

dotFIT - Trusted by Professionals

R&D for Nutrition Programs & Products

- Over 1,700 sport and fitness facilities
- Over 50,000 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





CHIEFS

dotFIT
GROW STRONG.™



SVG - PNG DESIGN HIGH QUALITY



NCAA



Supporting Over 200 College & Pro Sport Teams

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

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

Support Recordings containing the full science of all products is in your trainer console under **“dotFIT Tools”** then **“Supplement Education”**

- Feb 18 (2022), Intro, history, why nutrition, dF diff, play-span (Baseline supp)
- Mar 18 – All Proteins, Protein Intro, Updated Stats FAQs &
- April 8 – AminoFormula - Perf Cat 2, Updated Practitioner I
- May 6 – Fat loss intro review, ea. product sum w script & p
- June 3 – Essentials (MVM [Ca, V-D], SO-3, Protein) in Play-s
- July 8 – JointFlexPlus with Collagen intro & Photo-aging/sk
- 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
- Dec 9 – Immune Bundles, Presentations, Collaterals & Holi
- Jan 6 – (2023)Popular Diets and New Year Resolution Bund
- Feb 3 – Popular Gym-Goer Products for The New Year with
- Mar 3 – Playspan®, Self-Care & Future of Fitness
- Oct 6 –Alln1 SuperBlend™ Launch:
- Nov 10 – Holiday/New Year weight solution & Nutrition H
- Dec 8 – Optimizing BodyComp Part 1 - Weight Loss vs. Fat I
- Jan 5 – Optimizing body comp Part 2 – Maximizing Gainz, M
- Feb 2 (2024) – Part 3 Opt Body Comp, Recap 1&2, monitoring, myths & Contest Prep
- April 19 – dotFIT difference review and product price comparisons



OR any protein of choice



Keeping it All-Natural or Vegan

May 24 – Weight loss drugs (GLP-1RAs, Ozempic, Wegovy, Zepbound, etc.,) nutrition companion and more

NEW WEIGHT LOSS DRUGS THAT HAVE A HIGH PROBABILITY OF SOON BEING IN MOST HOUSEHOLDS



What is semaglutide/ tirzeptide (e.g., Ozempic/Wegovy, Zepbound, etc.): GLP-1 receptor agonists (RAs) or GLP-1 analog

- Semaglutide (*named after the venom of the Gila monster*), liraglutide, tirzeptide (trade names **Ozempic, Wegovy, Zepbound, etc.**) belong to a class of drugs known as glucagon-like peptide-1 receptor agonists (GLP-1 RAs) **originally developed to treat diabetes** and now also used successfully to reduce body weight by mimicking the natural GLP-1 hormone that is released in the gastrointestinal (GI) tract and brain in response eating to suppress food intake (and manage glucose).

Serendipitously discovered for weight loss, now ID as class of drugs that cut appetite leading to significant weight loss

NATURAL GLP-1 HORMONE ACTIONS



Natural GLP-1 originates from at least two separate locations: GI tract (gut) & brain/preproglucagon (PPG) neurons

➤ Gut derived GLP-1

- ✓ The body's natural GLP-1 hormone is released from the L cells in the gut when food/energy is consumed and initiates multiple reactions including delaying gastric emptying to slow eating via feeling of fullness

➤ Central nervous system (CNS) derived GLP-1

- ✓ GLP-1 is also produced in hindbrain neurons that signal through GLP-1 receptors expressed in brain regions involved in metabolic regulation. GLP-1 in the CNS induces satiety, visceral illness, and stress responses to deter eating

The body's natural production happens when food is consumed so that you stop

DRUGS MIMIC NATURAL GLP-1 ACTIONS TO CONTROL APPETITE AND ARE SUCCESSFUL



➤ Drug mechanisms of action (Incretin mimetics¹)

- ✓ By suppressing glucagon², the drugs prompt the body to produce more insulin reducing blood sugar and reach the areas of the brain that regulate appetite, which cause a voluntary reduction in food intake.
- ✓ The drug also keeps food in the stomach longer to feel fuller sooner and longer.
- ✓ GLP-1RAs actions on reduced feelings of hunger (increased measures of satiety) include blunting of the food reward center thus significantly decreasing total calorie/energy intake, especially in people with heightened sensitivity to food cues (i.e., people that need more food/flavors to be satisfied well beyond feeling full)

Once in the body, the drugs increase natural GLP-1 levels, increasing their appetite suppression throughout the day

¹Incretins are a kind of protein hormone whose functions include the modulation of glucose metabolism by stimulating the release of insulin by the β cells and, at the same time, inhibiting the release of glucagon by pancreatic α cells. The known incretins are GLP-1 and the Glucose dependent insulinotropic polypeptide (GIP)

²Glucagon is secreted in response to hypoglycemia, prolonged fasting, exercise and protein-rich meals (10). Glucagon release is regulated through endocrine and paracrine pathways; by nutritional substances; and by the autonomic nervous system. With [diabetes](#), your pancreas doesn't stop making glucagon when you eat, raising BS levels too much after meals (type II diabetics have a glucagon/insulin disorder where glucagon is active when should be suppressed causing high blood sugar).

GLP-1 is both an [incretin](#) released postprandially from the gut and a [neuropeptide](#) produced by select [brainstem](#) neurons. Therefore, the drug analogs enhance/repair the endogenous GLP-1 primary function of suppressing appetite

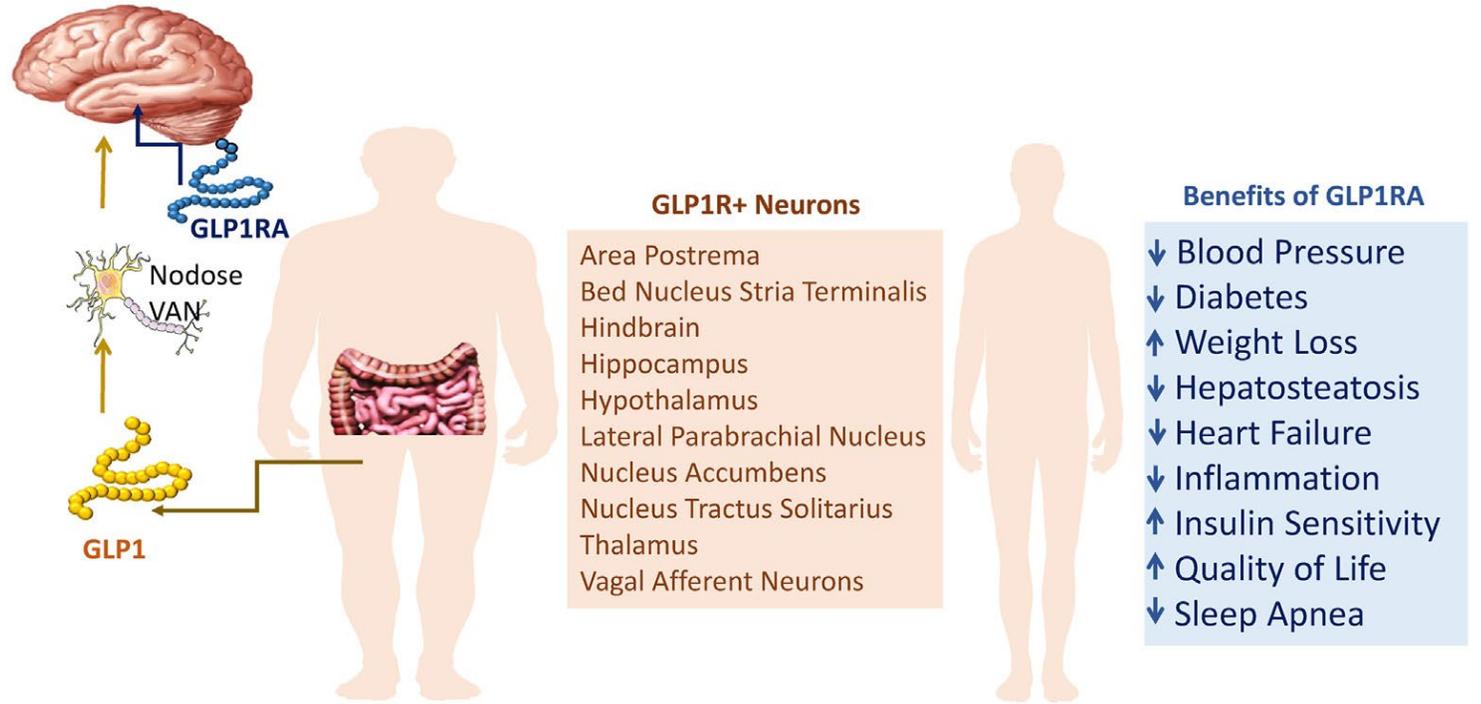
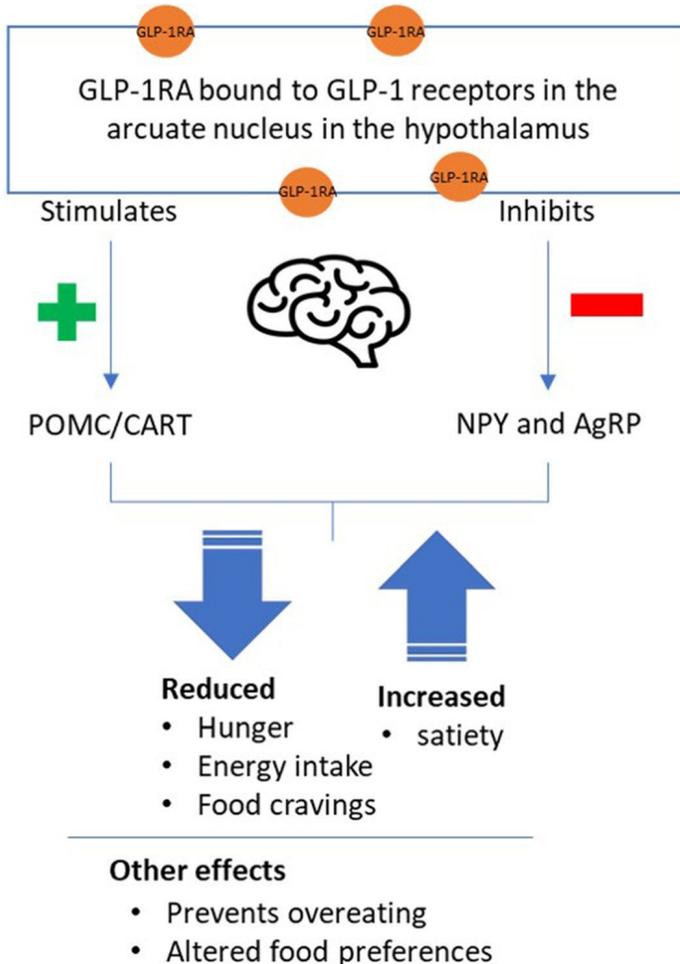


Figure 2 From Drucker et al. Representative targets for GLP-1 action and sites of GLP1R expression within the nervous system, and consequences of GLP-1 therapy in people with obesity

Fig. 1 From Ard et al. [Overview of the actions of GLP-1 in the central nervous system.](#)

AgRP agouti-related peptide, CART cocaine- and amphetamine-regulated transcript, GLP-1RA glucagon-like peptide 1 receptor agonist, NPY neuropeptide Y, POMC proopiomelanocortin

EFFICACY KNOWN WHILE USING, BUT LONG-TERM SAFETY IS STILL TBD



➤ These drugs work

- ✓ Ad libitum mean energy intake with 2.4 mg/wk of semaglutide vs. placebo has been shown to be reduced by 35% leading to dramatic “voluntary” weight loss and related risks/comorbidities (**Fig 2**).
- ✓ Subjects on the newer tirzepatide drugs (GLP-1 & GIP* agonists – **2 hormone analogs**) lost up to 22.5% of their body weight. And with Zepbound (tirzepatide), within one year, the drug helped dieters lose a quarter of their body weight, or 60 pounds (27 kilograms).

➤ More of these hybrid drugs are on the way

- ✓ In mid-stage clinical trials, the drug retatrutide, which targets **three hormones**, led to 24% weight loss. Thus, “the more bullets we can load into the gun, the more we can push the biology into a place where it's easier to lose weight.”

➤ Long-term continuous use safety TBD

- ✓ Drugs have been used for type II diabetes since 2005 with a good safety profile but undetermined for long-term weight loss continuous dosing

* Glucose dependent insulinotropic polypeptide (GIP)

Most successful weight loss therapy to date expanding research for better drugs. Is there a payback?

DOSAGE, ADMINISTRATION AND COSTS



Dosage

- **Semaglutide (Wegovy/Ozempic) generally dosed at 2.4mg by weekly injection (oral admin is daily)**
 - ✓ Because of the related GI stress and other adverse reactions, doses starts at 1mg/week, eventually reaching the general terminal dose of 2.4mg/wk (higher doses create greater weight loss with increased side effects, especially GI distress).
- Tirzepatide (Zepbound approved Dec 2023 for weight loss) 1/wk injection generally follows a titration schedule, starting at 2.5mgs & by 24th week, 15mg (Semaglutide 2.4mg to is ~ equivalent to 5mg tirzepatide)

Costs

- \$800 to \$1,300/m (compounds ~400/m*) generally out of pocket; many health insurers, including Medicare, won't cover for weight loss because obesity itself is still not classified a disease
 - ✓ The approved weight loss indication (use of a drug for treating a particular disease) is for people with a BMI ≥ 30 or a BMI ≥ 27 with obesity-related complications, including hypertension, dyslipidemia, and type 2 diabetes therefore, doctors can prescribe this for patients for the treatment of obesity.
 - ✓ Drugs would be a world game changer (not unlike the discovery of penicillin), if insurers would pay for it because basically 70% of the developed world population is a potential candidate
 - Tough sell because of economic ramifications, e.g., everyone's premiums would skyrocket
- Global usage would alter the developed world landscape
 - ✓ Clothing, decreased food \$s, seats, climate (food, fuel to move bodies, etc.), activity/leisure time choices, etc.

Weekly injections generally titrated to avoid adverse reactions; expensive with potential global impact

Legal/certified versions of GLP-1 Drugs can be obtained from well-regulated and reputable compounding pharmacies.

*Prescriptions for non-FDA-approved GLP-1 RAs can be directed to either 503A or 503B compounding pharmacies. Preferable a 503B pharmacy, b/c its subject to an additional layer of FDA regulation, offering greater quality assurance.



SIDE EFFECTS/ADVERSE REACTIONS



- Common negative side effects
 - ✓ Most adverse effects are gastrointestinal (GI), including nausea, vomiting, constipation, diarrhea. GI discomfort often triggers new food aversions forcing users to journal the offensive fare to avoid future episodes.
- Less common, more serious side effects/adverse reactions compared to older class of weight loss drugs (bupropion-naltrexone)
 - ✓ 9Xs greater risk of pancreatitis, 4Xs greater risk of bowel obstruction, >3Xs times risk of gastroparesis (causes stomach paralysis)
- Known adverse effects and listed on labels
 - ✓ Acute pancreatitis and acute gallbladder disease
- Risk reward ratio favors use in uncontrolled/chronic obesity with related comorbidities
 - ✓ Everything has failed, GLP-1RAs offer a temporary lifeline to improved quality of life – at least short term

Primarily GI discomfort with subsequent disordered functioning. Altered relationship with foods

side effects — nausea, diarrhea, constipation, and vomiting. These adverse reactions might be caused by how the drug differs from the naturally occurring peptide hormone: The hormone acts mostly locally and degrades quickly, while the medicine works mainly on the brain and is designed to stick around in the body. “That’s where the nausea, vomiting probably derive from,”

SIDE EFFECTS/ADVERSE REACTIONS



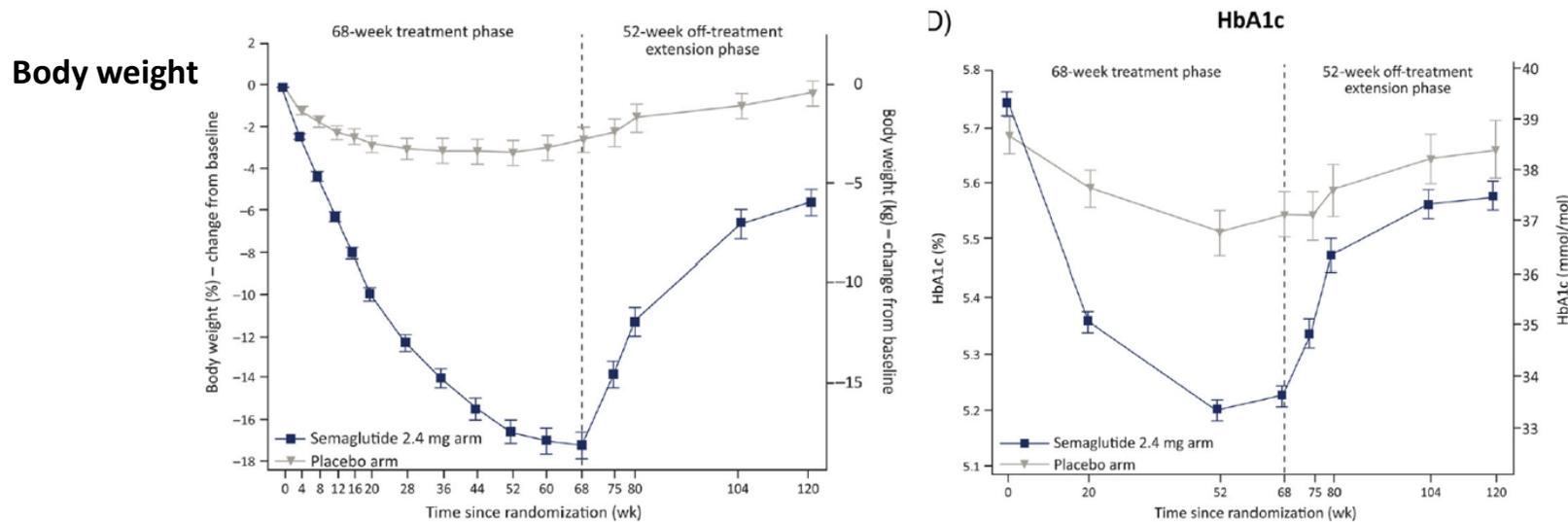
- Hidden and more serious, but preventable, side effects
 - ✓ Immediate and long-term losses of LBM and decreases in essential/vital micronutrient (MN) intake, is shown to be significantly greater during drug/GLP-1RAs induced weight loss versus non-medicinal standard weight loss protocols such as caloric restriction – up to 50% may be LBM
 - Daily losses of Muscle, bone & other organ tissues combined with MN shortages weaken the body's structure and functional stature and performance, setting it up for early/often breakdown, and when drugs are terminated, a rapid weight rebound will ensue but without recovering most of the lost LBM.
- Structural protection is simple thru dietary support, and should be mandatory from day 1
 - ✓ Beyond responsible health reasoning, at worst, preventing these serious side effects allows a longer better-quality of life while on the medication (even if it's lifelong); at best, a smooth successful drug termination because the users structure would be lighter and stronger with more energy, as opposed to lighter and weaker thus still drug dependent, hence allowing activity/exercise
 - Because these drugs may be lifelong, preventing these losses is crucial to healthy living, especially in aging and to remain active

Greater losses of LBM during drug use (frailty) & greater bodyfat regain upon cessation; preventable via dietary support

WHAT HAPPENS WHEN YOU GO OFF THE DRUGS



- GLP-1 drug cessation leads to weight regain & loss of related health benefits even with continuing lifestyle intervention (weight regain is almost entirely fat)
 - ✓ **Withdrawal causes similar weight regain rates as other weight loss treatments, including failure to maintain desired weight loss through dieting**
 - ✓ **Injection withdrawals** for type II diabetes or weight reduction: most lost weight returns in a few months to 1yr, blood sugar levels rise, and subjects lose positive cardiometabolic/heart health benefits. Further, the weight regain is primarily body fat leaving a weakened body (hidden side-effect)



Weight regain (mostly fat) & health benefits deteriorate

Figure from Wilding et al. Weight regain and HbA1c levels (glucose) following termination of medication shows even with and lifestyle intervention, within 1yr two-thirds of the body weight returned and with less lean body mass (LBM).

NEED FOR IMMEDIATE NUTRITION SUPPORT AND A DOABLE OFF-RAMP



- Mostly because of costs, health protection and adverse reactions with unknown health implications in long-term drug usage, the goal is use of a practical/doable exit strategy (not lifestyle interventions - rarely work) that can overlap during the drug usage, allowing LBM protection and the doctor to potentially/appropriately taper to cessation medication while monitoring relevant parameters.
- This “exit strategy” needs to be easily executed b/c medication candidates (chronically overweight) generally won’t participate in lifestyle/behavioral/diet interventions for any meaningful length of time including exercise. Therefore, the off-ramp & road forward needs to be easier or as doable as the weekly injections, such as swallowing a meal that would lead to a higher potential to get and stay active/exercise.
- Gym members using GLP-1s at least have a head start on the activity b/c they are here. Our job is to keep them here, making the nutrition companion paramount.

Establishing/protecting health/fitness during usage helps creates activity & potential drug exit

DRUG WEANING AND EXIT STRATEGY – GLP-1RAs NUTRITION COMPANION



Doable and necessary

- GLP-1 prescribing doctors are now recommending daily high protein intakes and micronutrient supplementation to offset losses of LBM & MN unavoidable shortages that would otherwise lead to frailty and poor health including sarcopenic obesity*
1. **Fill all gaps:** offset from the start normal weight loss hidden side effects, (e.g., LBM losses, MN shortages, poor gut health, etc.,) that otherwise lead to a weakened structure susceptible to weight regain, poor health, injury, lack of desire to move, slower metabolism, etc., using a palatable nutrient-dense pre-made meal
 2. **Must be simple:** convenient cost-effective product with 100% of most of a human's essential daily nutrition, in support of any decreased calorie diet; premade contents exist in extreme low calories that supports/creates overall health, makes it something anyone can maintain daily, b/c no lifestyle/behavioral intervention necessary (i.e., everyone eats).
 3. **Starting usage with drug therapy** to offset these unwanted side effects, gives the user greater potential to exit the costly drug therapy because of internal fitness, stronger metabolism, and a subsequent desire to be active compared to no nutritional support

Low calorie, daily convenient meal to nutritionally satisfy all metabolic requirements – feeding LBM while starving body fat

*Co-existence of excess adiposity and low muscle mass/function is referred to as sarcopenic obesity (SO), a condition common in body weight cycling (because lost LBM from weight loss is not recovered during regain) and increasingly recognized for its clinical and functional features that negatively influence the subject's structural and functional integrity



IDEAL GLP-1RAS NUTRITION COMPANION



The daily dietary support meal to offset unwanted side effects, improve body composition and health outcomes, and create a potential exit from the drug therapy

Goal

- Designed to conveniently/inexpensively/palatably offset negative effects of weight loss (e.g., LBM losses, essential nutrient shortages, stress, etc.)
 - ✓ Complete meal (low calorie, high nutrient including protein content), to be integrated in the user's daily diet to complement the drug's actions that cause weight loss helping establish and maintain the user's structure, function and health throughout the drug therapy period and beyond.
 - ✓ Daily usage may allow an off ramp to normalcy, including a healthy body composition and a propensity for activity – as opposed to no dietary support

Supply all nutrition known to be insufficient to build/support health/fitness and drive activity



IDEAL GLP-1RAS NUTRITION COMPANION



The daily dietary support meal to offset unwanted side effects, improve body composition and health outcomes, and create a potential exit from the drug therapy

Contents Rationale

Design : high in protein, days worth of vitamins, minerals, antioxidants, prebiotics and probiotics (gut health), along with evidence-based adaptogens for helping manage stress by reducing cortisol and inflammation while contributing to recommended vegetable and fiber intake – all within extreme low/no calories

- Elevated protein intake (well above the RDA) during weight loss offsets losses of LBM and supports appetite
 - ✓ Normal intake in calorie restricted diets is too low to support LBM
- Expert daily recommendations of vitamins/minerals & other MNs such as phytochemicals* as they are responsible for all human metabolism (less than the body can use, the weaker the metabolism)
 - ✓ Virtually no one gets proper amounts of all essential nutrition from daily foods; this shortage is worsened during caloric restriction; especially true during GLP-1 RA therapy due to dramatic decrease/alterd appetite thus severely compromising metabolism & health
- Specialized fiber and vegetables supports appetite and overall health, including gut health
 - ✓ Normal US intake without calorie reduction is ~1/4 current recommendation for overall health including gut health

Nutrient dense: high protein, micronutrients, fiber/vegetables in extreme low calories maximizes metabolism, structure/function





The daily dietary support meal to offset unwanted side effects, improve body composition and health outcomes, and create a potential exit from the drug therapy

Contents Rationale Cont.....

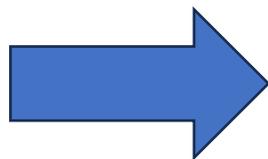
- **Additional help:** Adaptogenic blend of natural herbs & mushrooms to help the manage stress, anxiety & fatigue to create wellbeing to help optimize all aspects of wellness including sleep and inflammation
 - ✓ Weight/bodyfat loss and dieting is stressful. Special nutrition/herbs unattainable from normal diet, supports wellbeing.
- Summary: [fill all nutrition gaps](#) (differences btw nutrition delivered from food choices and daily expert recommendations*) to meet all the body's essential nutrient needs without adding unwanted calories to feed LBM/muscle, including our trillions of cells, all the nutrition necessary to support a stronger structure and bodily functions, while starving bodyfat by depriving its needs – calories - ***-i.e., more protein, fiber, MN and stress release/control in less calories***

*current expert recommendations are often higher than some known older RDAs, especially during diet and aging

Beyond structural support: herbs to manage stress, sleep & contribute to overall wellness (easing the journey)

The Weight/Bodyfat Loss Solution, Including GLP-1 User, to Exit the Intervention and Maintain the Body Composition Goal

A nutrition hack for bodyfat/weight loss, especially during GLP-1 RAs therapy & intermittent fasting that can lead to and sustain activity/exercise



OR any protein of choice



Keeping it All-Natural or Vegan

The Weight/Bodyfat Loss Solution, Including GLP-1 User, to Exit the Intervention and Maintain the Body Composition Goal

A lifestyle hack for bodyfat/weight loss, especially during GLP-1 RAs therapy & intermittent fasting

Simple, Convenient, Economical & Includes Expanded Health Benefits

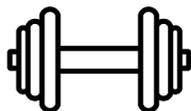
1. Nutrition companion of high-quality protein & fiber with widespread/global micronutrient, including gut health, dietary support - supports and completes all diets

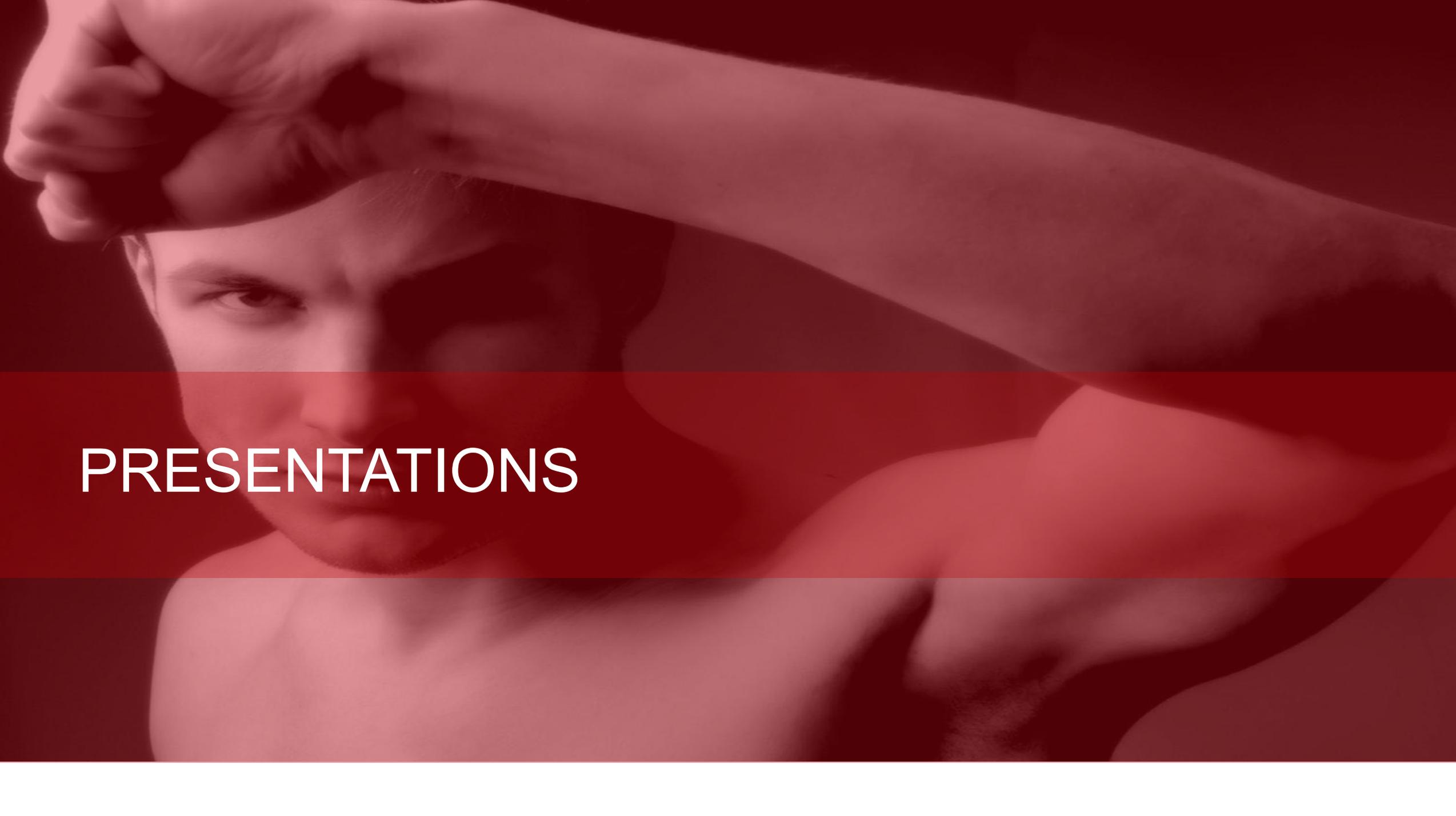
- Nutrient dense low-calorie meal to control appetite, feed LBM and starve body fat while establishing and protecting long-term health including the desire and ability to be active throughout life



- **Official nutrition companion for GLP-1RA users (e.g., Ozempic, Wegovy, Zepbound, etc.,)** to prevent the hidden side effects (exaggerated losses of LBM and expanded nutrient gaps from drug's actions) while ameliorating other common therapy adverse reactions, such as GI distress and allow a return to normalcy – i.e., off ramp from expensive, inconvenient drug therapy with unknown long-term health effects

2. Resistance training on individual terms and abilities (because you now can)





PRESENTATIONS

GOAL Q&A RELATED TO 3RD PILLAR DIETARY SUPPORT - SUPPLEMENTS



- How fast or difficult and sustainable do you want your journey?
 - ✓ This part of your program will ease and speed the journey and turn 12 weeks of work into 6 while improving health so you will feel better daily and see a significant body change weekly (official GLP-1 solution for exercisers & athletes –so not in stores)
 - ✓ Make the journey fast, comfortable and fun
 - ✓ **Mindful, doing it this way, means that the work it takes to get to the goal is not what it takes to maintain it – i.e., calories eventually will go up, workload can be reduced and **goal supps discontinued (if also included)****

You may not want to look like a BB or fitness model, but you probably want to be somewhere in-between where you are now and that look

People that take their supplements as recommended get to their goal b/c everything adds up – and it keeps them engaged

GOAL Q&A RELATED TO 3RD PILLAR DIETARY SUPPORT - SUPPLEMENTS



Would you like to lose weight, both LBM and fat, or just bodyfat? Meaning:

➤ A smaller version of yourself (skinny fat) vs “tone”?

<p>No Diet Support 120 -30 LBs Fat -20 LBs LBM</p>	<p>170 Goal: Lose 50LBS</p>	<p>With Diet Support (3rd Pillar) 129 -46 LBs Fat +5 LBs LBM</p>	<p>No Dietary Support 160 -25 LBs Fat -15 LBs LBM</p>	<p>200 Goal: Lose 40LBS</p>	<p>With Dietary Support (3rd Pillar) 170 -40 LBs Fat +10 LBs LBM</p>
<p>90% Chance of Rebound</p>	<p>Hooked on Fitness</p>	<p>Hooked on Fitness</p>	<p>90% Chance of Rebound</p>	<p>Hooked on Fitness</p>	<p>Hooked on Fitness</p>

➤ And do you want the results to last?

Ok, we will be feeding muscle and starve bodyfat with nutrients with low or no calories – i.e., giving your body everything it needs, without the unneeded calories with this dietary support

**A PERFECT NUTRITION HACK – FOR BODYFAT/ WEIGHT LOSS GOALS, ESPECIALLY DURING WT. LOSS DRUG THERAPY – E. G., GLP-1 RAS (OZEMPIC, WEGOVY, ZEPBOUND, ETC.) & INTERMITTENT FASTING
AND A WHOLE LOT MORE!**

SRP: only \$149.94/m vs. \$331.23/m when purchased individually

Official Weight Loss Drug Therapy Nutrition Companion

Protect LBM & support appetite

Highest quality protein in an ideal, lactose-free blend containing whey isolate. Convenient & economical way to increase protein intake for any goal, especially wt/bodyfat loss, and great for baking! Best tasting protein & fiber mix, low calorie meal replacement available -all my clients that use it love it, because **also reduces necessary grocery costs.**

Easy mixing with any fluids, fruits, etc., and great tasting with your AllIn1 SuperBlend™ Visit the [extended recipe section](#)

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

100% of daily nutrition to strengthen & support overall metabolism
6gms of fiber & 2 full servings of vegies

SB+LeanMR =13gm fiber



All-Natural Superfood for SuperHumans



Or favorite dF protein



Keeping it All-Natural or Vegan

- 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
- More greens, fiber, vitamin D, pre & probiotics, omega-3s, turmeric, and mushroom blend than the competition.

i.e., clinically safe and effective dosages

LeanMR Smoothie Protein Shake

Also visit the Alln1 SuperBlend™ [Recipes](#) and Protein [Recipes](#) Section

Prep time: 2 minutes; total time: 3 minutes; yield: 1 serving

Description

- The perfect high protein one & done daily power shake, enjoy your daily nutrition with a boost of protein using this easy-to-make recipe

Ingredients

- 6 ice cubes with 1cup water* (for smoothie texture)
- 1 serving of LeanMR Vanilla Protein Powder
- ½ - 1 scoop of Alln1 SuperBlend (You can choose to take 1 full serving or split the daily recommendation into 2-doses)
 - Optional: 2 servings favorite fruits

20gm protein;13gm fiber

Instructions

- Combine all ingredients in a blender and blend until creamy or shake vigorously in a shaker bottle.
 - * Add more/less water or ice according to taste and texture preference

Nutrition facts based on 1 scoop of dotFIT LeanMR & 1-svg of Alln1 SuperBlend™

- 20gms protein, 31gm CHO (15g resistant starch/prebiotic), 3.5gms fat, 236mg calcium, 273mg potassium, 215cal (~375cal with 2 fruits)
- Full days' recommendation for: vitamins and minerals, antioxidants, probiotics, prebiotics, Ashwagandha, turmeric & mushroom blend; and 13gm fiber (**19-21gm with fruit**) and 2 full servings of vegetables



WHEY SMOOTH OPTION

Official nutrition companion for GLP-1RA users and intermittent fasting meal for the eating window
Feel, Look, Move, Play and Live Better Longer

- **Most nutritionally complete meal with lowest calories**
 - **Fill all your gaps, stay energized & don't lose LBM!**
 - **Feed muscle and starve bodyfat**

Playspan® nutrition - and then some
Your daily complete nutrition solution
A Superfood for SuperHumans

THE PERFECT NUTRITION HACK

A day's worth of vitamins, minerals, antioxidants, and more all in one drink mix.

- All Natural
- Third-Party Lab Tested
- Vegan Friendly
- High Fiber (6 grams)
- Gluten Free
- Mushroom Blend
- No Added Sugar
- Essential Omega 3 Fatty Acids
- 10 Billion CFU Probiotics
- Ashwagandha
- No Artificial Flavors or Sweeteners
- Turmeric

AllIn SuperBlend supports:

- Immune Health
- Brain Health
- Skin Health
- Sleep Quality
- Healthy Inflammation
- Healthy Aging
- Stress Management
- Energy Metabolism
- Heart Health
- Bloat Relief
- Gut Health

2 servings of vegetables

- Kale
- Spinach
- Broccoli
- Mushroom
- Beet
- Carrot
- Spinach
- Kale

WHEYSMOOTH™
MAXIMIZE ENERGY†
25G MULTIPROTEIN COMPLEX
ACCELERATE RECOVERY†
OVER 5000 MG BCAAs

One serving contains
352 mg Calcium
208 mg Potassium

VANILLA
MILDLY SWEET + TASTES GREAT
NATURALLY AND ARTIFICIALLY FLAVORED
NET WT. 2.53 lbs. (1148g)

AllIn SuperBlend
ORANGE BURST

SUPERFOOD FOR A SUPER YOU!

DIETARY SUPPLEMENT | NET WT. 1.42 lbs (644g)

dotFIT
GROW STRONG.

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Your Complete NSF-CS health Bundle

WheySmooth Option

AND A WHOLE LOT MORE!

SRP: only \$149.94/m vs. \$331.23/m when purchased individually

Protect LBM & support appetite

Highest quality protein in an ideal, lactose-free blend containing whey concentrate, isolate, casein & egg white. NSF-CS
 Convenient & economical way to increase protein intake for any goal and great for baking! Our families/clients love it!

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



Or favorite dF protein



Keeping it All-Natural or Vegan

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

100% of daily nutrition to strengthen & support overall metabolism



All-Natural Superfood for SuperHumans



Crowd Favorite Smoothie Protein Shake

Also visit the Alln1 SuperBlend™ [Recipes](#) and Protein [Recipes](#) Section

Prep time: 2 minutes; total time: 3 minutes; yield: 1 serving

Description

• The perfect high protein one & done daily power shake, enjoy your daily nutrition with a boost of protein using this easy-to-make recipe

Ingredients

- 6 ice cubes with 1cup water* (for smoothie texture)
- 1 serving of Vanilla Protein Powder (we used dotFIT WheySmooth Vanilla)
- ½ - 1 scoop of Alln1 SuperBlend (You can choose to take 1 full serving or split the daily recommendation into 2-doses)
 - Optional: 2 servings favorite fruits

Instructions

- Combine all ingredients in a blender and blend until creamy or shake vigorously in a shaker bottle.
 - * Add more/less water or ice according to taste and texture preference



Nutrition facts based on 1 scoop of dotFIT WheySmooth and 1 scoop of Alln1 SuperBlend™

•25gms protein, 16.5gm CHO, 4gms fat, 352mg calcium, 208mg potassium, 195cals (~375cals with 2 fruits)

•Full days' recommendation for: vitamins and minerals, antioxidants, probiotics, prebiotics, Ashwagandha, turmeric & mushroom blend; and 6gms of fiber (12-14gm with fruit) and 2 full servings of vegetables

TRAINING & MARKETING LIBRARY

Use for any or all these purposes

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

MINDFUL WE HAVE THESE MATERIALS FOR ALL PRODUCTS

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 dosages
- A full day's worth of vitamins, minerals, antioxidants and more.
- 2 full servings of vegetables and 6 grams of fiber.
- Supports gut health.
- Powerful anti-inflammatory & immune supporting 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 and 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 - it checks every box!

- 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

Solving for your silent hunger

Silent hunger is the difference between our nutrient intakes and nutrient recommendations, and not felt in the stomach, but expressed through daily under-performance and early and often breakdown/disorders

Cost Comparison dotFIT + Other Products VS Alln1 SuperBlend™



ActiveMV
\$21.95



Superior Antioxidant
\$33.95



Omega3
\$35.00



Digestive Enzymes
\$13.95



Ultra Probiotic
\$28.95

Cost Comparison of dotFIT Pills (or like-competitors) combined with other ingredient/formulas that are contained in the Alln1 SuperBlend™ at proper dosages

\$271.24
ALL TOGETHER

vs

\$89.95
ALL INCLUDED



- Full day of vitamin's & minerals
- **Antioxidant Blend**
- Omega-3 Fats
- **Digestive Enzymes**
- Probiotics
- **Greens (2 servings of veggies)**
- Excellent Source of Fiber (6gm)
- **Mushroom Adaptogens (1,200 mg)**
- Curcumin (200 mg)
- **Ashwagandha (500 mg)**

Garden Of Life
\$39.99



Metamucil Psyllium
\$14.50



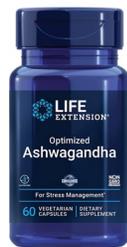
Hekate
\$39.95



Vega Sport Curcumin
\$26



Life Extension
\$17

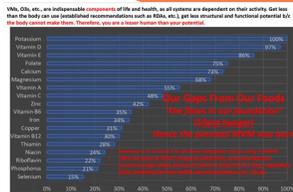


Complete multi-pronged approach *daily performance & protection*

1 Complete vitamin & mineral, antioxidant, omega-3 fatty acid & energy compound blend

Solves for:

Filling in daily critical nutrient gaps that all diets leave, so that you can feel, look, move, play and live better longer without adding calories



Primary Known Under-Consumed Essential Nutrition (our building material) also lack Fiber and Omega-3s, also critical in development & maintenance. *90% fall short of WHO Omega-3s recommendation.



Completes your vitamin/mineral and omega 3 fatty acids (O3) needs, as VMs are actuators of all human metabolism along with O3s. These components operate in all systems including our CV, energy, muscular, brain, immune, skeletal, stress, appetite, etc., systems

- Contains the known under-consumed omega-3 fatty acids & VMs with extra vitamin C,D and choline
- Foods supply 60-85% of what the body can use (RDAs), we need 100% to maximize VM activities

Supplies other nutrition shorted by diet, stress & aging to deliver extra protection from free radicals and runaway inflammation, while supporting exercise/daily recovery, skin health, energy production & immunity



- Restore/maintain body levels of **lycopene, lutein, zeaxanthin, CoQ₁₀ & alpha lipoic acid** to effective **youthful/recommended concentrations** to support enhanced energy, improved stress recovery, and unique structural and functional support for the maintenance of visual performance*, cardiovascular, skin, immune and brain health

*Maximizing visual Performance including visual processing speed, which is the amount of time needed to make a correct judgment about a visual stimulus

Complete multi-pronged approach *daily performance & protection*

2 Pro & prebiotic, digestive enzymes & veggie/greens blend

Solves for:

Transforming your microbiome & digestion
Supplying natural nutrition not available through diet with caloric efficiency to support overall wellness contributing to the body's necessary fiber & veggie requirement
Health Starts in Your Gut.

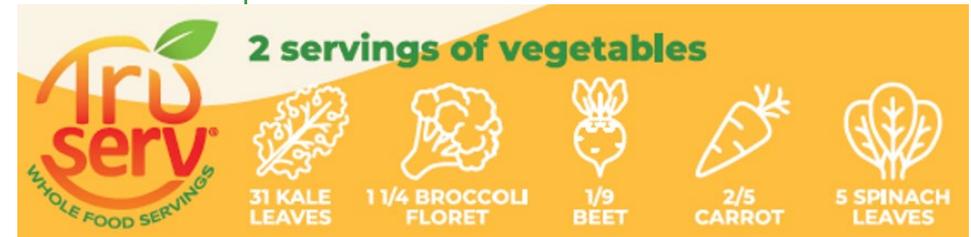
Feeds your gut (body's "2nd brain") the right diet of pro & **prebiotics/fiber** and digestive enzymes to support a healthy gut ecosystem that optimizes digestion, absorption, and transmits proper health messaging (**gut/organ crosstalk¹**) throughout the body while offering relief from common stomach discomforts.

- Supplies **6gms of fiber (prebiotic actions)**, 6-strain Probiotic Blend 10billion CFUs, 10mg Digestive Enzyme Blend



A blend of heart healthy vegetables/greens with added skin protection and ingredients to improve overall health, promote longevity and reduce the impacts of aging

- TruServ Veggie & TruServ Greens Blends, equivalent to 2 full servings of vegetables** providing rich nutrients that support healthy body maintenance and help reach the recommended daily vegetables servings by delivering the true synergy of natural foods



¹Percentage of the population likely to experience lower risk for non-communicable diseases
²VMs are actuators of all human metabolism
VMs from food is what the body gets - GAP - VM RGA is what it can use to maximize short & long-term health

Complete multi-pronged approach *daily performance & protection*



3

Ashwagandha, Turmeric (curcumin) & Mushroom
blend



Solves for:

Supplying natural nutrition to help adapt to the stresses of modern life, improve sleep, manage the body's overall inflammation response & protect against cognitive decline

Adds an adaptogenic blend of natural herbs and mushrooms to help your body respond to stress, anxiety & fatigue to create overall wellbeing. The blend helps to optimize all aspects of wellness

- Contains functional amounts of special mushrooms (Ganoderma Lucidum [Reishi] & Chaga with unique skin, neuroprotective & immune support*), ashwagandha [cortisol management] & turmeric (curcumin) adding unique support for brain performance, immune function, inflammation, mood and stress management along with improved quality of sleep

*Terpenoids have been shown to be protective and therapeutically extremely versatile, with effectiveness against several common disorders including age related conditions

Supplement Facts

Serving Size: 2 Scoops (21.5g)
Servings Per Container: 30

DIRECTIONS:

Adults 18 years and over, take one serving (2 scoops) daily with ~12 oz of fluid (May divide as desired, such as 1 scoop in the morning and 1 scoop in the afternoon or evening)
Children 12-17 years take ½ serving daily (1 scoop) with ~6 oz of fluid

- ✓ Drink it anytime with or without food.
- ✓ Add to a smoothie or protein shake mix.
- ✓ Recipes available at www.alln1superblend.com/recipes
- ✓ **NO REFRIGERATION NEEDED**

Calories		35	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Total Fat	1 g	1%	
Saturated Fat	<1 g	<1%	
Trans Fat	0 g		
Cholesterol	0 mg	0%	
Total Carbohydrate	9.5 g	4%	
Dietary Fiber	6 g	21%	
Total Sugars	1 g		
Includes 0g added sugar		0%	
Protein	<1 g		
Vitamin A (from beta carotene)	1920mcg RAE (6400 IU)	213%	
Vitamin C (from ascorbic acid)	640 mg	711%	
Vitamin D3 (from cholecalciferol from organic algae)	25 mcg (1000 IU)	125%	
Vitamin E (from d-alpha tocopherol succinate)	161 mg	1073%	
Vitamin K (as K1, phytonadione and as K2, menaquinone-MK7)	80 mcg	67%	
Vitamin B1 (from thiamine mononitrate)	8 mg	667%	
Vitamin B2 (from riboflavin)	4 mg	308%	
Vitamin B3 (from niacinamide)	24 mg NE	156%	
Vitamin B6 (from pyridoxine 5 phosphate)	4.8 mg	282%	
Folate (200mcg, from calcium L-5-methyltetrahydrofolate)	333 mcg DFE	83%	
Vitamin B12 (from methylcobalamin)	25 mcg	1042%	
Biotin	200 mcg	667%	
Vitamin B5 (from d-calcium pantothenate)	5 mg	100%	
Choline (from choline bitartrate)	160 mg	29%	
Iron (from iron amino acid chelate)	8 mg	44%	
Iodine (from iodine amino acid chelate)	40 mcg	27%	
*The % Daily Value (DV) established based on a 2,000 calories a day diet. **Daily Values not established.			

Magnesium (from magnesium bisglycinate chelate)	160 mg	38%
Zinc (from zinc citrate)	12 mg	109%
Selenium (from Selenomethionine)	100 mcg	182%
Copper (from copper gluconate)	800 mcg	89%
Chromium (from chromium polynicotinate)	100 mcg	286%
Organic Acacia	6000 mg	**
Truserv® Organic Vegetable Blend:	2500 mg	**
Organic beet (root), organic kale (leaf), organic carrot (root)		
Truserv® Organic Greens Blend:	2500 mg	**
Organic kale (leaf), organic broccoli (whole), organic spinach (leaf)		
High omega flaxseed (containing 330 mg of essential omega 3 fatty acids)	1000 mg	**
Reishi, Ganoderma lucidum (mushroom) extract (30% polysaccharide)	600 mg	**
Chaga, Inonotus obliquus (mushroom) extract (30% polysaccharide)	600 mg	**
Ashwagandha (root) extract 4:1	500 mg	**
Alpha lipoic acid	200 mg	**
Turmeric (root) extract (95% curcuminoids)	200 mg	**
CoEnzyme Q10	100 mg	**
Digestive Enzyme Blend:	10 mg	**
Amylase, Protease, Cellulase, Beta-D-Galactohydrolase, Lipase		
Lycopene	10 mg	**
Probiotic Blend:	100 mg	**
Bacillus coagulans - SNZ-1969, Bacillus clausii - SNZ-1971 and Bacillus subtilis - SNZ-1972	10 B.CFU	
Lutein	6 mg	**
Zeaxanthin	4 mg	**
Black pepper (fruit) extract	5 mg	**

Published and documented clinically effective dosages for all ingredients



Alln1 SuperBlend™

Supplement Facts

Athletic Greens (and most others) Individual ingredient dosages of blends are unknown but total mgs exposes impossibility of clinically effective doses

Undisclosed individual blend ingredients should be a non-starter for everyone

	Amount per Serving	% DV
Calories	50	
Total Carbohydrate	6g	2%**
Dietary Fiber	2g	7%**
Total Sugars	< 1g	†
Protein	2g	4%**
Vitamin A (as beta-carotene)	555mcg RAE	62%
Vitamin C (ascorbic acid)	420mg	467%
Vitamin E (as d-alpha tocopherol succinate)	83mg	553%
Thiamin (Vitamin B1)(as thiamine hydrochloride)	3mg	250%
Riboflavin (Vitamin B2)	2mg	154%
Niacin (as nicotinic acid, nicotinamide)	20mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride)	3mg	176%
Folate (as 5-MTHF)	680mcg DFE	170%
Vitamin B12 (as methylcobalamin)	22mcg	917%
Biotin (Vitamin B7)	330mcg	1100%
Pantothenic acid (as calcium pantothenate)	4mg	80%
Calcium (as calcium citrate 300mg, calcium carbonate, calcium phosphate)	118mg	9%
Phosphorus (as potassium phosphate 280mg, calcium phosphate)	130mg	10%
Magnesium (as magnesium glycinate 200mg)	26mg	6%
Zinc (as zinc citrate)	15mg	136%
Selenium (as selenomethionine 5mg)	20mcg	36%
Copper (as copper gluconate 2mg)	195mcg	22%
Manganese(as manganese amino acid chelate 4mg)	400mcg	17%
Chromium (as chromium picolinate)	25mcg	71%
Sodium	45mg	2%
Potassium	300mg	6%

	Amount per Serving	% DV
Alkaline, Nutrient-Dense Raw Superfood Complex	7388mg	†
Organic spirulina, lecithin (65% phosphatides), organic apple powder, inulin (FOS prebiotics), organic wheat grass juice powder (leaf), organic alfalfa powder (leaf), organic chlorella powder, organic barley (Hordeum vulgare) leaf powder (leaf), acerola fruit juice powder extract (4:1), broccoli flower powder, papaya (Carica papaya) fruit powder, pineapple fruit concentrate (9:1), bilberry fruit extract (100:1), beet root powder, rose hip (Rosa canina) fruit powder (4:1), carrot root powder, spinach leaf powder, cocoa bean polyphenol extract, grape seed extract (120:1) (std. 95% OPC), green tea (Camellia sinensis) extract (leaf) (10:1), licorice root powder, lycium berry fruit extract (4:1), ginger rhizome powder, slippery elm (Ulmus rubra) bark powder, kelp whole plant powder.		
Nutrient Dense Extracts, Herbs & Antioxidant	2732mg	†
Alkaline pea protein isolate, citrus bioflavonoids extract, artichoke leaf extract (15:1), citric acid (anhydrous), rhodiola (Rhodiola rosea) root dry extract (15:1), eleuthero (Eleutherococcus senticosus) root extract (10:1), rosemary leaf extract (4:1), milk thistle seed extract (70:1), R,S alpha-lipoic acid, ashwagandha (Withania somnifera) root extract (5:1), dandelion whole plant dry concentrate (4:1), hawthorn berry extract (10:1), beta glucans, policosanol, coenzyme Q-10 (ubidecarenone), stevia (Stevia rebaudiana) leaf powder, Vitamin K2 (as menaquinone-7).		
Digestive Enzyme & Super Mushroom Complex	154mg	†
Astragalus (Astragalus membranaceus) root powder extract (4:1), bromelain (dietary enzyme), burdock root powder (4:1), reishi mushroom powder, shiitake mushroom powder.		
Dairy Free Probiotics 7.2 billion CFU	38mg	†
Lactobacillus acidophilus - UALa-01, Bifidobacterium bifidum - UABb-10		

** Percent Daily Value (DV) are based on a 2000 calorie diet.
† Daily Value not established.

Other Ingredients: Natural flavors

This product contains a premium lecithin for phosphatidyl serine and phosphatidyl choline content. It is derived from SOY. This product has been tested and contains NO SOY trypsin inhibitor or other soy proteins.

AllIn1 SuperBlend™ The Simple Nutrition Solution That Leaves No One Behind

the perfect nutrition hack

Corrects food intake to meet expert recommended levels of nutrition & checks every box!

Supplement Facts

Serving Size: 2 Scoops (21.5g)
Servings Per Container: 30

DIRECTIONS:

Adults 18 years and over, take one serving (2 scoops) daily with ~12 oz of fluid (May divide as desired, such as 1 scoop in the morning and 1 scoop in the afternoon or evening)
Children 12-17 years take ½ serving daily (1 scoop) with ~6 oz of fluid

- ✓ Drink it anytime with or without food.
- ✓ Add to a smoothie or protein shake mix.
- ✓ Recipes available at www.allin1superblend.com/recipes
- ✓ **NO REFRIGERATION NEEDED**

Calories		35	
Amount Per Serving		% Daily Value	
Total Fat	1 g	1%	
Saturated Fat	<1 g	<1%	
Trans Fat	0 g		
Cholesterol	0 mg	0%	
Total Carbohydrate	9.5 g	4%	
Dietary Fiber	6 g	21%	
Total Sugars	1 g		
Includes 0g added sugar		0%	
Protein	<1 g		
Vitamin A (from beta carotene)	1920mcg RAE (6400 IU)	213%	
Vitamin C (from ascorbic acid)	640 mg	711%	
Vitamin D3 (from cholecalciferol from organic algae)	25 mcg (1000 IU)	125%	
Vitamin E (from d-alpha tocopherol succinate)	161 mg	1073%	
Vitamin K (as K1, phytonadione and as K2, menaquinone-MK7)	80 mcg	67%	
Vitamin B1 (from thiamine mononitrate)	8 mg	667%	
Vitamin B2 (from riboflavin)	4 mg	308%	
Vitamin B3 (from niacinamide)	24 mg NE	156%	
Vitamin B6 (from pyridoxine 5 phosphate)	4.8 mg	282%	
Folate (200mcg, from calcium L-5-methyltetrahydrofolate)	333 mcg DFE	83%	
Vitamin B12 (from methylcobalamine)	25 mcg	1042%	
Biotin	200 mcg	667%	
Vitamin B5 (from d-calcium pantothenate)	5 mg	100%	
Choline (from choline bitartrate)	160 mg	29%	
Iron (from iron amino acid chelate)	8 mg	44%	
Iodine (from iodine amino acid chelate)	40 mcg	27%	
*The % Daily Value (DV) established based on a 2,000 calories a day diet. **Daily Values not established.			

Amount Per Serving		% Daily Value
Magnesium (from magnesium bisglycinate chelate)	160 mg	38%
Zinc (from zinc citrate)	12 mg	109%
Selenium (from Selenomethionine)	100 mcg	182%
Copper (from copper gluconate)	800 mcg	89%
Chromium (from chromium polynicotinate)	100 mcg	286%
Organic Acacia	6000 mg	**
Truserv® Organic Vegetable Blend:	2500 mg	**
Organic beet (root), organic kale (leaf), organic carrot (root)		
Truserv® Organic Greens Blend:	2500 mg	**
Organic kale (leaf), organic broccoli (whole), organic spinach (leaf)		
High omega flaxseed (containing 330 mg of essential omega 3 fatty acids)	1000 mg	**
Reishi, Ganoderma lucidum (mushroom) extract (30% polysaccharide)	600 mg	**
Chaga, Inonotus obliquus (mushroom) extract (30% polysaccharide)	600 mg	**
Ashwagandha (root) extract 4:1	500 mg	**
Alpha lipoic acid	200 mg	**
Turmeric (root) extract (95% curcuminoids)	200 mg	**
CoEnzyme Q10	100 mg	**
Digestive Enzyme Blend:	10 mg	**
Amylase, Protease, Cellulase, Beta-D-Galactohydrolase, Lipase		
Lycopene	10 mg	**
Probiotic Blend:	100 mg	**
Bacillus coagulans - SNZ-1969, Bacillus clausii - SNZ-1971 and Bacillus subtilis - SNZ-1972	10 B.CFU	
Lutein	6 mg	**
Zeaxanthin	4 mg	**
Black pepper (fruit) extract	5 mg	**

- 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



Alln1 SuperBlend™ VS Athletic Greens/AG1

Efficacy comparison

AG1: individual ingredient dosages of blends are unknown and not disclosed, but total measurement exposes the impossibility of containing clinically effective doses of the blends

- Consumers unknowingly purchasing an under-formulated product with **“window dressing”**

Alln1 SuperBlend™

- Fully disclosed with peer review documentation and 3rd party tested clinically safe and effective doses of all ingredients
- Evidence-based dosage with full disclosure



Alln1 SuperBlend

Cost comparison

- SB: online 89.95/m (your member) and we pay you \$25.50; in club sales = \$45 profit/unit (\$99.95 SRP); 10% commission on sale price to staff member

VS

- AG1: 88.95/m – no rev-share, in club sales or commissions

Benefits, Features and Key Ingredient Comparisons	Alln1 SuperBlend™	Athletic Greens
BENEFITS		
Complete Supply of Daily Vitamins & Minerals	Yes	No (missing Vit D, K* Iodine, Iron)
Two full servings of vegetables	Yes	No
Supports Gut Health & Digestion	Yes	Yes
Anti-Inflammation	Yes	No
Aids Recovery	Yes	Yes
Antioxidants/Cell Protection	Yes	Yes
Supports Eye Health	Yes	No
Reduced Impact of Aging	Yes	Yes
Brain Health/Neuroprotection	Yes	No
Excellent Source of Fiber	Yes	No
FEATURES		
All Natural	X	X
Made in the USA	X	No
Plant Based	X	X
Dairy & Lactose Free	X	X
Gluten Free	X	X
No GMOs	X	X
No Corn, Eggs or Peanuts	X	X
No Added Sugar	X	X
No Artificial Sweeteners, Flavors or Colors	X	X
NSF Certified for Sport	X	X
Diet Friendly: Vegan, Vegetarian, Keto, Paleo, Low-Carb, Gluten-Free, Intermittent Fasting	X	X
KEY INGREDIENTS		
Fiber	6g	2g
Greens & Veggie Blend	5 g	Cannot determine amount
Vitamin D	960 IU	0
Omega-3 Essential Fats	330 mg	0
Turmeric/curcumin	200 mg	0
Ashwagandha	500 mg	Cannot determine amount
Probiotics	10 Billion CFU	7.2 Billion CFU
Adaptogenic Mushroom Blend with digestive enzymes	1,200 mg +10mg digestive enzymes	154 mg (total with unknown digestive enzymes)
Antioxidant Blend	Cannot Determine Amounts	Cannot Determine Amounts
• Carotenoids (lycopene, zeaxanthin, lutein)	20 mg	0
• CoQ-10	100 mg	Unknown
• Alpha Lipoic Acid	200 mg	Unknown

High protein per calorie mixes – flexibility

- WheySmooth
- All-Natural WheySmooth
- BestPlantProtein

AA profiles including EAAs are all matching with same basic macronutrient profile (P/CHO/F/Cals)

Therefore, same goals & recommendations - different customers



HIGHEST QUALITY PROTEIN WITHIN VERY LOW CALORIES, 3RD PARTY

TESTED, NSF-CS SO IT WORKS FOR ALL GOALS

PICK YOUR GOAL AND MAKE IT YOUR WHEY

Ingredient	Amount Per Serving	% Daily Value*
Calories	140	
Total Fat	1.5g	2%
Saturated Fat	1g	5%
Cholesterol	65mg	22%
Sodium	65mg	3%
Total Carbohydrate	6g	2%
Total Sugars	2g	**
Protein	25g	50%
Calcium	100mg	8%
Potassium	250mg	5%

Delicious high protein drink mixes 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. We have the best 3rd party tested protein sources that fit any lifestyle –not available in stores

Highest quality protein in an ideal, lactose-free blend containing whey concentrate, isolate, casein & egg white. NSF-CS. Convenient & economical way to increase protein intake for any goal and great for baking! Our families love it! 342gm Calcium!



All-Natural version of the same whey product/formula, goals and outcomes Certified hormone/rBGH free and non-GMO, organic grass-fed cows and gluten free. No preservatives, artificial colors, flavors, sweeteners, corn, wheat or yeast and NSF-CS

Ingredient	Amount Per Serving	% Daily Value*
Calories	160	
Total Fat	3 g	4%
-Saturated Fat	1 g	5%
-Trans Fat	0 g	**
Cholesterol	45 mg	15%
Sodium	125 mg	5%
Total Carbohydrates	8 g	3%
-Dietary Fiber:1 g	4%	
-Total Sugars	1 g	**
Includes 0g Added Sugars	0%	
Protein	25 g	
Vitamin D	0 mcg	0%
Calcium	342mg	25%
Iron	...	0%
Potassium	261 mg	6%

[Many Healthy Delicious Recipes](#)

LACTOSE-FREE & FORTIFIED WITH CALCIUM & POTASSIUM

WHEY SMOOTH (WS) – ALL GOALS



Headline

1) Flexible to your goal by starting with highest quality protein in low calories – make it your “whey”

WheySmooth

➤ Highest quality protein within very low calories, 3rd party tested, NSF-CS so it works for all goals. *Then aim the conversation to the goal:* performance, body composition, aging, weight/fat loss, recovery, etc. End with -Best tasting high-protein I’ve had, lactose free - and my family loves it! And 342gm/svg of calcium!

✓ My go-to is the pre/post metabolic window – accelerate & additive/prolonged results while economically satisfying protein needs

➤ Great tasting lactose-free flexible low-calorie protein source to meet current protein recommendations and save money

✓ Add to anything to adjust the total meal (or daily) protein and other nutrient content as desired extra calcium and potassium fortification, and remain within a specific calorie allotment –all while and reducing the grocery bills

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

✓ **Baking**



ALL-NATURAL WHEY SMOOTH (ANWS) – ALL GOALS



Headline (same as WS but made for a different diet/lifestyle choice)

1) Flexible to your goal by starting with highest quality protein in low calories – make it your “whey” **with all natural ingredients**

All-Natural WheySmooth

- Highest quality **all-natural protein** within very low calories, 3rd party tested, NSF-CS so it works for all goals. *Then aim the conversation to the goal* (performance, body composition, aging, weight/fat loss, recovery, etc.) - or the unique product makeup because it matches their lifestyle/dietary choices
- Certified hormone/rBGH free and non-GMO, organic grass-fed cows and gluten free
- No preservatives, artificial colors, flavors, sweeteners, corn, wheat or yeast and NSF-CS
- **Great tasting flexible all-natural low-calorie protein source to meet current protein recommendations and save money**
 - ✓ Add to anything to adjust the total meal (or daily) protein and other nutrient content as desired extra calcium and potassium fortification, and remain within a specific calorie allotment –all while and reducing the grocery bills
 - **12 weeks 2 healthy meals/d \$363-SRP (20%=\$288): 180meals**

✓ **Baking**

Manufacturer does NOT process ingredients containing milk, eggs, fish, shellfish, tree nuts, thus no allergen warnings



BESTPLANTPROTEIN (BPP) – ALL GOALS



Headlines:

- 1) High anabolic low-calorie formula for any goal for the vegetarian/vegan
- 2) All-Natural Protein for Vegetarians/Vegans & Those with Animal Protein Allergies**
- 3) Fortified to Meet Whey Protein Profile With all-Natural & Vegan Ingredients

BestPlantProtein

- Highest biological (BV) plant protein to feed your muscles and support the environment
- Hypoallergenic, gluten free, contains no dairy or soy and is non-GMO
- No gas or bloating as is common with other plant protein powders (enzyme package)

12 weeks 2 healthy meals/d \$354 SRP (20%=\$283): 180meals

Manufacturer does NOT process ingredients containing milk, eggs, fish, shellfish, tree nuts, thus no allergen warnings



HIGH ANABOLIC LOW-CALORIE ALL-NATURAL FORMULA FOR ALL GOALS FOR THE VEGETARIAN/VEGAN

All-Natural Protein for Vegetarians/Vegans & Those with Animal Protein Allergies. No gas or bloating as is common with other plant protein powders (special enzyme package)



Highest biological (BV) plant protein to feed your muscles and support the environment. Hypoallergenic, gluten free, contains no dairy or soy and is non-GMO

[Many Delicious Healthy Recipes](#)

BEST PLANT PROTEIN

VEGETARIAN PROTEIN SHAKE

- GLUTEN FREE
- NO DAIRY
- NO SOY
- HYPOALLERGENIC
- NON-GMO

21g Protein per serving

<1g Sugar per serving

8g BCAAs & Glutamine per serving

CHOCOLATE

Naturally Flavored
NET WT. 25.98oz (2.2lb / 1020g)
Dietary Supplement

SUPPLEMENT FACTS

Serving Size: 1 Scoop (About 34 g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	140	
Total Fat	3 g	4%*
Saturated Fat	0.5 g	3%*
Sodium	280 mg	12%
Total Carbohydrate	7 g	3%*
Dietary Fiber	<1 g	4%*
Total Sugars	<1 g	**
Protein	21 g	32%*
Calcium	20 mg	2%
Iron	5 mg	28%
Potassium	50 mg	1%
Multi Source Plant Protein Blend:	23 g	**
Pea protein isolate, Cranberry seed, Chia seed, Sacha Inchi seed		
Branch Chain Amino Acids:	4.5 g	**
L-Leucine, L-Isoleucine and Valine		
Glutamine	3.5 g	**
Enzyme Blend:		
Alpha-galactosidase and Bromelain	110 mg	**

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

Other Ingredients: Inulin, Natural Flavors, Cocoa Powder, Stevia Leaf Extract (Reb A), Silica, Glycine, Xanthan Gum.

TYPICAL AMINO ACID PROFILE

Amino Acid Per Serving

Alanine	840 mg
Arginine	1,680 mg
Aspartic Acid	210 mg
Cysteine/Cystine	210 mg
Glutamic Acid	3,313 mg
Glycine	959 mg
Histidine	420 mg
Isoleucine	1,458 mg
Leucine	2,088 mg
Lysine	1,470 mg
Methionine	210 mg
Phenylalanine	1,050 mg
Proline	840 mg
Serine	1,050 mg
Threonine	840 mg
Tryptophan	210 mg
Tyrosine	840 mg
Valine	1,458 mg



LIKE-PROTEINS PRICE COMPARISONS

BEST HIGH WHEY PROTEIN AND FIBER MEAL SUBSTITUTE/REPLACEMENT AVAILABLE TO CURB HUNGER, CONTROL CALORIES, FEED MUSCLES AND STARVE BODYFAT SO YOU CAN ACHIEVE AND MAINTAIN YOUR DESIRED BODY COMPOSITION. FORTIFIED WITH CALCIUM & POTASSIUM



One Serving (2 Scoops):

- 170-180 Calories
- 21g Whey Protein Isolate
- 21-23g Sustained Release Carbs
 - Digestion resistant maltodextrin (Fibersol-2)
- No Sugar
- 7 g Fiber Including Beta-glucan
- 2.5 g Healthy Fats
- 235 mg Calcium
- 271 mg Potassium

Sustain release/digestive resistant carbs to deliver longer lasting energy and curb carb cravings – lactose free

High in specialized fiber, incl. **beta-glucan** to help stay satisfied to ease the weight/bodyfat loss journey

Best tasting & effective whey high protein & fiber, low calorie meal replacement available -all my clients that use it love it, because **also reduces necessary grocery costs**

**SRP \$56.95 20svg
20meals**

Many Healthy [Recipes](#)

Meal replacements/substitutes are the #1 weight control solution

Ingredient	Amount Per Serving	% Daily Value*
Calories	180	
Total Fat	2 g	3%
Cholesterol	15 g	5%
Total Carbohydrates	22 g	8%
Dietary Fiber	7 g	25%
Total Sugars	3 g	**
Includes 1g Added Sugars	2%	
Protein	20 g	
Calcium	236 mg	9%
Sodium	160 mg	7%
Potassium	273 mg	6%
Sustained Release Carbohydrates Blend†	19.8 g	**
Maltodextrin, Digestion Resistant Maltodextrin, Fibersol & Beta Glucan, Isomaltulose, Glucomannan		
Lean Fats Blend	2.5 g	**



\$59.95 15svg
15meals
450g/p (milk & plant)

\$56.95 20svg; 20meals
420g/p (whey Isolate-lactose free)

Comparable MR shakes ~\$50-90 20svg/meals

Non comparable MRs: low protein (2-12g) without adding milk, such as Slim fast ~\$12-30 for 14-24svg

Nutrition Facts			
15 servings per container		Vitamin D 3mcg 15%	
Serving size 2 scoops (55g)		Calcium 582mg 45%	
Amount per serving		Iron 32mg 180%	
Calories	200	Potassium 903mg 20%	
% Daily Value*		Vitamin C 13mg 15%	
Total Fat 4.5g	6%	Vitamin E 1mg 6%	
Saturated Fat 2.5g	13%	Thiamin 0.2mg 15%	
Trans Fat 0g		Riboflavin 0.2mg 15%	
Cholesterol 5mg	2%	Niacin 2mg 15%	
Sodium 135mg	6%	Vitamin B ₆ 0.3mg 20%	
Total Carbohydrate 14g	5%	Folate 102mcg DFE 25%	
Dietary Fiber 5g	18%	Vitamin B ₁₂ 0.4mcg 15%	
Total Sugars 1g		Pantothenic Acid 3mg 60%	
Includes 0g Added Sugars	0%	Iodine 23mcg 15%	
Protein 29g		Magnesium 85mg 20%	
		Zinc 2mg 20%	
		Selenium 8mcg 15%	
		Copper 0.2mg 20%	
		Manganese 0.4mg 15%	

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

INGREDIENTS: Proprietary Anabolic Formula (Pea Protein Isolate, Fava Bean Protein Milk Protein Isolate, Leucine, Isoleucine, Valine), Oat Flour, MCT Powder, Proprietary Fiber Blend (Resistant Starch, Inulin, Fructo Oligosaccharide Powder), Natural Flavors, Potassium Chloride, DiCalcium Phosphate, Gut Resistant Maltodextrin, Stevia Rebaudioside A, Xanthan Gum, Guar Gum, Magnesium Oxide, Ascorbic Acid Ferrous Sulphate, Niacin, D-Alpha Tocopheryl Acetate, Zinc Oxide, Manganese Amino Acid Chelate, Cholecalciferol, Sodium Selenite, D-Calcium Pantothenate, Biotin, Pyridoxine HCl, Thiamin, Riboflavin, Cupric Oxide, Folic Acid, Chromium Picolinate, Cyanocobalamin, Potassium Iodide, Sodium Molybdate.

Nutrition Facts

24 servings per container
 Serving size 26g (About 1 Scoop)

Amount per serving	Por serving	w/ 8 fl oz Fat Free Milk
Calories	100	190
	% DV**	% DV**
Total Fat	3g 4%	3g 4%
Saturated Fat	0.5g 3%	0.5g 3%
Trans Fat	0g	0g
Cholesterol	0mg 0%	5mg 2%
Sodium	160mg 7%	270mg 12%
Total Carbohydrate	7g 3%	19g 7%
Dietary Fiber	5g 18%	5g 18%
Total Sugars	1g	13g
	% DV**	% DV**
Protein	12g 24%	20g 40%

Nutrition Facts

14 servings per container
 Serving Size 1 scoop (26g)

Amount per serving	w/ 8 f oz. Fat Free Milk	
Calories	110	190
	%DV*	%DV*
Total Fat	4g 5%	4g 5%
Cholesterol	0mg 0%	5mg 2%
Sodium	125mg 5%	230mg 10%
Total Carbohydrate	18g 7%	30g 11%
Dietary Fiber	4g 14%	4g 14%
Total Sugars	10g	22g
	% DV*	% DV*
Protein	2g 4%	10g 20%



One Serving :

- 170-180 Calories
- 21g Whey Protein Isolate
- 21-23g Sustained Release Carbs
 - Digestion resistant maltodextrin (Fibersol-2)
- No Sugar
- 7 g Fiber Including Beta-glucan
- 2.5 g Healthy Fats
- 235 mg Calcium
- 271 mg Potassium

Ingredient	Amount Per Serving	% Daily Value*
Calories	170	34%
Total Fat	7 g	14%
Cholesterol	15 g	30%
Total Carbohydrates	22 g	44%
Dietary Fiber	7 g	14%
Total Sugars	3 g	6%
Includes 1g Added Sugars		2%
Protein	20 g	40%
Calcium	235 mg	47%
Sodium	160 mg	32%
Potassium	271 mg	54%
Sustained Release Carbohydrate Blend	18 g	36%
Maltodextrin, Digestion Resistant Maltodextrin, Fibersol-2, Beta-Glucan, Inulin, Guar Gum, Xanthan Gum		
Lean MR Blend	7.5 g	15%



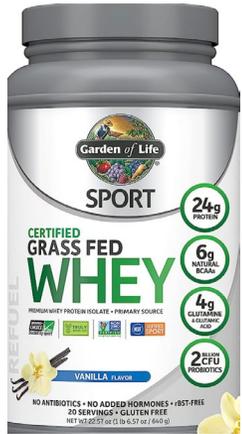
\$59.60 NSF-CS, **400gm Whey Protein (isolate)**
20mg/svg calcium



\$62 **510gm**

3rd party (NSF-CS) tested protein price comparisons

\$59.95 NSF-CS, **700gm whey protein (ultra-filtered concentrate – lactose free)**
352mg/svg calcium



\$53.38 Natural NSF-CS, **480gm whey protein**
Whey with Milk protein (**grass fed**)
175mg/svg calcium

\$59.95 All-Natural NSF-CS, **650gm whey protein, lactose free**
100% Whey concentrate (**grass fed**)
100mg/svg calcium



\$49.95, **225gm plant protein**
With V-D & HMB

\$59.95, **630gm plant protein**
Fortified with AAs incl BCAAs to equal whey profile



TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS -GET PAID OVERTIME FOR YOUR WORKOUT!

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!

BODYFAT REDUCTION SUCCESS PACKAGES

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



Level-1 Package: Go fast
Results paid in full

Level-2: Go Faster
Results Paid Overtime

Level-3: Fastest
Results Paid Double Time

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS -GET PAID OVERTIME FOR YOUR WORKOUT!

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!

LEVEL-1 BODYFAT REDUCTION SUCCESS PACKAGE



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

VMs are actuators of all human metabolism

We want all systems operating at 100% without adding calories! Compared to 60-85% from diet alone

Optimize all VM activities to help **maximize energy & all fat loss mechanisms** including burn more fat, less cravings, support immunity & reduce stress without adding calories

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



Meal Replacement diet integration is the #1 weight control solution, and we have the best with many delicious recipes - *and* you will save on groceries!

Best high whey protein/fiber mix available to curb hunger, control calories, feed muscles & starve bodyfat
My clients go-to for achieving & maintaining their desired body composition

Natural ingredients (such as green tea) to target mobilizing liver (belly) fat to improve sugar & overall fat metabolism/burning. African Mango to curb hunger to make this fitness journey pleasant

Go fast – Results Paid in Full
*We leave so much on the table
if we don't pickup where diet leaves off*

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

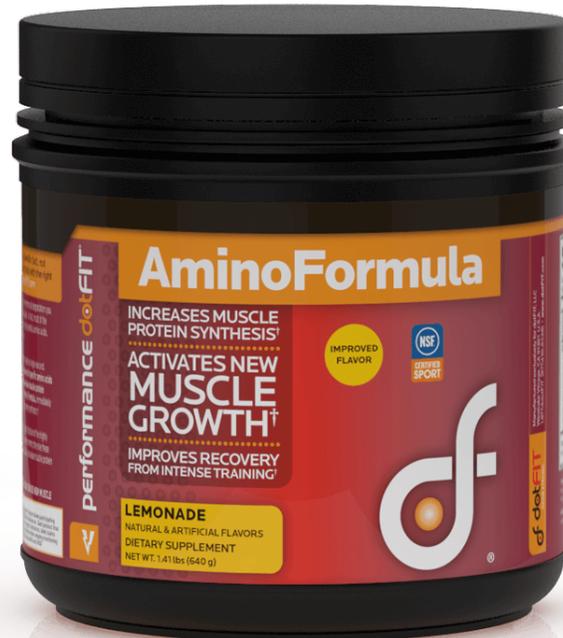
MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS -GET PAID OVERTIME FOR YOUR WORKOUT!

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!

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



+



=

Build and/or maintain muscle better & longer – beyond protein.

Amino acid blend that takes muscle support, 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.

Go Faster
Results Paid Overtime

**LEVEL-2 BODYFAT REDUCTION
SUCCESS PACKAGE**

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS -GET PAID OVERTIME FOR YOUR WORKOUT!

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!



+



A Natural fiber to help block unnecessary calories supporting weight control & blunt sugar spikes

Decrease carb calorie absorption to feel satisfied sooner and longer (eat more but get less calories)

OR

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

No Plateaus Here! Controlled Stimulant Formula to Increase Metabolism & Daily Activities & uniquely Support Appetite



**LEVEL-3 BODYFAT REDUCTION
SUCCESS PACKAGE**

**Fastest
Results Paid Double Time
Nothing is left on the table**