

# dotFIT Advanced Brain Health



<b>Supplement Facts</b>		
Serving Size: 4 Softgel Capsules		Servings Per Container: 60
	Amount Per Serving	%DV*
Calories	20	
Calories from Fat	20	
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%
Acetyl-L Carnitine	500 mg	**
Phosphatidylserine	100 mg	**
Alpha Lipoic Acid	100 mg	**

\* Percent Daily Value based on a 2,000 calorie diet.  
\*\* % Daily Value(DV) not established

**Other Ingredients:** Rice Bran Oil, Gelatin, Glycerin, Water, Beeswax, Sunflower Lecithin and Carob

## ***Who is this for?***

- Individuals over 45 years of age looking for nutritional support for cognitive functions to help maintain brain health throughout the aging process.

## ***What makes this product unique?***

- Ingredients in this formula decrease as we age.
- Contains 100 mg of phosphatidylserine (PS) per serving.
- There are 500 mg of Acetyl-L-Carnitine (ALC) per serving.
- Contains 100 mg of Alpha Lipoic Acid (ALA) which also supports brain, nerve and energy function.

## ***How should I take this?***

- Typical dosage based on age and split with meals throughout the day:
  - 45-55 years – one serving (4 capsules) per day with any meal
  - 56-65 years – two servings (8 capsules) per day. Four (4) capsules with AM meal and four (4) with PM meal
  - Over 65 years – three servings (12 caps) per day. Four (4) capsules with AM meal and eight (8) with PM meal