

dotFIT ActiveMV



Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene and as retinol acetate)	1200 mcg (4000 IU)	133%
Vitamin C (from ascorbic acid and calcium ascorbate)	400 mg	444%
Vitamin D3 (as cholecalciferol)	15 mcg (600 IU)	75%
Vitamin E (as d-alpha tocopheryl succinate)	101 mg (150 IU)	673%
Vitamin K (as Vitamin K1 [phytonadione] and Vitamin K2 [menaquinone-7])	50 mcg	42%
Thiamin (as thiamine mononitrate)	5 mg	417%
Riboflavin (as riboflavin-5-phosphate sodium)	2.5 mg	192%
Niacin (as niacinamide)	15 mg	94%
Vitamin B6 (as pyridoxal-5-phosphate monohydrate)	3 mg	176%
Folate	170 mcg DFE (100 mcg folic acid)	43%
Vitamin B12 (as cyanocobalamin and methylcobalamin)	15 mcg	625%
Biotin	150 mcg	500%
Choline (from choline bitartrate)	100 mg	18%
Iron (from ferrous fumarate)	5 mg	28%
Iodine (from kelp)	25 mcg	17%
Magnesium (from magnesium oxide and magnesium citrate)	100 mg	24%
Zinc (from zinc citrate)	7.5 mg	68%
Selenium (from L-selenomethionine)	35 mcg	64%
Copper (from copper gluconate)	0.5 mg	56%
Chromium (from chromium picolinate)	50 mcg	143%

Who is this for?

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

What makes this product unique?

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

How should I take this?

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

