

dotFIT Over50MV



Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 60	Amount Per Serving	% DV
Vitamin A (765 mcg as beta carotene and 500 mcg as acetate)	1265 mcg (4000 IU)	141%
Vitamin C (as calcium ascorbate)	250 mg	278%
Vitamin D3 (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg (50 IU)	223%
Vitamin K (as Vitamin K1 [phytonadione] and Vitamin K2 [menaquinone-7])	50 mcg	42%
Vitamin B1 Thiamin (as thiamine mononitrate)	6 mg	500%
Vitamin B2 Riboflavin	6 mg	462%
Vitamin B3 Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	588%
Folate (235 mcg folic acid)	400 mcg DFE	100%
Vitamin B12 (as cyanocobalamin and methylcobalamin)	50 mcg	2083%
Biotin	100 mcg	333%
Vitamin B5 Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Choline (from choline bitartrate)	150 mg	27%
Iodine (from kelp powder)	75 mcg	50%
Magnesium (from magnesium citrate)	150 mg	36%
Zinc (from zinc citrate)	15 mg	136%
Selenium (from L-selenomethionine)	70 mcg	127%
Copper (from copper gluconate)	1 mg	111%
Chromium (from chromium polynicotinate)	100 mcg	286%

Who is this for?

- Individuals over 50 years of age with low to moderate activity levels. More physically active women are often recommended the ActiveMV.
- 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 emphasizes specific nutrients for individuals over 50 years of age:
 - Folate
 - Vitamins B6 and B12
 - Vitamin D
 - Beta Carotene
 - Vitamins K1 and K2
 - Magnesium

How should I take this?

- One (1) tablet per day with food