

# 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.
- 3<sup>rd</sup> party tested by NSF Certification for Sport

## How should I take this?

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

