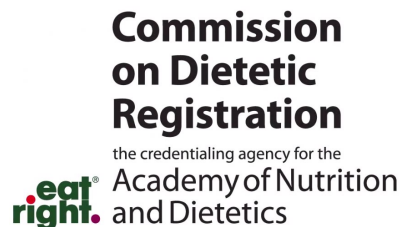


dotFIT - Trusted by Professionals

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 3rd party tested nutrition programs and products in the sport and fitness channels including collegiate and professional sports



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 nutrition, dF diff, future, play-span (Baseline supplementation)
- Mar 18 – All Proteins, Protein Intro, Updated Stats FAQs & Summaries
- April 8 – AminoFormula - Perf Cat 2, Updated Practitioner Notes/FAQs,
- May 6 – Fat loss intro review, ea. product sum w script & pack script
- June 3 – Essentials (MVM [Ca, V-D], SO-3, Protein) in Play-span
- July 8 – JointFlexPlus with Collagen intro & Photo-aging/skin Note
- Aug 5 – All Nutrition Bars, FAQs, Updated
- Sept 2 – Family Essential Packs (MVM, SO3, Ca, Protein)
- Oct 14 – UltraProbiotic Full; Scripts/collaterals, FAQs
- Nov 4 – MR Powders & Bars, Save Calories for The Holiday – LeanMR
- Dec 9 – Immune Bundles, Presentations, Collaterals & Holiday displays
- Jan 6 – Popular Diets and New Year Resolution Bundles
- Feb 3 – Popular Gym-Goer Products for The New Year with all collaterals
- Mar 3 – Playspan®, Self-Care & Future of Fitness
- Oct 6 –Alln1 SuperBlend™ Launch: product rationale & ingredients and business logistics
- Nov 10 – Holiday/New Year weight solution and Nutrition Hack with SB with favorite protein



- **Dec 8 – Optimizing BodyComp Part 1 - Weight Loss vs. Fat Loss, Beyond Calories**

**Jan 5 – Optimizing body composition: Part 2 – Maximizing Gainz
While Minimizing Bodyfat**

Expected Rates of Muscle Gain

- Influenced by:
 - Age
 - Training status
 - Training frequency, volume, intensity
 - Nutrition/supplementation
- Beginner and younger lifters gain muscle at a faster rate than advanced lifters
 - Adult males $\frac{1}{2}$ to 1 pound per week
 - Adult females $\frac{1}{4}$ to $\frac{1}{2}$ pound per week
 - Progress slows as gains continue
- Advanced lifters
 - 0.25% of body weight per week
 - Ex: 200=.5lbs – but continues to slow until age, experience and best protocol intersect



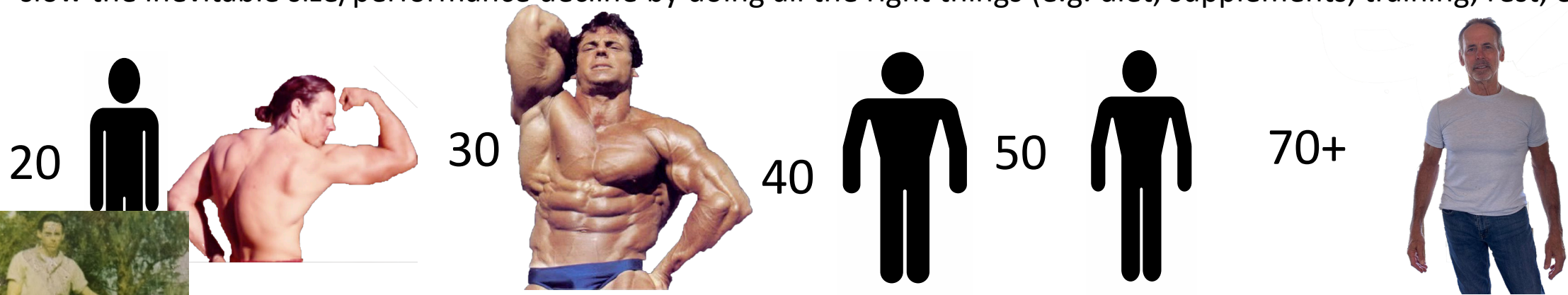
The Gainz Ceiling



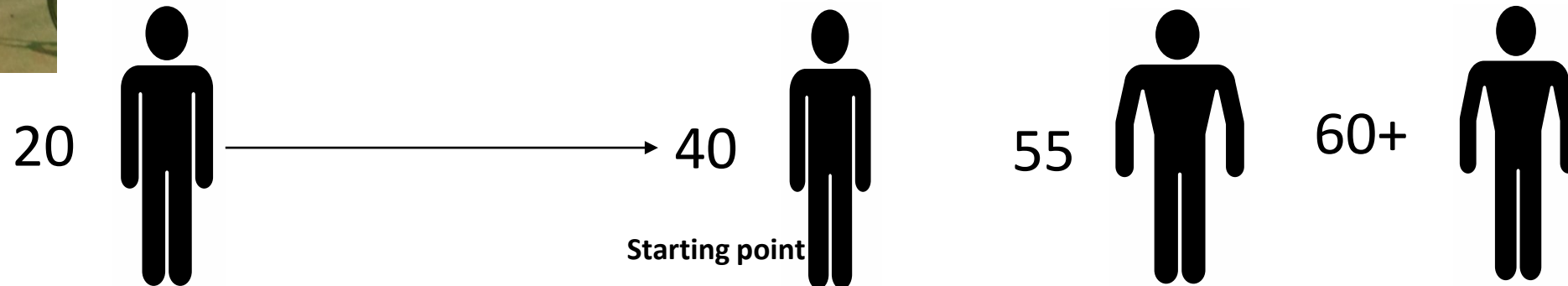
The “Age Experience Intersection” is the Final Plateau

The final muscle gain/performance plateau is the inevitable age-related performance and size decline that depends on when you started serious training and how long you’ve been doing everything “perfect”

Once you have approached the "age experience" intersection* of training, the only thing you can do is slow the inevitable size/performance decline by doing all the right things (e.g. diet, supplements, training, rest, etc.).



Novices at any age can put on muscle relatively quick but combination of age and experience significantly slows the pace over time – proper nutrition can fast track (greater gains in each decade) and extend the gains (longer competitive potential), prolonging the inevitable



By the way – the brain is different – it has the potential to keep going

Components of an Ideal Gainz Program

- Progressive Resistance Training
 - Specific to your experience, ability, anatomy and movement patterns
 - Sets the stage for growth
- Tailored Nutrition Plan -4 basic rules
 - Appropriate calories, optimal protein, adequate fats and carbs, ideal timing and frequency of meals, proven supplement strategies
 - Makes the movie
- Regular monitoring + adjustments
- Adequate sleep + stress management



Nutrition, Activity & Longevity

Synergy of activity and nutrition

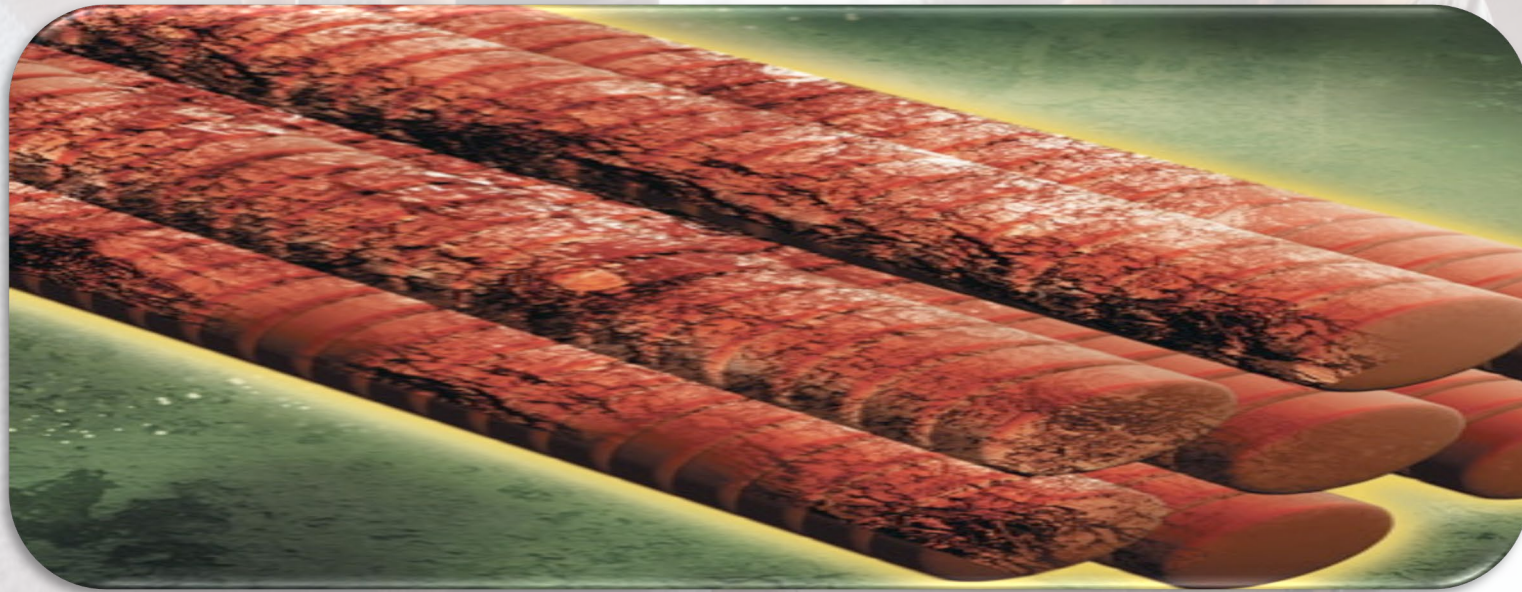
Regular unaccustomed exercise opens the body to more nutrition including deposition, thus the ***potential*** for a stronger more lasting structure and continuous gains to prolong the inevitable plateau - -

But.....

Exercise & Nutrition – Reminder

THE COMBINATION

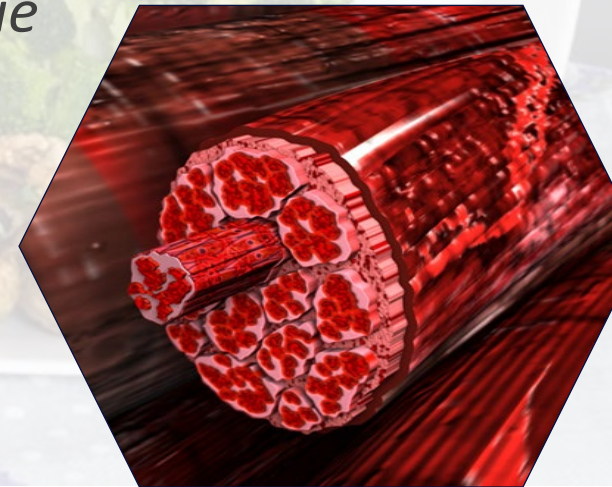
- ▶ *Exercise is 100% catabolic: “sets the stage”*
 - ▶ *Trigger event designed goal specific*
 - ▶ *Damages & stresses target tissues*



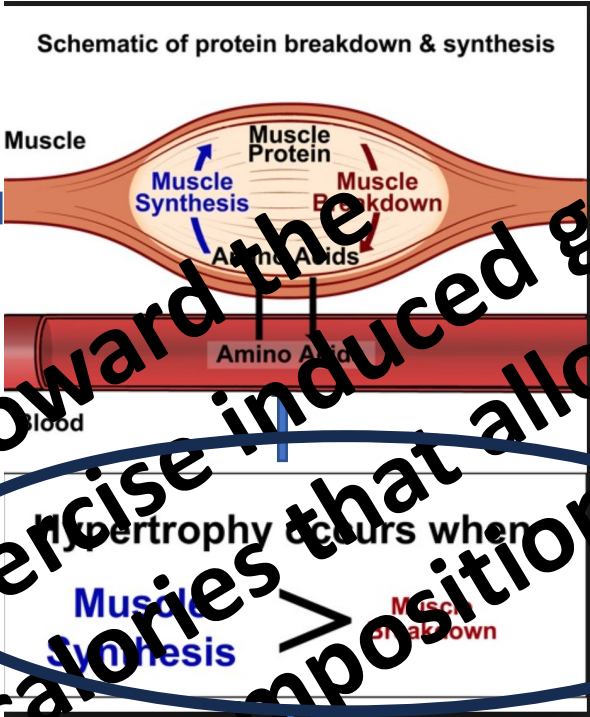
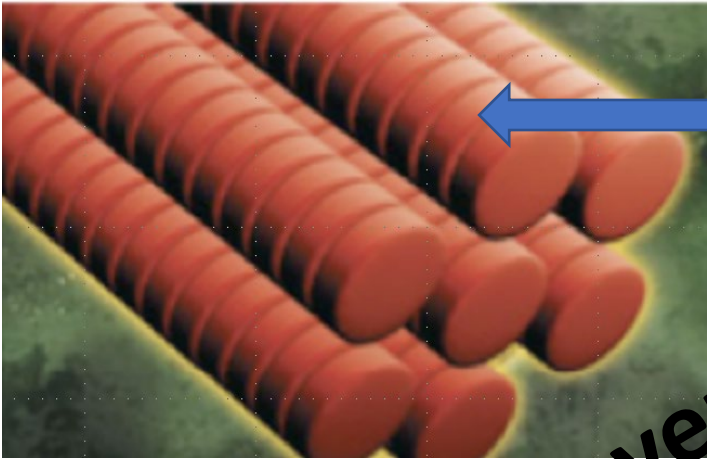
Exercise & Nutrition – reminder

THE COMBINATION

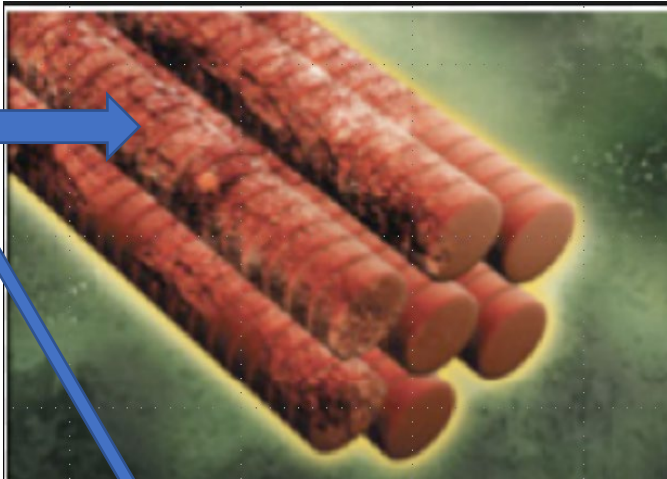
- *Nutrition is 100% anabolic – “makes the movie”*
 - *Responsible for energy potential & exercise-induced results*
 - *Repairs damaged and stressed tissues*
 - *Put back less than the body can use, get less in return*
 - *Bad nutrition makes a bad movie – or same nutrition, same movie*
- **Goal is full recovery daily with desired muscular adaptations**



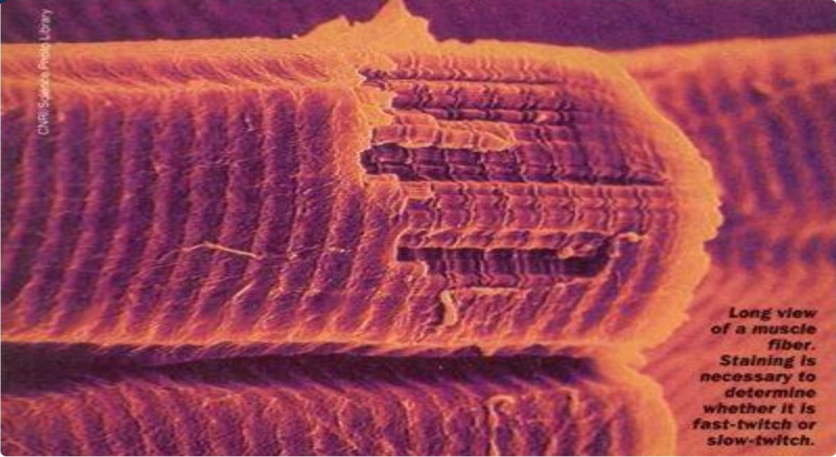
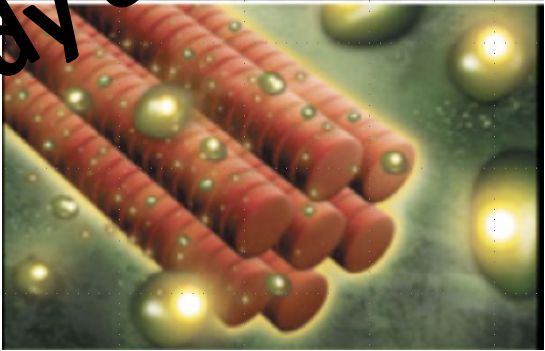
Full Repair with greater, equal/renewed nutrient deposition than before leading to exercise-triggered adaptations within acceptable calories



Exercise Induced SM Fiber Damage



100% Recovery/healed, Bigger/Stronger/Faster or Slows Normal Losses From Aging/Inactivity i.e., Playspan® muscles



Essential amino & fatty acids, vitamins, minerals, phytochemicals (antioxidants), etc., facilitating tissues/SM fiber repair

IN COMING NUTRITION

Performance Nutrition

Muscle gain results are positively correlated with energy/nutrition and fluid intake

The Basic Rules of Performance Nutrition

#1 RULE — Eat the Right Amount

- Too much energy is stored, too little takes away, not enough prevents desired adaptations/recovery and can compromise performance
- Total calories are specific to **YOU/activity & body composition goal**

#2 RULE — Eat the Proper Foods & Ratio of Foods

- The makeup of calories influences performance, energy levels and recovery
 - Macros can be manipulated to favorably affect energy partitioning (e.g., protect LBM, enhance fat oxidation and spare & better utilize glycogen)

#3 RULE — Meal Timing to Load Energy Systems, Hydrate, Recover & Build better

- Take advantage of how food influences reactions in the body (e.g., **nutrient sensitivity**)

#4 RULE — Supplement Properly

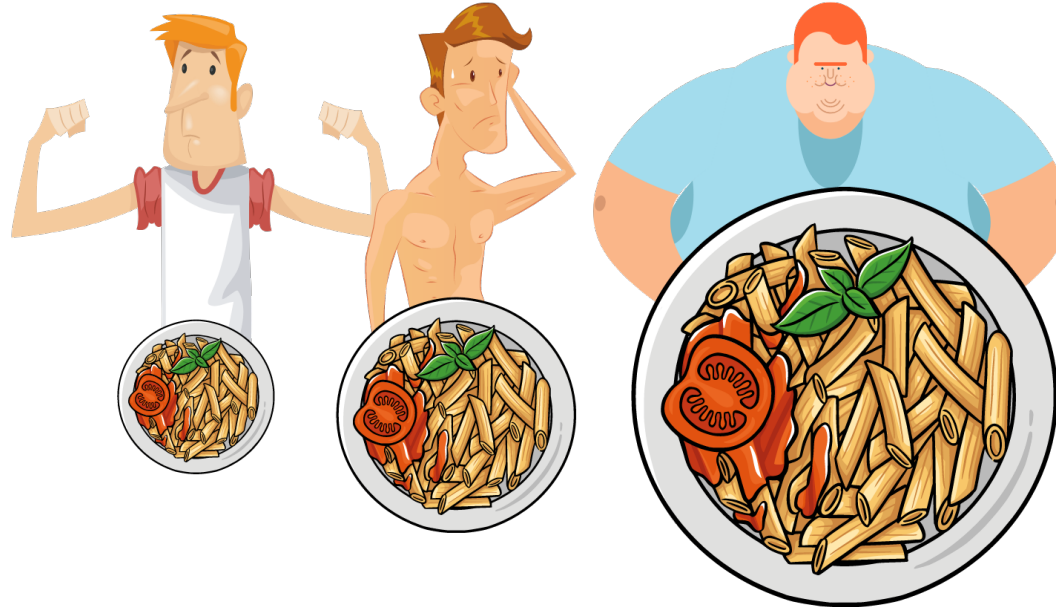
- **Deliver what traditional food can't to improve health, performance** & achieve ideal/goal weight to play better longer
 - Targeted isolated compounds eliminating unnecessary matrix components/calories

Integrate to be your best



MUSCLE GAIN NUTRITION

Rule 1 –
proper
calories based
on goal



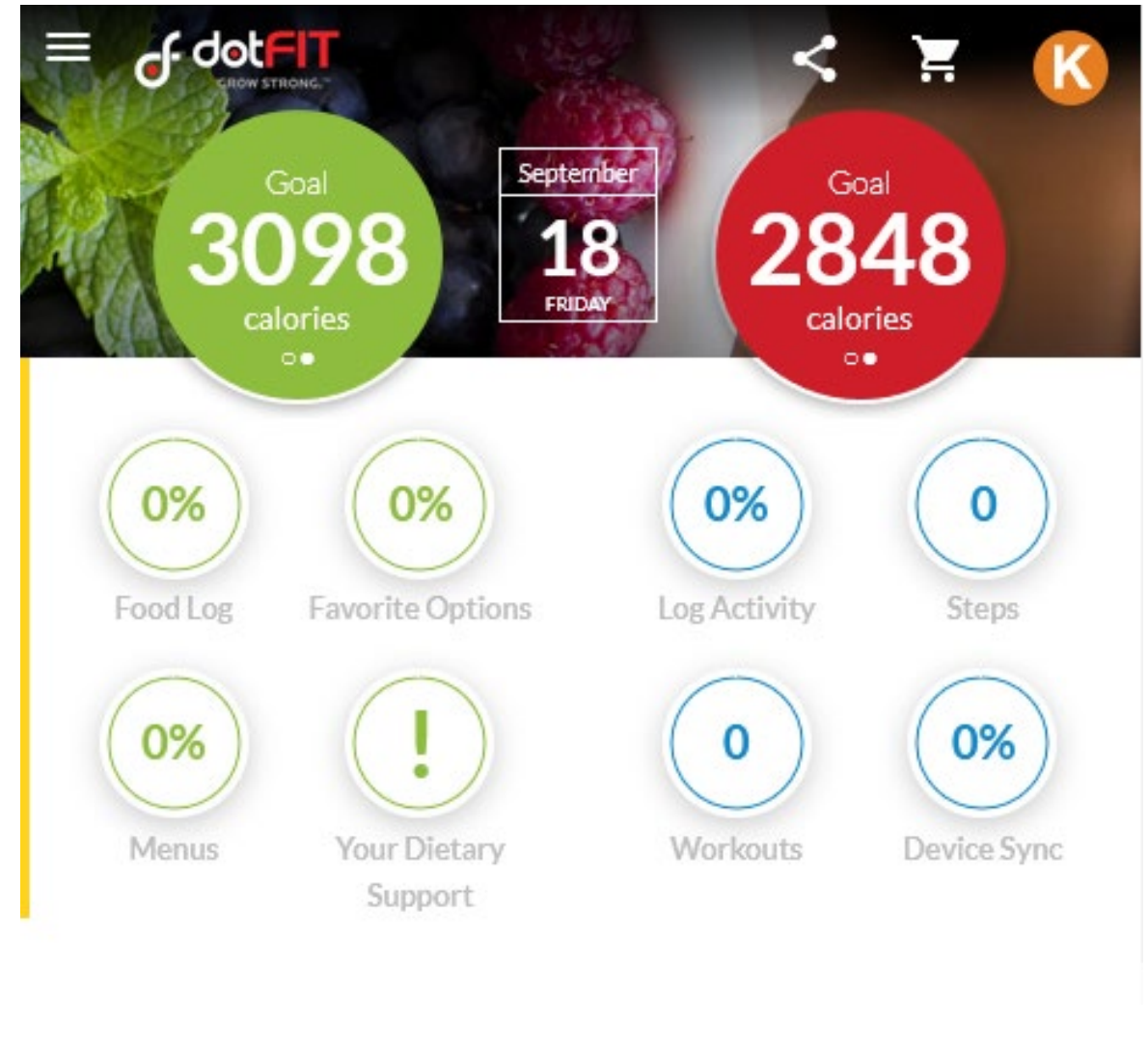
Calories

Surplus is needed to optimize gainz

- Males: 250-500 calories
- Females: 125-250 calories

Adjust weekly based on measurements

- Enter measurements in dotFIT Program to get options for adjustments



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

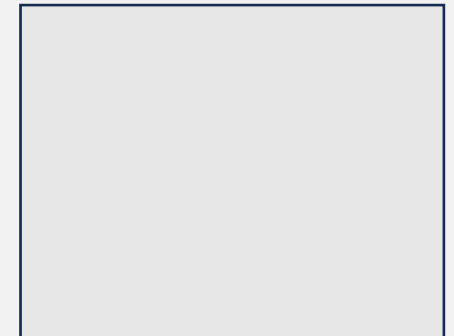
Feedback

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

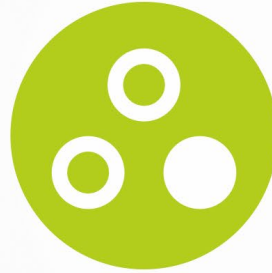
[View your results](#)



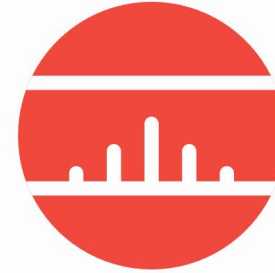
Do not ignore it – this is your accountability secret sauce!

MUSCLE GAIN NUTRITION

Rule 2 –
proper foods,
amounts &
ratios



Protein



Fat



Carbohydrate

MUSCLE GAINZ MACRONUTRIENT REQUIREMENTS

Protein 25-35% (greater if fat loss is part of goal)

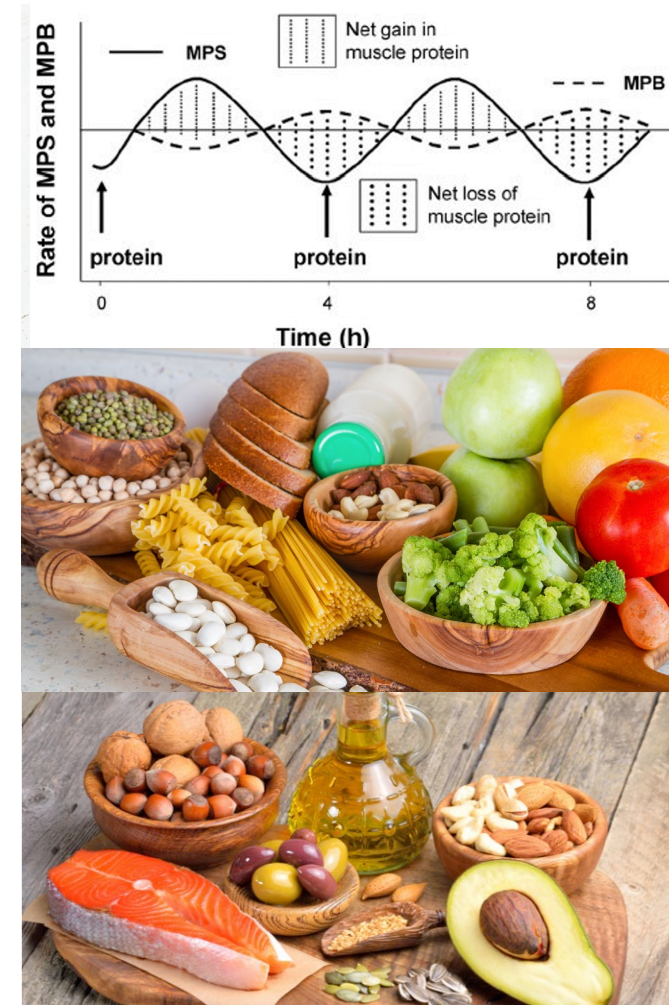
- Tissue repair & building
- Generally, **1gm/LB of LBM** or body weight if not overweight (Ex 175lb=150-175g)
 - Divided 4-6Xs/d including pre/post workout
 - **Min/meal (muscle full effect): $\sim .2\text{g/lb/LBM}$ ($175\text{LBM}=35\text{g}$) ($.18/\text{lb/BM}$)_Ref**

Carbohydrate (CHO) 40/50-70% (less if fat loss is part of goal)

- Fills the primary energy system that needs constant refueling for maximum performance –**some within every meal**
- Generally, $\geq 2:1$ CHO:P ratio unless prolonged caloric restriction
- The greater/longer training need, the higher the CHO requirement
 - $\sim 1.4\text{-}2.3$ g/lb of body weight – more personal

Fats: 20-35% (primarily unsaturated or naturally in Proteins)

- Generally, remaining calories after CHO & protein needs are met



PROTEIN FOODS

Better Protein Meal Choices

- Lean meats
 - Chicken
 - Turkey
 - Beef (fillets, flank, ground, round, etc.)
 - Most any Fish
- Shakes/bars when necessary
 - Convenient fill-in for meal missing protein
- Select Dairy
- Soy products
- Eggs
- Beans, lentils, nuts & whole grain combos
 - Not pre-game/train meal



Not-So-Great Protein Meal Choices*

- Fatty meats
 - Bacon
 - Untrimmed steaks
 - Most fast food burgers
- Fried Meats
 - Chicken including tenders, etc.
 - Fish and chips
- Average hot-dog

*Never within one hour of event



CARBOHYDRATE FOODS

Better Carb Meal Choices

- **Whole grains (except pre-game meal – use refined grains)**
 - Pastas
 - Cereals
 - Breads
 - Rice
- **Potatoes**
 - Any kind (avoid French Fries, especially before activity)
- **Fruits & veggies**
 - Any kind (minimize pre-game/training)



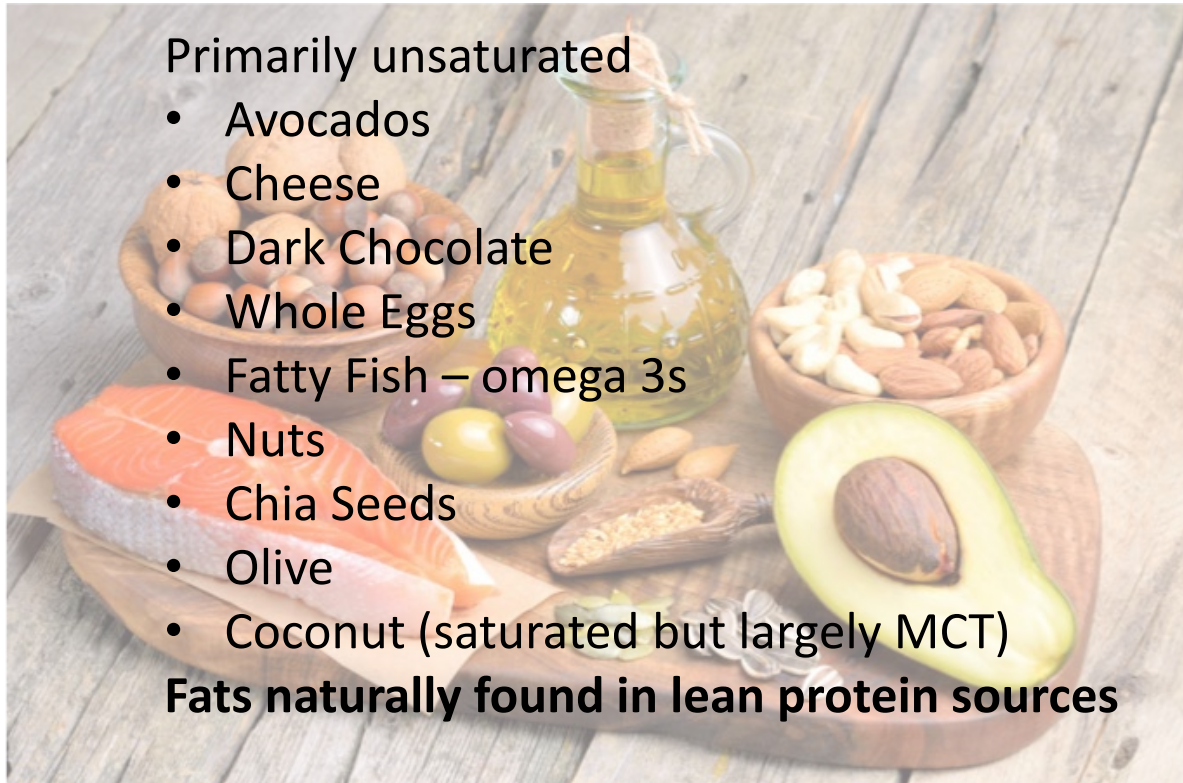
Not-So-Great Carb Meal Choices

- French Fries
- Fruit juices
- Caloric sodas of any kind
- Candies including chocolate
- Donuts
- Chips
- Anything fried



FOODS FOR FATS

Better fat meal Choices



Primarily unsaturated

- Avocados
- Cheese
- Dark Chocolate
- Whole Eggs
- Fatty Fish – omega 3s
- Nuts
- Chia Seeds
- Olive
- Coconut (saturated but largely MCT)

Fats naturally found in lean protein sources

Not-So-Great fat Meal Choices



Primarily saturated

- Fatty meats: beef, pork, and lamb
- Butter/shortening
- Anything fried/Trans
- Chicken skin

MUSCLE GAIN NUTRITION

Rule 3 –
meal timing



IDEAL NUTRITION TIMING

MEAL TIMING TO **LOAD ENERGY SYSTEMS**

Pre-Training Eating

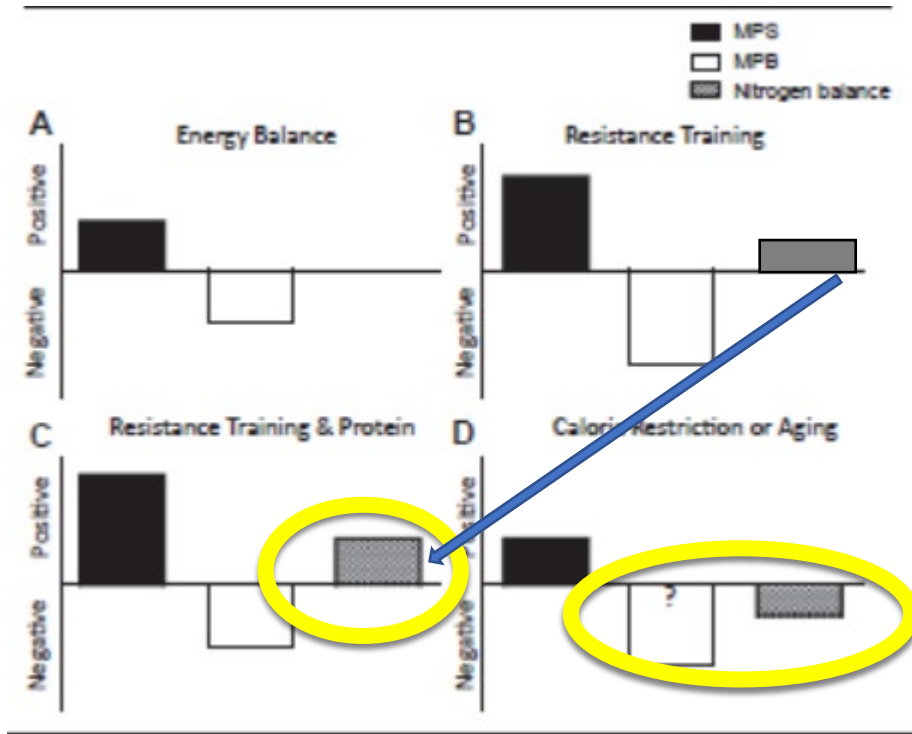
- Major meal – 2.5-3.5 hours before
 - High carb (40/50-70%), moderate protein, low fat & fiber
 - Ex: Turkey sub, chicken & rice, spaghetti, cereal & fruit/juice
- Pre-workout ~20-40min before, 25-40g protein & some CHO
 - Generally liquid/fast form with ~.2g/lb/LBM (175LBM=35g) (.18/lb/BM)

Goal: stomach “empty”, energy systems full, BS stable, hydrated, decrease damage



IDEAL NUTRITION TIMING

Anabolic Window (**why pre/post exercise protein – greater SM accrual overtime**)



A: $MPS=MPB$ – under 30yrs no exercise

B: Addition of exercise with normal diet but w/o Pre/Post Exercise protein
 $MPS \geq MPB$ up to a point (**see Met Window**)
(Potential unfulfilled with little/no make-up)

C: **Addition to normal diet of fast acting pre/post protein lessens MPB & greater overall MPS**
i.e., the difference btw B & C overtime

D: Caloric restriction and/or aging
in which **increased protein intakes and exercise can minimize or reverse up to a point based on deficit, age and/or training experience**

Adapted from Devries,⁴⁰ Philips,⁴⁵ and Pasiakos⁴⁶

A: No net increase (nitrogen balance) in skeletal muscle (SM) as in young healthy (~20-30yr) non-exercising adults, $MPS=MPB$;

B: Addition of exercise and normal diet with adequate protein but without immediate pre/post AA feeding, $MPS \geq MPB$ up to point;

C: Pre/post AA feedings (Anabolic Windows) in addition to normal diet and exercise may produce greater daily MPS signaling and activity (including through less MPB), which may be incremental to normal feedings

D: Caloric restriction and/or aging lead to $MPB > MPS$, in which increased protein intakes and exercise can minimize or reverse up to a point based on deficit, age and/or training experience

IDEAL NUTRITION TIMING

During training

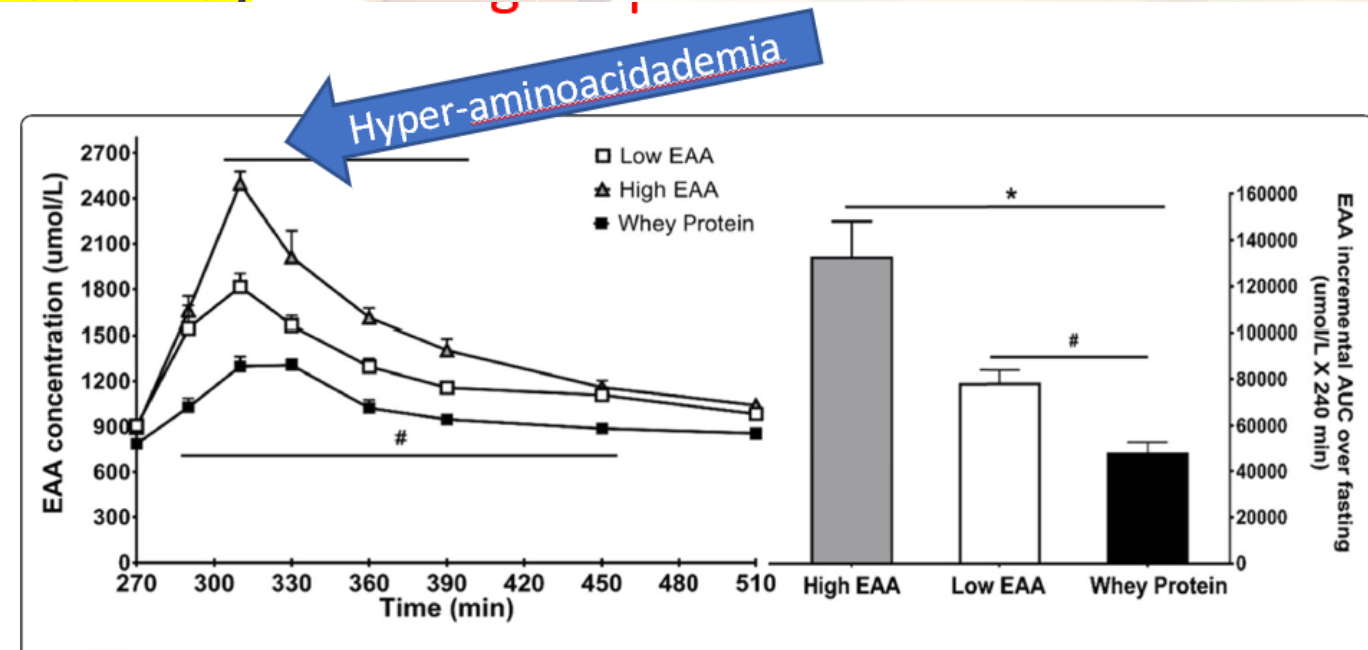
During exercise

- Depending on sport, 3-6oz water or sports drink every 15min
 - ✓ Trickle in, with fluid, essential amino acids (EAA) to lessen breakdown & faster recovery (i.e., “protein stacking” – 3 formats of AAs)

- For prolonged exercise greater small amounts of electrolytes

Overall Fluid Recommendations*

- 16 ounces 2 hours before activity
 - ✓ 8-16 oz more on hot OR humid days
- 3-6 oz every 15min during
 - ✓ Drink 20 oz for every pound lost



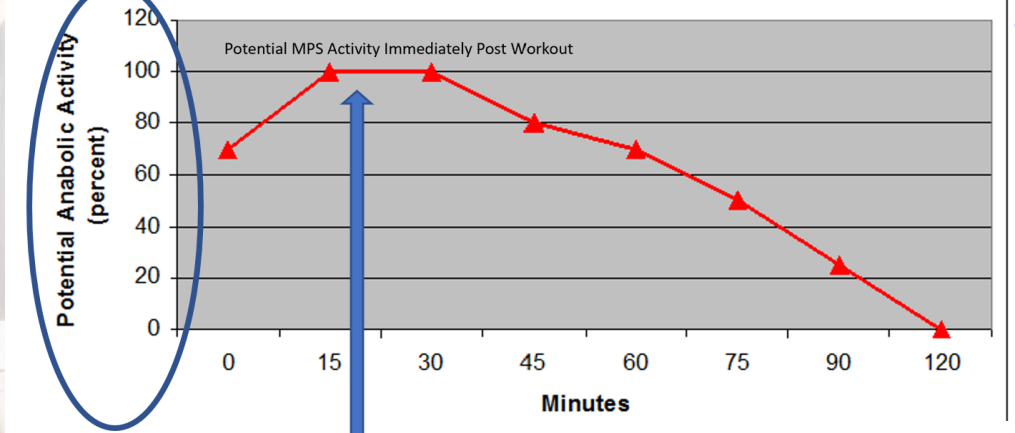
IDEAL NUTRITION TIMING

POST EXERCISE TO PROPERLY, **RECOVER, BUILD AND BE PREPARED FOR NEXT BOUT**

- Immediately after activity use same “Pre” formula (unless using EAA during, then wait 30min)

Exaggerated MPS response when exercise & AA converge i.e., the so-called metabolic window (MW)

There is an exaggerated MPS response if & when exercise & AA converge -so-called exercise-induced “Anabolic Window”



- 1-2 hours after consume regular large meal

MPS and glycogen synthesis potential (channel activation, nutrient sensitivity, etc.) reach their highest respective points almost immediately post exercise, returning to baseline within 2-3 hours, leading athletes to attempt to capture the peak activity by supplying quick acting protein/EAA & CHO to speed and improve recovery leveraging this exaggerated MPS & glycogen restoration response when exercise & nutrition converge -i.e., the so-called “Anabolic Window” – that may be incremental overtime

IDEAL NUTRITION TIMING

SPECIAL CONSIDERATIONS

- **Early morning training (“bed-to-gym/field”)**
 - Eat a large pre-training type meal the night before
 - Consume only the pre-workout snack before
- **Tournament play (multiple games)**
 - <1.5Hr break: bars and hydration/electrolyte recovery drink
 - 1.5-2.5Hr: small pre-training-type meal
 - >2.5Hr: normal pre-training meal



Optimal dotFIT™ Performance Meal Plan for Athletes



Menu plan and eating instructions

Below is a sample **Performance & Muscle Building Menu and eating instructions** for a growing and active athlete weighing approximately 210-250 LBS. You may get complete sets of personalized plans from the dotFIT Program.

Arrange your meals around your activities

Although the meals appear in a breakfast, lunch and dinner fashion (meal numbers have no relevance to eating positions), you must arrange the meals around your training session(s) as marked on the menu above the meals. Space your meals no more than 3-4 hours apart. Other than your pre-event meal and pre- and post- snacks, you may eat the remaining meals in any order that fits your lifestyle or venue.

Early morning training

If you train soon after rising and have no time for complete digestion of a large meal, make sure you consume your pre-training meal (or something very similar) as your final meal of the day, as late as possible, and consume only the pre-workout snack before your early morning workout.

Pre and post training feedings

The pre/post feedings or snacks are usually shown in a liquid form, but you may substitute based on preference, venue and/or convenience, any of the appropriate dotFIT™ foods. In other words, you may choose a bar as the pre-workout portion and a shake post-workout or vice-versa.

Eating to Gain Weight AND Maximize Athletic Performance

Total daily calorie intake should be moderately above current expenditure. If weight gain does not occur at approximately ½-1LB per week (the higher end for growing athletes), 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.

In some cases rapid weight gain may offset specific performance parameters. Therefore, 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.

In adults, some form of resistance training is needed to create a physiological environment conducive to depositing the extra nutrition into muscle as opposed to fat storage.

Table 1: Sample Performance Diet Plan



Performance Menu – 4500 Calories				
Meal 1 – Morning Snack <i>Eat this meal as soon as you wake up.</i>	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
Total:	23	66	20	547
Percent of Calories:	17%	48%	33%	
Meal 2 – <i>Pre Training</i> Meal: low-fat/high carb meal including lean meat and starch <i>Eat this meal 2 ½ to 3 hours before workouts or competition.</i>	Pro (g)	Carb (g)	Fat (g)	Calories
1 Chicken Teriyaki Bowl	26	106	5	580
1 bottle (8 fl oz) Gatorade	-	14	-	50
1 medium Banana	1	27	0.4	105
1 each dotFIT ActiveMV™ Multivitamin	-	-	-	-
Total:	27	147	5.4	735
Percent of Calories:	15%	80%	6%	
Meal 3 – <i>Pre Training</i> Snack (dotFIT FirstString, Any Recipe) <i>Eat this snack 10 to 40 minutes before workouts to maximize energy stores.</i>	Pro (g)	Carb (g)	Fat (g)	Calories
2 scoops dotFIT FirstString	21	45	3	285
1 cup Frozen Mixed Berries	-	17	-	70
Crushed Ice	-	-	-	-
Total:	21	62	3	355
Percent of Calories:	24%	70%	8%	
Meal 4 – Post Training Snack (dotFIT FirstString, Any Recipe) <i>Eat or drink this snack immediately after workouts to refill energy stores and enhance recovery.</i>	Pro (g)	Carb (g)	Fat (g)	Calories
3 scoops dotFIT FirstString	32	67	5	428
1 cup (8 oz) Whole Milk	8	13	8	147
Total:	39	80	13	575
Percent of Calories:	28%	56%	20%	
Meal 5 – Post-training Meal <i>Eat this meal within 1.5-hours after workouts</i>	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
Total:	45	105	17	724
Percent of Calories:	25%	58%	21%	
Meal 6 – Starch/Grain with Meat, Veggies & Fruit <i>Eat this typical dinner within 3-4 hours of previous meal</i>	Pro (g)	Carb (g)	Fat (g)	Calories
8 ounces New York Steak, Lean, Broiled	67	-	12	390
1 large (11 Oz) Baked Potato	8	66	0.4	290
2 tbsp Light Sour Cream	2	2	2	30
1 cup Green Beans, Boiled, Drained	2	10	0.4	44
1½ cup Fresh sliced Strawberries	2	19	0.7	80
1 pat butter	2	-	-	20
Total	81	97	17	854
Percent of Calories	38%	45%	18%	
Meal 7 – Late Snack <i>Eat any time before bedtime</i>	Pro (g)	Carb (g)	Fat (g)	Calories
1 cup Whole Milk	8	13	8	147
2 tbsp Skippy Peanut Butter	7	7	17	190
3 scoops dotFIT FirstString	32	67	5	428
Total	46	87	30	765
Percent of Calories	24%	45%	35%	
Menu Totals:	282	644	105	4555
Percentage of Total Calories:	25%	57%	21%	

Example of 4500c muscle gain menu

MUSCLE GAIN NUTRITION

Rule 4 –
evidence-base
dietary
supplementation



OUR SCIENCE IS YOUR ADVANTAGE

Active consumers are seeking cleaner, third-party tested products they can trust.

Certified for Sport® products go through a rigorous process!

- > Bi-annual audits of the manufacturing facility
- > Verification of the contents, formulas and label claims
- > Testing for harmful levels of contaminants, such as heavy metals and pesticides
- > Screening for more than 270 athletic banned substances

NSF

NSF

Certified for Sport®

A man with short brown hair and a beard, wearing a white t-shirt, is looking down at a green container of supplement. He is holding the container with both hands. The background is a bright, modern kitchen with large windows.

Position on performance supplements

Introduction to Performance Products

Supplement Properly Beyond Baseline – Next level (evidence-based)

Performance supplementation should be separated in 2 categories: 1) acute performance & 2) long-term (better/full recovery) performance enhancement

The goal of performance and/or muscle gain supplements is as follows:

- All equal and maxed (including baseline), supplementing should improve performance/speed/recovery compared to a non-supplemented state to help avoid plateaus by creating better workouts leading to greater muscular adaptations, staving off the inevitable decline

The objectives to accomplish this goal or “supplement targets”

- 1) Supply energy enhancing compounds to maximize **each** training session/competition (acute performance - increase adaptation potential)
 - Creatine monohydrate
 - Caffeine
 - Beta-alanine
 - Carbohydrates (max glycogen), nitrate (NO production) & sodium bicarbonate (buffering agent) Not discussed here
- 2) Speed/enhance recovery through minimizing protein breakdown while maximizing synthesis to produce continual desired muscular adaptation (maximize adaptation) – bigger, stronger, faster longer
 - Protein (discussed)
 - Creatine monohydrate
 - Essential amino acid formulas including branched-chain amino acids/leucine/HMB
 - Glutamine – conditional

GOAL:

Deliver a greater & prolonged accrual of gains as opposed to a non-supplemented state that translates to the “field of play”

1) Continuous Better Workouts Allow 2) Greater & Continuous Adaptation

Note: first and last place is often separated by fractions of seconds to seconds – 60-100% of athletes supplement ^{Perf}

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 AND WORKOUT INTENSITY – GET BIGGER, STRONGER & FASTER - AND KEEP GOING



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



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



***Competitor Level (3)- 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 AND WORKOUT INTENSITY – GET BIGGER, STRONGER & FASTER - AND KEEP GOING



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



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



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

Muscle Gain – Level-1

Beyond diet & exercise alone by directly feeding muscles their building blocks, so they **grow bigger faster without adding bodyfat** and optimize daily energy levels, workout intensity & performance

YOUR **ESSENTIAL** MUSCLE & PERFORMANCE BUILDING BUNDLE

Our MVMs are a 4in1 complete MVM (**high C&D**) built specifically for athletes and exercisers, which is why they are the most recommended/used MVM in high school, college, pro and Olympic sports & NSF-CS – **not available in stores**



VMs are actuators of all human metabolism

Optimize all VM activities to help **maximize energy & all muscle building mechanisms to optimize muscular development & performance- make sure these actions are operating at 100% compared to 60-85% from diet alone**



Delicious, and also ideal active youth nutrition to maximize energy, growth & development, including height, to make them better on the field and in the classroom

~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**



Beginners until progress slows and desires next level gains

YOUTH VERSION 5-17YRS

DIETARY SUPPORT TO MAXIMIZE YOUR CHILD'S STRUCTURAL AND FUNCTIONAL GROWTH & DEVELOPMENT
THE BUILDING BLOCKS NECESSARY TO BUILD A LASTING STRONG FOUNDATION



2-4y 1 tab

V&M are actuators of all human structure and functions at every life phase. Proper amounts (RDAs) **help maximize growth and development**. You can't go back in time and make up for the VMs you missed as a kid in building your foundation, **including height**



5-11y, 2tabs



12-17y, 1tab

KIDS GROWTH, DEVELOPMENT & PERFORMANCE PACK

VMs are actuators of all human metabolism

Both are the only 4in1 complete MVM (**high C&D**) built **specifically for your growing child**, making it the most recommended/used MVM for active growing children, and why we use it for our families and clients – not available in stores

Lactose-free whey protein & NSF-CS for all ages

Delicious ideal active youth nutrition to maximize energy, growth & development (**incl height**) to make them **better on the field and in the classroom**

Convenient delivery system of important nutrients often missed in kid's diet such as fruits, vegetables, milk, etc., -i.e., great smoothie recipes



As needed



Many healthy recipes

Healthy food that supplies the building blocks for your child's structural development & daily recovery and NSF Certified

**FORTIFIED WITH CALCIUM & POTASSIUM FOR STRONG BONES
2 SERVINGS DELIVERS 400MGs OF EACH**

YOUTH VERSION 5-17YRS

Sport, Health, Activity Recovery, Muscle Gain & Performance (Level1) Program

Links will take you to a brief product description including video

Daily:

- [ActiveMV](#)
 - Take 2 daily, one with AM meal and one with PM meal (**12-17yr take 1 daily with a meal**)

Daily as needed:

- [FirstString*](#)
 - Use as directed to make sure you get ~1gm of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 5 times daily
 - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- [Super Omega 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

Workout days

- [FirstString- use as directed to get:](#)
 - 25-35gm/protein 30-40min before workout & repeat same dose immediately post exercise

***May substitute favorite dotFIT Nutrition High Protein Bar based on venue convenience**

Meal Timings

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

Early morning training

- Eat a large pre-training type meal the night before
- Consume only the pre-workout snack/shake before & follow workout day supplement schedule above

Tournament play (multiple games)

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

Fluid Recommendations*

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

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



Muscle Gain – Level-1

Beyond diet & exercise alone by directly feeding muscles their building blocks, so they **grow bigger faster without adding bodyfat** and optimize daily energy levels, workout intensity & performance

YOUR **ESSENTIAL** MUSCLE & PERFORMANCE BUILDING BUNDLE

Our MVMs are a 4in1 complete MVM (**high C&D**) built specifically for athletes and exercisers, which is why they are the most recommended/used MVM in high school, college, pro and Olympic sports & NSF-CS – **not available in stores**



VMs are actuators of all human metabolism

Optimize all VM activities to help **maximize energy & all muscle building mechanisms to optimize muscular development & performance- make sure these actions are operating at 100% compared to 60-85% from diet alone**



Delicious, and also ideal active youth nutrition to maximize energy, growth & development, including height, to make them better on the field and in the classroom

~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**



Beginners until progress slows and desires next level gains

Sport, Health, Activity Recovery, Muscle Gain & Performance (Level1) Program

SRP: \$91.90

Links will take you to a brief product description including video

SRP with SB \$159.90

Daily:

Alln1 SuperBlend™, includes dF MVM, SAO, UPB, DE, vegan O3, 6gm fiber, 2svg veg, prebiotic, ashwagandha, turmeric, mushroom blend -35cals

- **Take as directed:** (1st 2-weeks ½ serving daily; 3rd 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*

Daily as needed:

- **FirstString***
 - Use as directed to make sure you get ~1gm of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 5 times daily
 - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs

Workout days

- **FirstString- use as directed to get:**
 - 25-35gm/protein 30-40min before workout & repeat same dose immediately post exercise

***May substitute favorite dotFIT Nutrition High Protein Bar based on venue convenience**

Meal Timings

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

Early morning training

- Eat a large pre-training type meal the night before
- Consume only the pre-workout snack/shake before & follow workout day supplement schedule above

Tournament play (multiple games)

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

Fluid Recommendations*

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

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



YOUTH VERSION 5-17YRS

DIETARY SUPPORT TO MAXIMIZE YOUR CHILD'S STRUCTURAL AND FUNCTIONAL GROWTH & DEVELOPMENT THE BUILDING BLOCKS NECESSARY TO BUILD A LASTING STRONG FOUNDATION



2-4y 1 tab

V&M are actuators of all human structure and functions at every life phase. Proper amounts (RDAs) **help maximize growth and development**. You can't go back in time and make up for the VMs you missed as a kid in building your foundation, **including height**



5-11y, 2tabs



12-17y, 1tab

KIDS GROWTH, DEVELOPMENT & PERFORMANCE PACK

VMs are actuators of all human metabolism

Both are the only 4in1 complete MVM (high C&D) built **specifically for your growing child**, making it the most recommended/used MVM for active growing children, and why we use it for our families and clients – not available in stores

Lactose-free whey protein & NSF-CS for all ages

Delicious ideal active youth nutrition to maximize energy, growth & development (**incl height**) to make them **better on the field and in the classroom**

Convenient delivery system of important nutrients often missed in kid's diet such as fruits, vegetables, milk, etc., -i.e., great smoothie recipes



As needed



Many healthy recipes

Healthy food that supplies the building blocks for your child's structural development & daily recovery and NSF Certified

**FORTIFIED WITH CALCIUM & POTASSIUM FOR STRONG BONES
2 SERVINGS DELIVERS 400MGs OF EACH**

Muscle Gain – Level 2

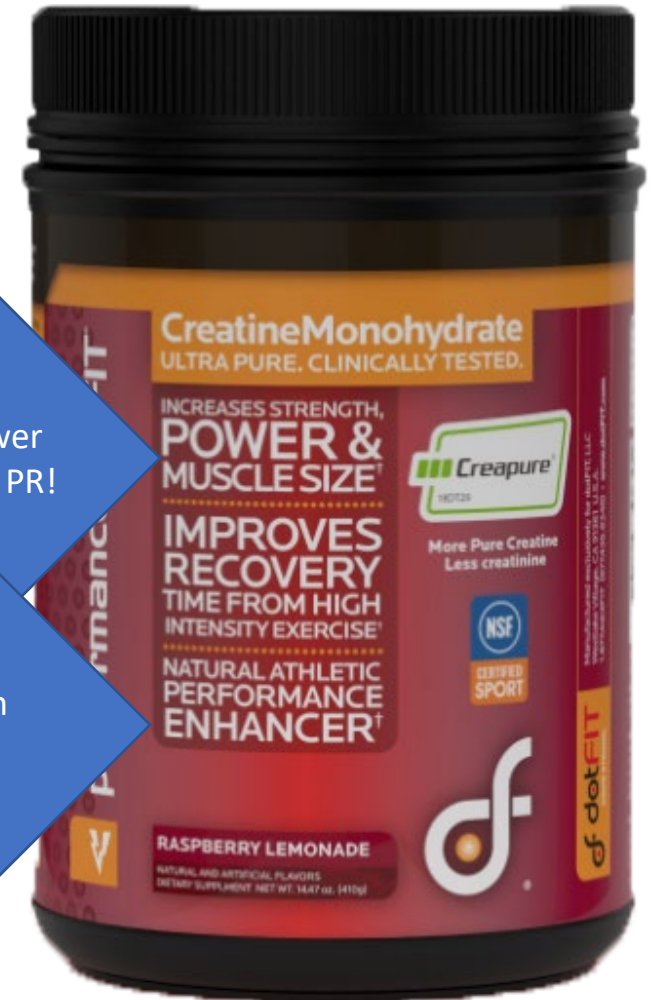
Enhanced results beyond Level-1 to continue to directly feed your muscles to grow larger faster without adding bodyfat and optimize daily energy levels, workout intensity, **performance and recovery – especially important for older athletes**



YOUR NEXT LEVEL MUSCLE & PERFORMANCE BUILDING BUNDLE— ADD CREATINE MONOHYDRATE

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



Next Level until progress slows and goal is to maximize muscle gain potential

Level-2 Sport Health, Activity Recovery, Performance & Muscle Gain Program

Click on product links for a brief product description including short video

Daily:

ActiveMV

- Take 2 daily, one with AM meal and one with PM meal

CreatineMonohydrate Loading & Maintenance* Strategy

- Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
- Training days: 1 dose before workout & 1 after with meals/drinks. May mix with your pre & post training formula
- Non-training days take 1-dose with AM meal and 1-dose with PM meal

Daily as needed:

- FirstString
 - Use as directed to make sure you get ~1gm of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
 - **If exercising, use ~25-35 gm 30-40min before workout & repeat same dose immediately following exercise**
 - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- Super Calcium (read all food labels for calcium content)
 - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
 - Females take 1 or 2 daily with meals; if you need to take 2, take one with AM meal and the 2nd with PM meal; Males take 1 only if necessary
- Super Omega 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

Workout days

- **FirstString**
 - **Take as directed (25-35gm protein) 30-40min before workout & repeat immediately post exercise**
- **Creatine Monohydrate**
 - On training days, use one dose before workout and one after with meals/drinks. May mix with your pre & post training formula

***If you are under 175LBS you can cut the daily maintenance dose in half - i.e., after loading period, take a total of 5gms daily and split as described**



Muscle Gain – Level 2

Enhanced results beyond Level-1 to continue to directly feed your muscles to grow larger faster without adding bodyfat and optimize daily energy levels, workout intensity, **performance and recovery – especially important for older athletes**

YOUR NEXT LEVEL MUSCLE & PERFORMANCE BUILDING BUNDLE— ADD CREATINE MONOHYDRATE



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



Next Level until progress slows and goal is to maximize muscle gain potential



Level-2 Sport Health, Activity Recovery, Performance & Muscle Gain Program

SRP: \$125.85

SRP with SB \$193.85



Alln1 SuperBlend™, includes dF MVM, SAO, UPB, DE, vegan O3, 6gm fiber, 2svg veg, prebiotic, ashwagandha, turmeric, mushroom blend -35cals

- **Take as directed:** (1st 2-weeks ½ serving daily; 3rd 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*

CreatineMonohydrate Loading & Maintenance* Strategy

- Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
- Training days: 1 dose before workout & 1 after with meals/drinks. May mix with your pre & post training formula
- Non-training days take 1-dose with AM meal and 1-dose with PM meal

Daily as needed:

- **FirstString**
 - Use as directed to make sure you get **~1gm of protein per pound of LBM** (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
 - **If exercising, use ~25-35 gm 30-40min before workout & repeat same dose immediately following exercise**
 - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs

Workout days

- **FirstString**
 - **Take as directed (25-35gm protein) 30-40min before workout & repeat immediately post exercise**
- **Creatine Monohydrate**
 - On training days, use one dose before workout and one after with meals/drinks. May mix with your pre & post training formula

***If you are under 175LBS you can cut the daily maintenance dose in half - i.e., after loading period, take a total of 5gms daily and split as described**



***Most popular way of consuming SB daily is mixing it with water and vanilla protein**

Muscle Gain – Level 3

Enhanced results beyond Level-2 to continue to directly feed your muscles to grow larger faster without adding bodyfat and optimize daily energy levels, workout intensity, **performance and recovery** – especially important for competitive athletes

YOUR COMPETITOR LEVEL MUSCLE & PERFORMANCE BUILDING BUNDLE— ADD AMINO FORMULA



Protein stacking – 3rd AA matrix* to saturate SM target
***food, intact powder, 8 free specific EAAs**

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.

Supply the direct muscle building signals & building blocks in extreme low calories!



Maximizing muscle gain potential – pushing out the final plateau

Level 3 Sport, Health, Activity Recovery, Performance & Muscle Gain Program –Protein Stacking

Click on product links for a brief product description including short video

Daily:

ActiveMV

- Take 2 daily, one with AM meal and one with PM meal

CreatineMonohydrate Loading & Maintenance* Strategy

- Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
- Training days: 1 dose before workout & 1 after with meals/drinks. May mix with your pre & post training formula
- Non-training days take 1-scoop with AM meal and 1-scoop with PM meal

Daily as needed:

FirstString

- Use as directed to make sure you get ~1gm of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
 - Use ~25-35 gm 30-40min before workout & repeat same dose 30 minutes following post exercise AminoFormula dose
- Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- Super Calcium (read all food labels for calcium content)
 - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
 - Females take 1 or 2 daily with meals; if you need to take 2, take one with AM meal and the 2nd with PM meal; Males take 1 only if necessary
- Super Omega 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

Workout days

- AminoFormula
 - Take 1-scoop ~5-10min before and may continue to drink during workout
 - Take 1-scoop immediately following workout
- FirstString
 - Take as directed (25-35gm protein) 30-40min before workout & repeat same dose 30 minutes following post exercise AminoFormula dose
- Creatine Monohydrate
 - On training days, use one dose before workout and one after with meals/drinks. May mix with your pre & post training formula



* If you are under 175LBS you can cut the daily maintenance dose in half - i.e., after loading period, take a total of 5gms daily and split as described

Muscle Gain – Level 3

Enhanced results beyond Level-2 to continue to directly feed your muscles to grow larger faster without adding bodyfat and optimize daily energy levels, workout intensity, **performance and recovery** – especially important for competitive athletes

YOUR COMPETITOR LEVEL MUSCLE & PERFORMANCE BUILDING BUNDLE— ADD AMINO FORMULA



Protein stacking – 3rd AA matrix* to saturate SM target
*food, intact powder, 8 free specific EAAs

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.

Supply the direct muscle building signals & building blocks in extreme low calories!



Maximizing muscle gain potential – **pushing out the final plateau**



Level 3 Sport, Health, Activity Recovery, Performance & Muscle Gain Program –Protein Stacking

Click on product links for a brief product description including short video

SRP: \$183.80

SRP with SB \$251.80

Daily: Alln1 SuperBlend™ , includes dF MVM, SAO, UPB, DE, vegan O3, 6gm fiber, 2svg veg, prebiotic, ashwagandha, turmeric, mushroom blend -35cals

- **Take as directed:** (1st 2-weeks ½ serving daily; 3rd 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*

CreatineMonohydrate Loading & Maintenance* Strategy

- Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
- Training days: 1 dose before workout & 1 after with meals/drinks. May mix with your pre & post training formula
- Non-training days take 1-scoop with AM meal and 1-scoop with PM meal

Daily as needed:

FirstString

- Use as directed to make sure you get **~1gm of protein per pound of LBM** (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
 - **Use ~25-35 gm 30-40min before workout & repeat same dose 30 minutes following post exercise AminoFormula dose**
- Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs

Workout days

AminoFormula

- Take 1-scoop ~5-10min before and may continue to drink during workout
- Take 1-scoop immediately following workout

FirstString

- Take as directed (25-35gm protein) 30-40min before workout & repeat same dose 30 minutes following post exercise AminoFormula dose

Creatine Monohydrate

- On training days, use one dose before workout and one after with meals/drinks. May mix with your pre & post training formula

*** If you are under 175LBS you can cut the daily maintenance dose in half - i.e., after loading period, take a total of 5gms daily and split as described**



Creatine monohydrate – plus.....

Beyond creatine: multi-ingredient pre/post-workout supplement (MIPS) to take your workout and game day to the next level – and avoid plateaus. Stronger, faster and more focused longer – making everyday better

And/or

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!

*Maximizing muscle gain potential – **keep pushing out the final plateau***

Combining CM & ExtremeCreatineXXXL+ (EC) for Loading and Maintenance (*The And*)

Loading with **CreatineMonohydrate** & Using **ExtremeCreatineXXXL+** to Maintain Creatine and Beta-alanine Levels

Loading phase: CreatineMonohydrate (CM)* 20g/d for first 5 days to load

- mix 1 scoop (5g) with 4-8 oz of favorite fluid/shake and take four (4) times daily with a carbohydrate and/or protein containing meal/drink for the first 5 days.
 - Training days, use 1-dose before workout & 1-after with meals/drinks. May mix with your pre/post training formula.



***Maintenance phase:** after 5-day loading phase: ExtremeCreatineXXXL+ to maintain all till end of cycle

- Take 2-scoops/d (always with some protein and/or carbs but within allotted calories based on body composition goal)
- Training days: 1-scoop before training with pre-workout shake or full meal. 1-scoop post workout with meal or shake
- Non-training days: 1-scoop with morning meal or shake & 1-scoop with evening meal or shake to maintain Cr & BA levels

If $\geq 175\text{lb}$, may want to maintain 1-scoop CM/d in protocol: take anytime when not taking EC



The Or (no loading period)

Just ExtremeCreatineXXXL+ as the sole creatine source (-plus)



Dosing ExtremeCreatineXXXL+ as a Standalone Product

- Take 2-scoops/d (5 g creatine, 3.2 g beta-alanine, 7 g L-glutamine) to achieve immediate training benefits and reach near maximum creatine and beta-alanine supplemented levels within 28 days and continue throughout the desired training period (always take with some protein and carbs but within allotted calories based on body composition goal).
 - Training days: 1scoop before training and 1-after. May mix in pre & post workout shake containing protein with some carbohydrate.
 - Non-training days, take 1-scoop with morning meal or shake and 1-scoop with evening meal or shake

EVIDENCE-BASED PRODUCT SUMMARY

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***

Female V&M support (incl. high Vit-C&D) for all systems especially energy, stress and appetite control, daily recovery including skin, hair and nails – not available in tores



Or

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!

&/Or

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**



~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



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!

EVIDENCE-BASED PRODUCT SUMMARY

Expanded Full SUMMARY PAGE

Level 1-3 Muscle & Performance Product descriptions

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

And - Ashwagandha, Turmeric (curcumin)
& Mushroom blend to battle stress,
anxiety, fatigue and improves sleep
quality to enhance overall wellbeing
control, daily recovery including skin, hair and
nails – not available in stores

Optimize all VM activities to help max
muscle building mechanisms to op
development & performance

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



6gms of fiber & 2 full
servings of veggies



~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



**Protein stacking – 3rd AA matrix* to saturate
SM target: food, intact powder, 8 free specific EAAs**
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

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
- 3rd party tested & NSF Certified for Sport
- Diet friendly: Vegan, Vegetarian, Keto, Paleo, Low carb, Gluten Free

A Superfood for SuperHumans

A PERFECT MUSCLE GAIN NUTRITION HACK

Your Complete 3rd party NSF-CS Muscle Bundle

AND A WHOLE LOT MORE!

SRP: only \$159.90/m vs. \$341.23/m when purchased individually

~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

Easy mixing with any fluids, fruits, etc., and great tasting with your Alln1 SuperBlend™ Visit the extended recipe section

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

&/OR

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

- One delicious drink mix that tested better than all competitors for taste and formulation.
 - Clinically documented safe and effective 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

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



All-Natural Superfood for SuperHumans



A stethoscope is positioned diagonally across the frame, resting on a stack of several books. The books have various colored spines, including shades of orange, yellow, and blue. A semi-transparent rectangular box is overlaid on the left side of the image, containing the title text in white. The background is a soft, out-of-focus gradient of blue and orange.

PRACTITIONER NOTES

INCLUDING MONITORING

Monitoring + Adjustments

- Weigh/measure in the same clothing, same time of day, same scale using the same methods (skin calipers preferred).
- If necessary, only adjust calories in or out every seven days



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 displays a 'Progress Check Pop-Up' window. On the left, a 'Coaching Measurements' form titled 'Progress Check' prompts the user to 'Enter your weight and body fat now'. It includes input fields for 'Weight' (in lbs) and 'Body Fat' (in %), an 'ENTER' button, and a close button. On the right, the 'Actionable Feedback' section provides a summary of the user's progress and a list of six numbered action items. An arrow points from the form to the feedback section. At the bottom, a motivational quote 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 increase your calorie intake by 100-200 calories per day. Your goal was to lose 2.2 lbs. Keep in mind, body weight can vary based on measurements of muscle/fat gain or loss.

What do you want to do:

1. Keep my program the same. [\[Select\]](#)
2. Understand why my weight-in was different than I expected. [\[Select\]](#)
3. Keep my goal date of 05/07 and adjust my average weight target to 150.2 pounds 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!

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

THE ESSENTIALS & MUSCLE GAIN/PERFORMANCE– 100% VEGAN

ALL PERFORMANCE PRODUCTS ARE VEGAN FRIENDLY

VEGAN Playspan® PACK

Vegan 3 in1 complete MVM (high C&D) built specifically for athletes and exercisers, which is why they are the most recommended/used **Vegan MVM** in high school, college, pro and Olympic sports – and by the way, this is why all my vegan clients & families use this MVM – not available in stores

These are different – they are for you & your long-term goals



Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, stress, appetite, etc.) are *V&M dependent* we need to make sure these systems are operating at 100% without adding calories! Compared to 60-85% from diet alone

VMs are actuators of all human metabolism



Many healthy recipes

Delicious vegan high protein drink mix to directly feed your muscles, speed recovery & control appetite to accelerate goals, mindful, your next workout is only as good as your recovery from the last. not available in stores & reduces the grocery bills

Highest possible biological value, all natural environmentally friendly plant protein. Hypoallergenic, gluten free, contains no dairy or soy and is non-GMO



*Non-animal derived V&Ms are often less bioavailable. Plant food sources bring phytates & oxalates that bind or block minerals, reducing absorption

Helps release the trapped nutrients and may help manage minor digestive problems like gut discomfort, bloating, gas, lactose intolerance, etc.,

Cost savings on essential groceries

12 weeks 2 healthy meals/d \$363-SRP (20%=\$288): 180meals

Grow and Stay Strong within your Ideal Body using all natural ingredients from non-animal environmentally friendly sources

Muscle/Performance **All Vegan** Next Level Bundle with AF and No Protein Stacking

Click on product links for a brief product description including short video

Daily:

[dotFIT Multivitamin & Mineral: VeganMV](#)

- Take as directed with meals



Or Alln1 SuperBlend™

[CreatineMonohydrate](#) Loading & Maintenance* Strategy

- Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
- Training days: 1 dose before workout & 1 after with meals/drinks. May mix with your pre & post training formula
- Non-training days take 1-scoop with AM meal and 1-scoop with PM meal

[BestPlantProtein](#) (Add ingredients to make desired protein/CHO content/ratio – [see recipe section](#))

- Use as directed within daily meal planning to make sure you get ~1 gram of protein per pound of lean body mass (or weight if not overweight) daily from all sources divided 4-5 times daily depending on preference
- Can also be used as a supplement to a meal or by itself (or mixed with desired ingredients) to shore up total daily protein need. **(BPP recipes are available [here](#))**

Workout Days:

[AminoFormula](#) (AF) or [All-Natural Vegan Formula](#)

- Take 1-scoop ~10 minutes before and may continue to drink during first 20 minutes of workout
- Take 1-scoop immediately following workout

[CreatineMonohydrate](#)

- On training days, use one dose before workout and one after with meals/drinks. May mix with your pre & post training formula

*If you are under 175LBS you can cut the daily maintenance dose in half - i.e., after loading period, take a total of 5gms daily and split as described



APPENDIX – EXTENDED LIBRARY OF BUNDLE PRODUCT SUBSTITUTIONS

IN BASELINE (AKA Playspan®)

**CREATINE PRODUCTS ALONE OR IN
COMBINATION FOR LOADING, STACKING
& MIXING**

- **EXTREME CREATINE XXXL+**
- **CREATINE MONOHYDRATE**
- **NO7 RAGE**

Muscle Gain Bundle with **NO7 Rage as Creatine Source to Achieve & Maintain Cr & BA** Effective Levels (28d to saturation)

Active Multivitamin Mineral Formula

- Take two (2) daily: one immediately following first large meal and one following the 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

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 AminoBoostXXL 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 needs.
- Be sure to ingest ~1 gram of protein per pound of LBM (or weight if not overweight) daily from all sources including food. Ideally, divide protein into 4-5 meals/day along with pre/post shakes (the pre/post combined generally supply 50-80 grams of daily protein goal)

NO7Rage³

- **Daily (to maintain BA & Cr levels)** take 1.5 to 2.5 scoops (depending on body weight). If necessary, because of caffeine sensitivity, start with lower dose and increase to proper body weight dosage if not uncomfortably affected by caffeine. Take approximately 10 minutes before workout (may mix with AminoFormula 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*
 - **Non-training days, take 1 serving anytime of the days**

AminoFormula **(workout days only)**

- Take 1- 1.5 scoops (based on weight) approximately 10 minutes before workout (add to NO7Rage if using this product). You may continue to drink during workout
- Take one (1) scoop immediately following workout

Muscle Gain Bundle with **ExtremeCreatineXXXL+** as Creatine Source to Achieve & Maintain Cr & BA effective levels (~28d to full saturation) with protein stacking

Daily

ActiveMV - Multivitamin & Mineral Formula

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

ExtremeCreatineXXXL+

- Take two scoops daily (5 g creatine, 3.2 g beta-alanine, 7 g L-glutamine) and continue throughout the desired training period (always take with some protein and/or carbs).
 - On training days take one (1) scoop before training and one after. May mix in your pre and post workout shake or AminoFormula.
 - On non-training days, take one (1) scoop with morning meal or shake and one (1) scoop with evening meal or shake.

As needed

FirstString (or WheySmooth depending on daily calorie allotment)

- 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 daily requirements.
- Be sure to ingest approximately 1 gram (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 protein requirement).

Super Calcium (read all food labels for calcium content)

- Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
 - Females take 1 or 2 daily with meals; if you need to take 2, take one with AM meal and the 2nd with PM meal; Males take 1 only if necessary

SuperOmega-3 Fish Oils

- 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

Workout days

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.

AminoFormula

- Take 1 to 1.5 scoops (based on weight) approximately 10 minutes before workout. You may continue to consume during workout.
- Take one (1) scoop immediately following workout.

Loading with **CreatineMonohydrate** & Using **ExtremeCreatineXXXL+** to Maintain Creatine and Beta-alanine Levels in Baseline Only

Click on product links for a brief product description including short video

[ActiveMV - Multivitamin & Mineral Formula](#)

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

[Super Omega 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
- 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 daily requirements.
- Be sure to ingest approximately 1 gram (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 protein requirement).

Loading phase: [CreatineMonohydrate](#) (CrM)* 20g/d for first 5 days to load

- mix 1 scoop (5g) with 4-8 oz of favorite fluid/shake and take four (4) times daily with a carbohydrate and/or protein containing meal/drink for the first 5 days.
 - Training days, use 1-dose before workout & 1-after with meals/drinks. May mix with your pre/post training formula.

***Maintenance phase: after 5-day loading phase: [ExtremeCreatineXXXL+](#) (ECr) 5gms/d to maintain till end of cycle**

- Take 2-scoops/d (always with some protein and/or carbs but within allotted calories based on body composition goal)
 - Training days: 1-scoop before training with pre-workout shake or full meal. 1-scoop post workout with meal or shake
 - Non-training days: 1-scoop with morning meal or shake & 1-scoop with evening meal or shake to maintain Cr & BA levels
- If ≥ 200lb, may want to maintain 1-scoop CrM/d in protocol: take anytime when not taking ECr**

Adult Performance & Size Supplement Plan with **Creatine Monohydrate & NO7 Rage (maintain BA levels)& AF in protein stacking**

Active Multivitamin Mineral Formula

- Take two (2) daily: one immediately following first large meal and one following the 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

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 needs.
- Be sure to ingest ~1 gram of protein per pound of LBM (or weight if not overweight) daily from all sources including food. Ideally, divide protein into 4-5 meals/day along with pre/post shakes (the pre/post combined generally supply 50-80 grams of daily protein goal)

AminoFormula (workout days only)

- Take 1- 1.5 scoops (based on weight) approximately 10 minutes before workout (add to NO7Rage if using this product). You may continue to drink during workout
- Take one (1) scoop immediately following workout

Begin Creatine Monohydrate loading at 2nd week of training

CreatineMonohydrate Loading & Maintenance Strategy (if you are under 175LBS you can cut the daily maintenance dose in half* - i.e., after loading period, take a total of 5gms daily and split as described as described below)

- Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
- Training days: take 1-dose before workout & 1 after with meals/drinks (**after loading, may discontinue pre-workout dose b/c NO7 will supply Cr**). May mix with pre/post training formula
- Non-training days* take 1-dose with AM meal and 1-dose with PM meal

**Programs total daily creatine first 5 days: 20gms/d. Maintenance phase: all days 5-10gms. To maximize uptake, creatine intake should be spread evenly as possible throughout the day with some protein and/or carb containing meals/shakes.*

• Dosing by body weight:

- Loading phase 0.14 g/LB/d split into four (4) daily intakes of 5 g each, followed by a maintenance phase dose of .04 g/LB/d for the duration of the supplementation period

NO7Rage³

- **Daily (to maintain BA & Cr levels)** take 1.5 to 2.5 scoops (depending on body weight). If necessary, because of caffeine sensitivity, start with lower dose and increase to proper body weight dosage if not uncomfortably affected by caffeine. Take approximately 10 minutes before workout (may mix with AminoFormula 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*
 - Non-training days, take 1 serving anytime of the day but do not use within 4hours of sleep

**Programs total daily creatine first 5 days: 20g/d (plus 3.7-6.5 g from NO7 on training days). Maintenance phase: workout days =7.5-12.5; non-workout days 7.5-12.5g. 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 carb and/or protein containing meals or shakes. BA total daily intake =3-5gm*

NO7Rage & ExtremeCreatineXXXL Performance & Size Supplement Plan in Baseline (with AF in Protein Stacking)

ActiveMV - 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 (workout days only)

- Take 1- 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 ExtremeCreatineXXXL (ECX) at 2nd Week

- **Take 2-scoops daily.** Always take with some protein and/or carbs but within allotted calories based on body composition goal.
- **On 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 (one scoop) any time with meal or shake to help evenly spread total creatine intake throughout the day
- **On non-training days:** take one (1) scoop with morning meal or shake and one (1) scoop with evening meal or shake.

Add NO7Rage at 3rd week (workout days only b/c, ECX daily maintains Cr & BA saturation)

- Take 1.5-2.5 scoops depending on weight (if caffeine sensitive, start lower dose and increase to proper weight dose if not uncomfortably affected by caffeine) approximately 10 minutes before workout (may mix with AminoFormula and continue to consume during workout). See directions on label for weight dosages.

NO7Rage contains 150 mg of caffeine per scoop. *As a reference: Starbucks Grande-drip coffee contains ~330 mg of caffeine, close to the same amount 2scoops of NO7Rage.*

Adult Super Stack Performance & Size Supplement Plan (NO7Rage, ExtremeCreatineXXXL & CM) & AF in Protein Stacking

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 1-1.5 scoops (based on weight) 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 2nd Week of Program

2nd 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 6th day of 2nd 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 4th 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.

A close-up photograph of a man's face and arm, heavily tinted with a deep red color. The man is looking directly at the camera with a serious expression. His right arm is raised, with his hand near his forehead. The lighting is dramatic, highlighting the contours of his face and arm.

EXPERT PRODUCT PRESENTATION LIBRARY

ALL MVM MUSCLE GAIN PRESENTATION



Headline:

Exercise only breaks down muscle – nutrition repairs and builds it – so we will accelerate building muscle while starving body fat by incorporating extra muscle building nutrients with little to no calories

- Optimize all VM activities to help maximize all muscle building mechanisms, energy, burn more fat, support immunity, reduce stress and speed recovery
- Feed the Muscle Starve the Fat
- Ensure micronutrients are where they need to be, when they need to be, for maximum absorption to **accurately feed muscle**
- Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, etc.) **including muscle gain mechanisms are V&M dependent we need to make sure these systems are operating at 100% without adding calories! Compared to 60-85% from diet alone**

ESSENTIAL MUSCLE GAIN PRESENTATION



Headlines:

1) Exercise only breaks down muscle – nutrition repairs and builds it – so we will accelerate building muscle while starving body fat by incorporating extra muscle building nutrients with little to no calories

2) Let's double your strength and muscle size gains through a complete multi-pronged approach

- **MVM:** optimize all VM activities to help maximize all muscle building mechanisms, energy, burn more fat, support immunity, reduce stress and speed recovery
- **FirstString:** delicious whey/high protein shake with proper carbs to support hormone levels needed to build more muscle faster
 - ✓ Ideal food formula to maximize your child's growth & development and sports performance including calcium and potassium fortification – my kids grew up on it and still love it!

ESSENTIAL MUSCLE GAIN PRESENTATION



Eve:

Multivitamin & Mineral

- Feed the Muscle Starve the Fat

First String

- Take what the Athletes take...the fuel for your Muscle Growth
- This will maximize Muscle Protein Synthesis, Glycogen, and Performance to help increase Size, Strength, and Speed

Brian

Multivitamin & Mineral

- Ensure micronutrients are where they need to be, when they need to be, for maximum absorption to accurately feed muscle

First String

- Dense in carbohydrate to help feed mass
- Feed and refuel the muscle to maximize growth potential
- Great for athletes or high-level exercisers looking to build muscle and/or performance faster!



ESSENTIAL MUSCLE GAIN PRESENTATION



Kat

MVM (NSF-CS):

- Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, etc.) including muscle gain mechanisms are V&M dependent we need to make sure these systems are operating at 100% without adding calories! Compared to 60-85% from diet alone

First String

- Ideal formula for muscle gain, athletic performance and youth athletes
- Higher calories and carb to protein ratio fuel muscle and help replenish and repair after exercise
- NSF Certified for Sport – third party tested for purity (no banned substances) and potency



FIRST STRING -MUSCLE GAIN/PERFORMANCE



Brian:

- Dense in carbohydrate to help feed mass
- Maximize hypertrophy
- Great for athletes or high-level exercisers looking to build muscle faster!



Eve:

- Take what the Athletes take...the fuel for your Muscle Growth
- This will maximize Muscle Protein Synthesis, Glycogen, and Performance to help increase Size, Strength, and Speed.

Kat:

- Ideal formula for muscle gain, athletic performance and youth athletes
- Higher calories and carb to protein ratio fuel muscle and help replenish and repair after exercise
- NSF Certified for Sport – third party tested for purity (no banned substances) and potency



CREATINE PRESENTATIONS



Eve

Creatine (PC) is an energy system in our body. The creatine phosphate is your body's simplest, most immediate energy source. However, your body only uses this system for a short period of time (usually 10 seconds or less depending on our fitness). Using creatine allows us to **open that window for an extended time frame, thus allowing us to stay under load for an extended period which in turn stimulates a greater response from your muscles and promotes growth. BASICALLY, it's like adding a fuel booster to your car to get the most out of it.**

Brian

- Creatine recycles your immediate energy system (your ATP system) which is great for athletes with more explosive movements and weight training.
- Mr/Mrs/Miss Jones, creatine will...
 - Enhance your anaerobic system. It will let you go LONGER and STRONGER in your first immediate energy system.
 - Creatine volumizes the cells by driving more water and nutrients into the muscle cells

Kat

- The most effective supplement to help build muscle, strength, and power
- Raises your body's natural level of creatine so you have more fuel for high-intensity activities
- Vegan friendly and safe and effective for women



From other experts discussing with someone why they would use it.

Eve

- Want to get those gains?! Get ExtremeCreatineXXXL to reach your full potential. Not only is there creative monohydrate in it but there's also glutamine and beta alanine in it!!! So we can get your results that much faster!

Kat

- The ultimate stimulant free pre-workout formula
- Ideal for high intensity workouts to build muscle, increase strength and support recovery
- Contains the most effective ingredients to maximize gainz

Frank

- Jump on the "gainz" train baby

EXPERT PRESENTATIONS ECXXL+



From other experts discussing with someone why they would use it.

Brian

ECXXL+ is The ultimate muscle cocktail:

- Creatine is an energy system in our body and the simplest, most immediate energy source. **We use this system for explosive bursts of ~10seconds. Using creatine allows us to open that window for an extended time frame**, thus allowing us to stay under load for an extended period which in turn stimulates a greater response from your muscles and promotes growth. **BASICALLY, it's like adding a fuel booster to your car to get the most out of it right out of the gate**
- EC+ also has beta alanine, which buffers hydrogen ions in your muscle. Most people call that burn you feel in your muscle lactic acid, which is caused by hydrogen ions building up forcing us to stop or fail. **The BA delays this build up which lets us stay under load for an extended period thus stimulating growth (MUSCLE BURNS FAT). Couple this with the glutamine which helps stave off muscle breakdown and increases the PUMP; it is the perfect one two punch to maximize the horsepower in our muscles.**



EXPERT SCRIPTS: AMINO FORMULA-ALL GOALS

- AF is like a Gatorade for muscles without the junk in it. This is the best way to get complete protein activity in your body without actually eating protein. It **wakes your body up and says, "hey, let's get this engine roaring and start producing some horsepower."** It hydrates you down to the cellular level and helps buffer against the muscle catabolism that inevitably takes place daily in our bodies. AF helps limit that loss as we add new muscle.
- Added recovery support from EAAs to decrease muscle soreness and ensure you can maintain high quality workouts as long as you desire!
- Ultimate blend of EAAs to decrease muscle soreness and speed up muscle repair
- I can't imagine working out without using AF, and I know that you will agree once you start drinking this as well! It is your ultimate recovery drink. And making sure you properly recover, means it's easier to stay consistent with killer workouts and that means...faster Results!
- These specialized aminos are going to come in and get the muscle party moving faster by stimulating protein synthesis and telling the body, "Hey, lets start making muscle." This in turn will speed up the process and allow the muscle making factory to produce beyond protein.



NO7RAGE SCRIPT



From other experts discussing with someone why they would use it.

Brian

- Delay the onset of muscle fatigue by buffering the hydrogen build-up in your muscles with the beta alanine in no7.
- Create a better pump and blood flow directly to muscles to maximize energy and growth potential
- No need to drink coffee or energy drinks because the 150 mg of caffeine per scoop in NO7 is like having 2 cups of joe!

Kat

- The ultimate pre-workout with the most effective and proven ingredients
- Caffeine increases focus, energy and makes workouts feel easier
- Citrulline gives you the muscle pump
- Creatine + beta alanine helps you maintain intense workouts, so you see results faster

Eve

- NO7Rage is amazing because it will help take your workout to the next level and when we can bring that energy to our sessions, we can get your results that much faster!
- NO7Rage will increase the nutrients into the cells, enhance your performance when you're working out, and volumizes the cells!
- Add AminoXXXL and ExtremeCreatineXXXL to the NO7Rage and as Neal puts it, you will get, "jacked, stacked, and big macked!"

CREATINE PRESENTATIONS



Headlines:

1) Take your workout and game day to the next level

2) Be bigger, stronger, faster and more focused longer – make every day a PR!

- Cr provides an immediate and prolonged energy source (PCr) for brain and muscles and therefore, by supplementing you will improve motivation, strength & performance each workout so they build on each other to grow muscle/improve performance much faster and avoid plateaus.
- Cr is the most safe and effective muscle building supplement available and ours is NSF-CS - and a pure creatine source from Germany –so you get more for less – and it's not available in stores
- Cr supplementation is especially helpful for older athletes trying to maintain or build muscle

Improve size & performance to maximize every training session and results and transfer to your field of play (activities that include weightlifting, sprinting, jumping, etc.) - be better than the best you can be

EXTREME CREATINEXXXL+ PRESENTATIONS



Headlines:

1) Take your workout and game day to the next level. – Beyond creatine - no plateaus here!

2) Be stronger, faster and more focused longer – make every day a PR!

- **Non-stimulant Convenient Multiple Ingredient Pre-Workout Supplement** to **improve motivation, strength and performance every workout so they build on each other to avoid plateaus.**
- 1) **creatine** for size, strength & performance; 2) **beta-alanine** for intensity and muscle endurance; 3) **glutamine** for muscle recovery and immune support
- Creatine and glutamine are also **cell volumizer that contribute to the “pump”** and added muscle recovery
- If you want to take muscle, size and performance to the next level – let me show you how to stack this with the other supporting products: **Creatine Muscle & Performance Stacks**

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

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](#)



Preserving & Building Muscle Tissue

dotFIT

1 Min.
Promotional
Videos

[Download and display on your club TVs](#)

Infographics | Logo | Social Media
One-Pager Flyers | 4 Pillar Posters

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

Purity & Potency
Tested from start to
finish

Safety
Shown in trials and
history, screening
and ingredient
synergy

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.

The dotFIT Difference

Efficacy
Dosages and
Forms match
3rd Party
Clinical Trials

Truth in Labeling
Legal facts based
upon Efficacy and 3rd
Party Testing

Purity & Potency
Tested from start to
finish

Safety
Shown in trials and
history, screening
and ingredient
synergy

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.

Add your logo here