of Calories:</b>	<b>14%</b>	<b>67%</b>	<b>26%</b>	
Meal 4 – Post Training Snack (dotFIT FirstString, Any Recipe) <b>Eat or drink this snack immediately after workouts to refill energy stores and enhance recovery.</b>	Pro (g)	Carb (g)	Fat (g)	Calories
2 scoops dotFIT FirstString	21	45	3	285
1 cup (8 oz) Whole Milk	8	13	8	147
<b>Total:</b>	<b>29</b>	<b>56</b>	<b>12</b>	<b>432</b>
<b>Percent of Calories:</b>	<b>27%</b>	<b>52%</b>	<b>25%</b>	
Meal 5 – Post-training Meal <b>Eat this meal within 1.5-hours after workouts</b>	Pro (g)	Carb (g)	Fat (g)	Calories
1 Foot long Turkey Sandwich	37	92	9	577
1 cup (8 oz) Whole Milk	8	13	8	147
<b>Total:</b>	<b>45</b>	<b>105</b>	<b>17</b>	<b>724</b>
<b>Percent of Calories:</b>	<b>25%</b>	<b>58%</b>	<b>21%</b>	
Meal 6 – Starch/Grain with Meat, Veggies & Fruit <b>Eat this typical dinner within 3-4 hours of previous meal</b>	Pro (g)	Carb (g)	Fat (g)	Calories
6 ounces New York Steak, Lean, Broiled	50	-	9	293
1 large (10.5 Oz) Baked Potato	8	63	0.4	278
1 tbsp Light Sour Cream	1	1	1	15
1 cup Green Beans, Boiled, Drained	2	10	0.4	44
1 cup Fresh sliced Strawberries & 1 each dotFIT ActiveMV™ Multivitamin	1	13	0.5	53
<b>Total</b>	<b>62</b>	<b>87</b>	<b>11</b>	<b>683</b>
<b>Percent of Calories</b>	<b>36%</b>	<b>51%</b>	<b>14%</b>	
Meal 7 – Late Snack <b>Eat any time before bedtime</b>	Pro (g)	Carb (g)	Fat (g)	Calories
1 cup Whole Milk	8	13	8	147
1 tbsp Skippy Peanut Butter	4	4	9	95
2 scoops dotFIT FirstString	21	43	4	285
<b>Total</b>	<b>32</b>	<b>59</b>	<b>20</b>	<b>527</b>
<b>Percent of Calories</b>	<b>24%</b>	<b>45%</b>	<b>34%</b>	
<b>Menu Totals:</b>	<b>244</b>	<b>583</b>	<b>98</b>	<b>4011</b>
<b>Percentage of Total Calories:</b>	<b>24%</b>	<b>53%</b>	<b>25%</b>	

# Monitoring + Adjustments

## Weight/Muscle Gain Instructions

### Using the dotFIT program

All your muscle gain needs including menu plans and keeping body fat down are contained in the dotFIT program (if you have a trainer, you can both use it). Go to the dotFIT home page and log in (using the icon in far upper right corner) and you will come to this page:

<http://www.dotfit.com/new-user-register> (You may just click this link for now). From there simply follow instructions creating your program and setting your goal. Once you enter your personal statistics and goal, you'll have all you need including diet. **Every week when you update your measurements/weight/bodyfat, the program will automatically tell you what to do to stay on goal.**

The screenshot shows a 'Progress Check Pop-Up' window. The main form is titled 'Coaching Measurements' and contains a 'Progress Check' section with the text: 'It's time to check your results and get feedback to stay on track. Enter your weight and body fat now.' Below this are input fields for 'Weight' (in lbs) and 'Body Fat' (in %), followed by an 'ENTER' button. To the right of the form is a section titled 'Actionable Feedback' which includes a 'Feedback' paragraph and a list of six numbered instructions. A blue arrow points from the 'ENTER' button to the feedback section. At the bottom of the window, a blue italicized text reads: 'Do not ignore it – this is your accountability secret sauce!'.

**Progress Check Pop-Up**  
Appears on Summary page every 1-2 weeks

**Coaching Measurements**

**Progress Check**  
It's time to check your results and get feedback to stay on track.  
Enter your weight and body fat now.

Weight  lbs  
Body Fat  %

**ENTER**

**Actionable Feedback**

**Feedback**  
According to your weight measurement change since the beginning of this program, you need to do the following. Therefore you consumed an average of 0 lower calories per day than you burned during this period. Your goal was to lose 2.1 lbs. Keep in mind, body weight can vary based on water/fluid levels of muscle/fat gain or loss.

What do you want to do:

1. Keep my program the same. [\[Select\]](#)
2. Understand why my weight was different than I expected. [\[Select\]](#)
3. Keep my goal date of 06/07 and update my average deficit target to 1000 calories per day. [\[Select\]](#)
4. Keep current calorie deficit of 1000 and extend the goal date to 07/15/2010. [\[Select\]](#)
5. Start a new program. [\[Select\]](#)
6. Contact a coach. [\[Select\]](#)

*Do not ignore it – this is your accountability secret sauce!*

## Weight/Muscle Gain

For aggressive weight/muscle gain, you can plug into the program a 1lb/week gain and follow directions at each weekly weigh-in update as they will be the same as shown below based on weekly results.

**In order to simultaneously increase weight/muscle and performance:** males may gain up to one-half pound per week and females up to one-quarter pound per week. Beginning exercisers, children and growing teens may gain more. Additionally, if performance is not the focus, meaning size increase is the priority, you can add more calories than shown below to attempt to gain the desired weight slightly quicker. Make sure your daily diet contains at least 1gm of protein for each pound of lean body mass (LBM) divided 4-6 times a day including before and after training as shown in your supplement recommendation.

Total daily calorie intake should be moderately above current expenditure (dotFIT program will automatically create the right menus and choose the “Athletic Menu” to use as a guideline). **If weight gain does not occur as described, you may add roughly 100 to 250 calories to your daily total (based on body size) consisting of equal amounts of carbohydrates and protein and moderate fat. For example, 20 g protein, 20 g carbohydrate, 10 g fat equaling 250 calories.** If preferred, use your shakes or snacks to supply extra calories. Following the addition of extra calories, if after one week weight gain does not occur, repeat the above process\*. All this is automatically taken care of using your dotFIT program.

\*If body fat or overall weight increases undesirably, slightly reduce daily caloric intake or add a preferred form of aerobic exercise until you achieve your desired weight trend.

## Staying within the calories conducive to your body composition goal, below are the ideal mealtimes to maximize performance

### Meal Timings

1. As possible eat every 3-4-hours
2. Larger pre-training/event meal 2-3Hr before training
3. Larger post meal ~30-60min after last post workout supplement

### Early morning training

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

### Tournament play (multiple games)

1. <1.5Hr break: bars and hydration/electrolyte recovery drink
2. 1.5-2.5Hr: small pre-training-type meal
3. >2.5Hr: normal pre-training meal

### Fluid Recommendations\*

1. 16 oz 2Hr before activity (extra 8-16 oz 1hr before on hot days)
2. 4-8 oz every 20 minutes during activity
3. 20 oz for every pound of weight loss post-activity

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



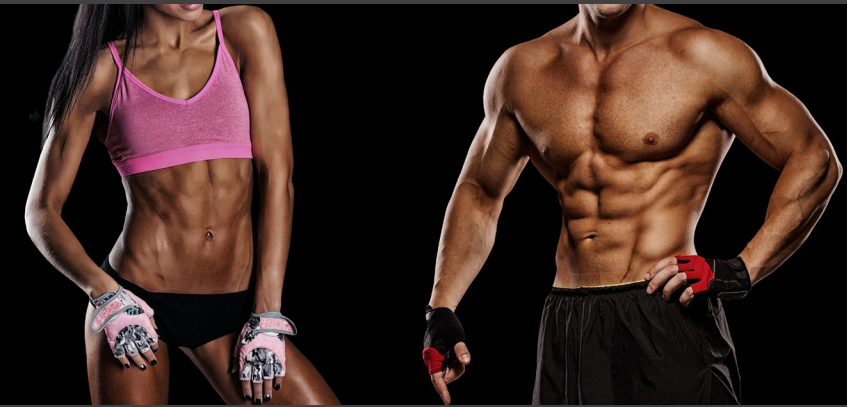
# Physique/Bodybuilder Competitor Notes

**Let's Take it To  
The Next Level!**



**Good Morning America with  
Regis & Kathie Lee and Suzanne Somers**

# Physique + Bodybuilder Contest Prep



- Same Protocol but can be more aggressive with exercise to reduce body fat (e.g., cardio modes, intensity, etc.)
  - Highly motivated to follow protocol including diet restrictions
  - If time permits, increase time and/or intensity of cardio activities to keep the fat loss on schedule so food can remain high enough, that along with supplements, continues to support LBM
- 
- Closing in on competition level body fat, generally need to adjust both food intake and cardio to stay on schedule
  - Includes multiple sessions, interval training and 3-days low, 1-day high diet planning
    - Low days 50-100 grams of carbs and ~1000 calories lower than high day depending on size (see example)

SAM'S COMPETITION COUNTDOWN WEEKS 1 – 16			
Original Statistics (~200-220LBS off season):			
Body Fat:		13%	
Caloric Intake:		4000	
Cardio Sessions:		2 days per week / 20 minutes per session	
WEEK	BODY FAT	CALORIES	CARDIOVASCULAR TIME
16	13%	3250	4 days/20 minutes, medium intensity
15		3250	4 days/20 minutes, medium intensity
14	11%	3250	4 days/30 minutes, medium intensity, mode change
13		3250	4 days/30 minutes, high intensity
12		3250	5 days/30 minutes, high intensity, mode change
11	9%	3250	5 days/30 minutes, high intensity
10		3250	5 days/40 minutes, high intensity, change mode
9		3250	5 days/45 minutes, high intensity
8	7%	2600/3 days 3600/1 day	5 days/45 minutes, high intensity
7		2600/3 days 3600/1 day	5 days/45 minutes, high intensity, change mode
6		2600/3 days 3600/1 day	5 days/45 minutes, include interval training
5		2500/3 days 3500/1 day	5 days/45 minutes, include interval training
4		2500/3 days 3500/1 day	5 days/45 minutes, include interval training, change mode
3		2500/3 day 3500/1 day	6 days/45 minutes include interval training
2	2-4%	3200-3500	6 days/45 minutes, include interval training, alt. training mode
1		3500/4000 (3200)*	*see Guidelines for the Final Week
Contest	2-3%		

### Final week - Saturday competition

Calories generally higher during the last week prior to competition to fill muscle glycogen stores and fully restore damaged tissue includes reducing workload. *Discontinue all creatine 4-5-days before competition*

Athlete should look harder & more vascular each day. If losing this appearance, reduce CHO calories.

Highest caloric day should be Thursday prior to Saturday competition. Friday, reduce calories 20 percent.  
Ex: 4,000 calories on Thursday, reduce to ~3,200 Friday.  
*Not necessary if still getting harder and more vascular thru Friday – if so, keep calories as Thursday.*

Normal sodium thru Wed. Low to no till Sat AM.  
Water consumption high till mid-afternoon Friday then only sip as needed.

**Competition Day:**  
Consume pre-game type meal without filling stomach, then trickle CHO (e.g., white rice/sweet potato/banana) every hour till stage time.  
Sip small amounts of isotonic solution - only when thirsty.

# Bodybuilding Supplement Schedule

**Begins at a minimum of 20 weeks out**

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# Bodybuilding Competitive Athlete Supplement Super Stack cont.... <https://www.dotfit.com/stacks>

## Active Multivitamin Mineral Formula

- Take two (2) daily: one (1) immediately following first large meal and one (1) after final meal of the day.

## SuperOmega-3

- Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes, then increase as directed

## FirstString (or WheySmooth depending on daily calorie allotment)

- Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience.
- Take two (2) scoops 20-30 minutes after post workout AminoFormula dose
- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to meet daily requirements.
  - Be sure to ingest approximately one (1) g of protein per pound of lean body mass (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post shakes combined generally supply 50-80 g of the daily requirement)

## AminoFormula (AF) (workout days only)

- Take one and a half (1.5) scoops approximately 10 minutes before workout (add to NO7Rage if using this product – see below). You may continue to drink during workout.
- Take one (1) scoop immediately following workout

## **Begin Creatine Supplementation at 2<sup>nd</sup> Week of Program**

### **2<sup>nd</sup> Week Start CreatineMonohydrate (CrM)\***

- **Loading phase:** mix one (1) scoop (5 g) with 4-8 oz of favorite fluid/shake and take four (4) times daily with a protein and/or carbohydrate containing meal/drink for first five (5) days.
  - On training days, use one dose before workout and one after with meals/drinks. May mix with your pre/post training formula.
- **Maintenance phase:** after five (5) day loading phase:
  - On training days Take one (1) scoop daily with post workout shake.
  - On non-training days take 1scoop with any meal when not taking ECX (i.e., use ECX at different times so total creatine is evenly dispersed throughout the day)
  - **Persons <175LBS can discontinue CrM dosing when starting ECX, b/c ECX daily dosing will maintain CrM stores**

### **Add ExtremeCreatineXXXL (ECX) on 6<sup>th</sup> day of 2<sup>nd</sup> Week**

*Two (2) scoops supply 3.2 g of beta-alanine (BA), 5 g of creatine monohydrate and 7 g of L-glutamine*

- **Take 2-scoops daily.** Take with some protein and/or carbs but within allotted calories based on body composition goal.
  - **Training days:** take one (1) scoop before training with pre-workout full meal (generally 2-3 hours pre-workout). If not possible based on early training, take with pre-workout shake. Take remaining dose (1 scoop) any time with meal or shake when not taking a CreatineMonohydrate dose to help evenly spread total creatine intake throughout the day
  - **Non-training days:** 1-scoop with morning meal or shake and 1-scoop with evening meal or shake

### **Add NO7Rage at 4<sup>th</sup> week (workout days only)**

- Take 1.5-2.5 scoops depending on body weight (caffeine sensitivity- start with 1.5 and increase to recommended dose if not uncomfortably affected by caffeine) approximately 10 minutes before workout (may mix with AF and continue to consume during workout). See directions on label for weight dosages.
  - NO7Rage contains 150mg of caffeine per scoop. *As a reference: Starbucks Grande-drip coffee contains ~330 mg of caffeine, close to the same amount in two (2) scoops of NO7Rage.*

*Total daily creatine for this plan: Loading phase 20 g/d. Thereafter until fourth week 10g/d (or 5g if <175LBS). At fourth week on workout days 12.5-15g/day and 10g on non-workout days (half this if <175LBS). Total BA intake 6.2- 8.2 g/day on workout days 3.2 g on non-workout days. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day and around the workout as described and ingested with some carbohydrates and/or protein.*

# Bodybuilding Competitive Athlete Supplement Super Stack cont.... <https://www.dotfit.com/stacks>

**AllIn1 SuperBlend™**, includes dF MVM, SAO, UPB, DE, vegan O3, 6gm fiber, 2svg veg, prebiotic, ashwagandha, turmeric, mushroom blend -35cals

- **Take as directed:** (1<sup>st</sup> 2-weeks ½ serving daily; 3<sup>rd</sup> week full serving daily; may take all at once or ½ in AM and ½ in PM; visit [recipe section](#) to incorporate as desired into daily lifestyle\*



## **SuperOmega-3**

- Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes increase as directed

## **FirstString (or WheySmooth depending on daily calorie allotment)**

- Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience.
- Take two (2) scoops 20-30 minutes after post workout AminoFormula dose
- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to meet daily requirements.
  - Be sure to ingest approximately one (1) g of protein per pound of lean body mass (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post shakes combined generally supply 50-80 g of the daily requirement)

## **AminoFormula (AF) (workout days only)**

- Take one and a half (1.5) scoops approximately 10 minutes before workout (add to NO7Rage if using this product – see below). You may continue to drink during workout.
- Take one (1) scoop immediately following workout.

## **Begin Creatine Supplementation at 2<sup>nd</sup> Week of Program**

### **2<sup>nd</sup> Week Start [CreatineMonohydrate \(CrM\)](#)\***

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  - On training days, use one dose before workout and one after with meals/drinks. May mix with your pre/post training formula.
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  - On training days Take one (1) scoop daily with post workout shake.
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*Two (2) scoops supply 3.2 g of beta-alanine (BA), 5 g of creatine monohydrate and 7 g of L-glutamine*

- **Take 2-scoops daily.** Take with some protein and/or carbs but within allotted calories based on body composition goal.
  - **Training days:** take one (1) scoop before training with pre-workout full meal (generally 2-3 hours pre-workout). If not possible based on early training, take with pre-workout shake. Take remaining dose (1 scoop) any time with meal or shake when not taking a CreatineMonohydrate dose to help evenly spread total creatine intake throughout the day
  - **Non-training days:** 1-scoop with morning meal or shake and 1-scoop with evening meal or shake

### **Add [NO7Rage](#) at 4<sup>th</sup> week (workout days only)**

- Take 1.5-2.5 scoops depending on body weight (caffeine sensitivity- start with 1.5 and increase to recommended dose if not uncomfortably affected by caffeine) approximately 10 minutes before workout (may mix with AF and continue to consume during workout). See directions on label for weight dosages.
  - NO7Rage contains 150mg of caffeine per scoop. *As a reference: Starbucks Grande-drip coffee contains ~330 mg of caffeine, close to the same amount in two (2) scoops of NO7Rage.*

*Total daily creatine for this plan: Loading phase 20 g/d. Thereafter until fourth week 10g/d (or 5g if <175LBS). At fourth week on workout days 12.5-15g/day and 10g on non-workout days (half this if <175LBS). Total BA intake 6.2- 8.2 g/day on workout days 3.2 g on non-workout days. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day and around the workout as described and ingested with some carbohydrates and/or protein.*

Bodybuilding Competitive Athlete Supplement Super Stack cont.... <https://www.dotfit.com/stacks>

## Final contest supplements as needed

### Muscle Defender (Glutamine)

- Conditional: In final weeks you may add MuscleDefender (glutamine) to help maintain health, immune function and muscle recovery during prolonged caloric restriction and/or high intensity and high-volume training
  - 1-scoop with pre-workout protein formula/shake)
  - 1-scoop immediately following activity
  - 1-scoop before bed or mid-evening if training is earlier in the day

### ThermAccel

- If necessary to aid in fat loss including appetite control, add and use as directed for aggressive support. When using ThermAccel do not use within 4 hours of NO7Rage or other caffeine containing products

Muscle Gain Stacks at  
[www.dotFIT.com/stacks](http://www.dotFIT.com/stacks)

**And you have all the creatine stacks  
with links in Part 2 lecture**



# **TRAINING & MARKETING LIBRARY**

Use for any or all these purposes

- **EXPERT PRODUCT SCRIPTS AND PRESENTATIONS (BEST PRACTICES)**
- **STAFF TRAINING MATERIALS (INCL. ON-BOARDING)**
- **CONSUMER HANDOUTS**
- **DIGITALLY SHARE ANYWHERE INCLUDING YOUR SOCIAL MEDIA AND MEMBERS**

**MINDFUL WE HAVE THESE MATERIALS FOR ALL PRODUCTS**

Optimize all VM activities to help maximize all muscle building mechanisms, energy, burn more fat, support immunity, reduce stress and speed recovery. ***We need to make sure these systems are operating at 100% compared to 60-85% from diet alone***

## ActiveMV for Muscle Building

*Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports – this is why we use it for our families and clients –Not found in stores!*



**VMs are the actuators of all human metabolism**

Optimize all VM activities to help maximize energy & all muscle building mechanisms to maximize muscular development & performance

**Take your workout and game day to the next level and get bigger and stronger faster**

## PURE NSF-CS CREATINE

Directly feeds your explosive energy system to improve/prolong strength & power movements and training intensity so you can make every workout & game day a PR!

Cr leads to stronger workouts and faster recovery generating rapid increases in muscle size and/or performance so you avoid plateaus and can't wait to train



## Supplement Facts

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

	Amount Per Serving	% Daily Value*
Calories	5	
Total Carbohydrate	1g	<1%*
Creapure® Creatine Monohydrate	5g	**

## Supplement Facts

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

**2scoops daily**

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

Convenient MIPS that takes creatine to the next level for added size, strength, performance and muscle endurance

NSF-CS size & performance enhancement product to maximize each training session & results that also translates to your field of play/game day –**not found in stores**



## PURE NSF-CS CREATINE

Proper doses of beta-alanine, glutamine added to creatine for bigger longer muscular explosions, pumps & added recovery!

Beyond Creatine



# EXPERT PRESENTATIONS ECXXXL+



*Beyond creatine! The multi-ingredient pre/post-workout supplement (MIPS) to take your workout and game day to the next level - no plateaus here! Be stronger, faster and more focused longer – make every day a PR!*



Convenient MIPS that takes creatine to the next level for added size, strength, performance and muscle endurance

NSF-CS size & performance enhancement product to maximize each training session & results that also translates to your field of play/game day – **not found in stores**

Supports intestinal health and muscle recovery related to exercise, diet and physical induced stresses, including exercise/diet-induced immune suppression

Proper doses of beta-alanine, glutamine added to creatine for bigger longer muscular explosions, pumps & added recovery!

**Improve performance to maximize every training session and results to *always be better than the best you can be***



Your Fitness. Connected.

dotFIT™



***Take your workout and game day to the next level – no plateaus here!  
Be stronger, faster and more focused longer – make every day a PR!***



Convenient Multiple Ingredient Pre-Workout Supplement to improve motivation, strength and performance every workout so they build on each other to avoid plateaus.

Creatine for size & strength; beta-alanine for intensity & muscle endurance; caffeine, glucuronolactone & taurine for extra muscle & mental endurance/focus

Combined with  
Nitrosigine, L-citrulline and glycerol to maximize the muscle pump improving all performance and muscle building activities –  
Your engines 'NITRO BLOWER'

## Supplement Facts **BIG UPDATE!**

Serving Size: 1 Scoop (14.5g)  
Servings Per Container: 40

Dose by Wt. Min dose-1.5scoops	Amount Per 1 Scoop	%DV*	Amount Per 2 Scoops	%DV*
L-Citrulline Malate (2:1)	3000 mg	**	6000 mg	**
Creatine Monohydrate	2500 mg	**	5000 mg	**
Beta Alanine	2000 mg	**	4000 mg	**
Hydromax® (Glycerol Powder 65%)	2000 mg	**	4000 mg	**
Taurine	1600 mg	**	3200 mg	**
Nitrosigine® (as Inositol Stabilized Arginine Silicate)	1000 mg	**	2000 mg	**
Glucuronolactone	400 mg	**	800 mg	**
Caffeine Anhydrous	150 mg	**	300 mg	**

**Improve performance to maximize every training session and results that also transfer to your “field of play” to *always be better than the best you can be***

LET'S TAKE YOUR RESULTS WELL BEYOND DIET & EXERCISE ALONE! WE WILL DIRECTLY FEED YOUR MUSCLES THEIR BUILDING BLOCKS, SO THEY GROW BIGGER FASTER WITHOUT ADDING BODYFAT AND OPTIMIZE DAILY ENERGY LEVELS, PERFORMANCE AND WORKOUT INTENSITY - GET BIGGER, STRONGER & FASTER - AND KEEP GOING

## Expanded Full SUMMARY PAGE

### Level 1-3 Muscle & Performance Product descriptions

*Also delicious ideal active youth nutrition to maximize energy, growth & development to make them better on the field and in the classroom - **lactose Free***

Convenient Multiple Ingredient Pre-Workout Supplement to improve motivation, strength and performance every workout so they build on each other to avoid plateaus.

Creatine for size & strength; beta-alanine for intensity & muscle endurance; caffeine, glucuronolactone & taurine for extra muscle & mental endurance/focus

Optimize all VM activities to help **maximize energy & all muscle building mechanisms to optimize muscular development & performance-NSF-CS**

**Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports**

Directly feeds your explosive energy system to improve/prolong strength & power movements and training intensity so you can make every workout & game day PR!

Convenient MIPS that takes creatine to the next level for added size, strength, performance and muscle endurance, that also translates to your field of play/game day - **not found in stores**

Switch



Same lactose-free whey protein, low calorie

~60% carbs, 30% protein, 10% fat= current science recommendation that supports maximizing muscle building, energy & performance for athletes of all ages. *Especially for increasing size, strength & speed*

**Lactose Free whey protein & NSF-CS**

Combined with

Nitrosigine, L-citrulline and glycerol to maximize the muscle pump improving all performance and muscle building activities – Your engines 'NITRO BLOWER'

**Build muscle better & longer – beyond protein.** Amino acid blend that takes muscle building & performance, energy levels, and daily recovery to the next level, giving you the ability to control body composition while enhancing recovery, muscle, and performance gains – premier plateau buster! Maximum anabolic effect with lowest calories.

Cr leads to stronger workouts and faster recovery generating rapid increases in muscle size and/or performance so you avoid plateaus you can't wait to train

Proper doses of beta-alanine, glutamine added to creatine for bigger longer muscular explosions, pumps & added recovery!

&/Or



# EVIDENCE-BASED PRODUCT SUMMARY WITH ALLN1 SUPERBLEND™

## Expanded Full SUMMARY PAGE

Level 1-3 Muscle & Performance Product descriptions

Also delicious ideal active youth nutrition to maximize energy, growth & development to field and in the classroom

Convenient Multiple Ingredient Pre-Workout performance every workout so that

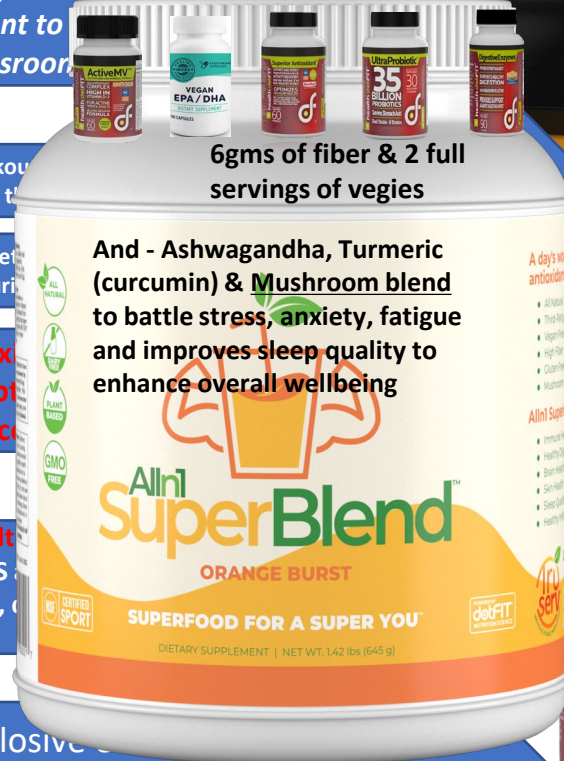
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Optimize all VM activities to help maximize muscle building mechanisms to optimize development & performance

Only 4in1 complete MVM (high C&D) built for athletes and exercisers & why it is NSF-CS recommended/used MVM in high school, college & Olympic sports

Directly feeds your explosive power to improve/prolong strength & power movements and training intensity so you can make every workout & game day PR!

Convenient MIPS that takes creatine to the next level for added size, strength, performance and muscle endurance, that also translates to your field of play/game day – **not found in stores**



6gms of fiber & 2 full servings of veggies

And - Ashwagandha, Turmeric (curcumin) & Mushroom blend to battle stress, anxiety, fatigue and improves sleep quality to enhance overall wellbeing

&/Or

Switch



Same lactose-free whey protein, low calorie

~60% carbs, 30% protein, 10% fat= current science recommendation that supports maximizing muscle building, energy & performance for athletes of all ages. Especially for increasing size, strength & speed

**Lactose Free whey protein & NSF-CS**

Combined with

Nitrosigine, L-citrulline and glycerol to maximize the muscle pump improving all performance and muscle building activities – Your engines 'NITRO BLOWER'

**Build muscle better & longer – beyond protein.** Amino acid blend that takes muscle building & performance, energy levels, and daily recovery to the next level, giving you the ability to control body composition while enhancing recovery, muscle, and performance gains – premier plateau buster! Maximum anabolic effect with lowest calories.

Cr leads to stronger workouts and faster recovery generating rapid increases in muscle size and/or performance so you avoid plateaus you can't wait to train

Proper doses of beta-alanine, glutamine added to creatine for bigger longer muscular explosions, pumps & added recovery!





# EXPERT'S PRESENTATIONS MUSCLE DEFENDER



**SUPPORT DAILY RECOVERY & THE BODY'S NATURAL IMMUNE RESPONSE WITH MD/GLUTAMINE**

## Headlines

- Under stress, the body cannot keep up with the glutamine demand, compromising gut health and muscle recovery & function. 70% of the immune system resides in the gut. Therefore, the gut and the immune system support one another to promote a healthy body including muscle recovery

Supports intestinal health and muscle recovery related to exercise, diet and physical induced stresses, including *exercise/diet-induced immune suppression*

70% of immune system is in the gut. MD Feeds the cells lining the gut to support their rapid reproduction and proper immune signaling



Replenishment defends muscle recovery, performance & size gains





# ThermAccel – Bodyfat Reduction Product Summary

**SAFE & EFFECTIVE BODYFAT REDUCTION TOOL THAT WORKS TO ACCELERATE RESULTS, CONTROL APPETITE, HELP YOU FEEL BETTER DAILY, AND SEE A SIGNIFICANT CHANGE WEEKLY –YOU CAN DISCONTINUE WHEN THE GOAL IS ACHIEVED**



## 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	527 mg	*
[Caffeine Anhydrous (providing 200 mg of caffeine), Green Tea Leaf (providing 270 mg EGCG), Yerba Mate, Guarana Seed Extract and Cayenne Fruit]		

Plateau Buster! Controlled Stimulant Formula to Increase Metabolism & Daily Activities & Support Appetite

Herb (Caralluma Fimbriata) to control appetite for a pleasant journey to the goal

Natural ingredients in this 4in1 product keeps your metabolism fired up, appetite under control to burn more bodyfat, not LBM, thru multiple actions to avoid plateaus

**NATURAL BODYFAT REDUCTION AID TO EASE THE JOURNEY, ACCELERATE RESULTS & PROTECT LBM**

# Alln1 SuperBlend™ The Simple Nutrition Solution That Leaves No One Behind

*the perfect nutrition hack*  
*Corrects food intake to meet expert recommended levels of nutrition*



- One delicious drink mix that tested better than all competitors for taste and formulation.
  - Clinically documented safe and effective published dosages
- A full day's worth of vitamins, minerals, antioxidants and more.
- 2 full servings of vegetables and 6 grams of fiber.
- **Supports gut and immune health**
- Powerful anti-inflammatory nutrients.
- Battles stress, anxiety, fatigue and improves sleep quality to enhance overall wellbeing
- Neuroprotection (brain health) and reduced impact of aging including supporting eye/visual performance & skin
- More greens, fiber, vitamin D, pre & probiotics, omega-3s, turmeric, and mushroom blend than the competition.  
i.e., clinically safe and effective dosages

## Plus:

- All natural and made in USA
- Plant based
- Dairy and lactose free
- Gluten/wheat free
- No GMOs
- No added sugars
- No artificial sweeteners, flavors, or colors
- No corn, eggs, or peanuts
- 3<sup>rd</sup> party tested & NSF Certified for Sport
- Diet friendly: Vegan, Vegetarian, Keto, Paleo, Low carb, Gluten Free

## A Superfood for SuperHumans



**YOU  
ARE  
WHAT  
YOU  
EAT**



Thank you!



# Promotional Materials

Sales & Marketing Assets (collaterals) for Your Supplements of the Month

*Click the links into your dotFIT Marketing Console embedded in the next in the next 2-slides, then click your individual supplements of the month for all related promotional materials including supporting video assets*





# 4 Pillar Posters

[Display in your club for branding and education](#)



# All Marketing Resources

## dotFIT Difference Posters (NEW to circulate/post or print any size)

### The dotFIT Difference



- Efficacy**  
Dosages and Forms match 3rd Party Clinical Trials
- Truth in Labeling**  
Legal facts based upon Efficacy and 3rd Party Testing
- Safety**  
Shown in trials and history, screening and ingredient synergy
- Purity & Potency**  
Tested from start to finish
- Nutrient Delivery**  
Right place, right time
- Personalized Solutions**  
Unique to your body and goal

**Trusted by Professionals**  
*R&D for Nutrition Programs & Products*  
Largest provider of 3rd party tested nutrition programs & products in the sport & fitness channels including collegiate & pro sports

**dotFIT**  
GROW STRONG.

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GROW STRONG.

Add your logo here