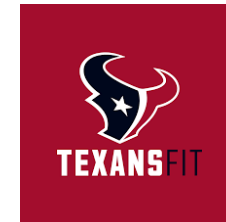


# dotFIT - Trusted by Professionals

*R&D for Nutrition Programs & Products*

- Over 1,500 sport and fitness facilities
- Over 40,000 fitness professionals
- Trusted & Used by MILLIONS of Households
- Largest provider of 3<sup>rd</sup> party tested nutrition programs and products in the sport and fitness channels including collegiate and professional sports



**Commission  
on Dietetic  
Registration**

the credentialing agency for the  
Academy of Nutrition  
and Dietetics





Supporting Over 200 College & Pro Sport Teams

# dotFIT Custom Group Previous Supplements of the Month

-all available in your dotFIT U-TUBE Channel

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- Feb 18 (2022), Intro to dotFIT, history, why nutrition, dF diff, future, play-span (Baseline supplementation)
- Mar 18 – All Proteins, Protein Intro, Updated Stats, Scripts, Promotional Materials, FAQs & Summaries

**April 8 – AminoFormula - Perf Cat 2, Updated Practitioner Notes/FAQs, Scripts, Collaterals**





**TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!**  
**MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS –GET PAID OVERTIME FOR YOUR WORKOUT!**

**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.



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

*Results Paid Overtime!*

**NO EXERCISE INDUCED RESULTS LEFT IN THE GYM  
– PROLONG YOUR ACTIVE LIFESTYLE**

**Flavors (in order of sales)**

- Lemonade
- Blue Raspberry
- Watermelon
- Vegan All-Natural Tropical Colada

# POSITION ON PERFORMANCE SUPPLEMENTS

## INTRODUCTION TO PERFORMANCE PRODUCTS



### Supplement Properly Beyond Baseline – Next level (evidence-based)

Supplementing should be separated in 2 categories: 1) acute performance and 2) long-term (better/full recovery) performance enhancement

The goal of performance and/or muscle gain supplements is as follows:

- All equal and maxed (including baseline), supplementing should improve performance/size outcomes compared to a non-supplemented state to help avoid plateaus by creating better workouts leading to greater muscular adaptations, leaving off the inevitable

The objectives to accomplish this goal or “supplement targets”

- 1) Supply energy enhancing compounds to maximize *each* training session/competition (acute performance, increase adaptation potential)
  - ✓ Creatine monohydrate
  - ✓ Caffeine
  - ✓ Beta-alanine
  - ✓ Carbohydrate (max glycogen), nitrate (NO production) & sodium bicarbonate (buffering agent) Not discussed here
- 2) Speed/enhance recovery through minimizing protein breakdown while maximizing synthesis to produce continual desired muscular adaptation (maximize adaptation) – bigger, stronger, faster longer
  - ✓ Protein (discussed)
  - ✓ Creatine monohydrate
  - ✓ Essential amino acid formulas including branched-chain amino acids/leucine/HMB
  - ✓ Glutamine – conditional

**Category 2: Complete Recovery for Long-term Gains  
Beyond Baseline – AminoFormula –MPS Beyond Protein**

### GOAL:

Deliver a greater & prolonged accrual of gains as opposed to a non-supplemented state that translates to the “field of play”

1) Continuous Better Workouts Allow 2) Greater & Continuous Adaptation

Note: first and last place is often separated by fractions of seconds to seconds – 60-100% of athletes supplement [Perf](#)

# Baseline – Health/Recovery/Performance - Play-Span (keep doing the activities you love)

## Baseline Dietary Support for all Sport & Fitness Goals

(Click on product links for a brief product description including short video)

### Daily:

- [dotFIT Multivitamin & Mineral](#) for your age and gender. If 50yrs or older use [Over50](#) unless noted below; if female under 50 use [Women's](#); Males and very active females (competitive training protocols) under 50 use 2-[Active](#), with both genders continuing use till 65yrs if still training competitively at which time every person will use Over50; children under 12yr use [Kids](#); children 12-17yr use 1-Active).
  1. Take as directed with meals

### Daily as needed:

- [WheySmooth](#)\* or other favorite [dotFIT protein mix](#)
  - Use as directed to make sure you get ~1gm of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
    - If exercising, use as directed to get ~25-35gm/protein 30-40min before workout & repeat dose immediately post workout (see below)
  - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- [Super Calcium](#) (read all food labels for calcium content including dotFIT protein shakes)
  - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
    - Females take 1 or 2 daily with meals; if you need to take 2, take one with AM meal and the 2<sup>nd</sup> with PM meal; Males take 1 only if necessary
- [Super Omega 3](#)
  - Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes

### Workout days

- [WheySmooth](#)\* or other favorite [dotFIT protein mix](#)

Use as directed to get ~25-35gm/protein 30-40min before workout & repeat dose immediately post workout

**BASELINE is the ante to play – for everyone!** Complete Recovery for Long-term Gains, Including Reducing Sick Days & Injury Potential Make all Fitness Goals Easier/Lasting & Stay Active – ***An Economical Lifetime Solution –pays for itself!***

**A simple inexpensive addition to our training/coaching that gives the potential to change a person's life  
b/c Health is the domain of nutrition**

# AMINO FORMULA (AF)



**BEYOND PROTEIN – NEXT LEVEL IN MUSCLE BUILDING**

**AMINO FORMULA** PDSRG



SINGLING OUT THE ACTUAL TRIGGERS OF MUSCLE PROTEIN SYNTHESIS (MPS) TO **TAKE MUSCLE GAINS BEYOND DIET, EXERCISE & PROTEIN** - THE FINAL LEVEL OF MPS - AND MORE!

**GOAL: IMPROVE WHOLE-BODY NET PROTEIN SYNTHESIS (WBPS) THUS WHOLE-BODY PROTEIN BALANCE (WBPB) BY DELIVERING AAs NECESSARY FOR MPS IN MULTIPLE FORMATS  
CONTROLLING BODY COMPOSITION**

**THE ABILITY TO CONTROL BODY COMPOSITION WHILE ENHANCING MUSCLE SIZE AND PERFORMANCE GAINS BY A MEANS (*TIMING OF SKELETAL MUSCLE HYPER-AMINOACIDEMIA*) INCREMENTAL TO OTHER MPS MECHANISMS SUCH AS, BUT NOT LIMITED TO: EXERCISE, TRADITIONAL PRE/POST EXERCISE FOODS OR INTACT PROTEIN FEEDINGS, MEAL TIMING, CELL VOLUMIZING, CARBOHYDRATE, CREATINE OR BETA-ALANINE LOADING, ETC.**



Your Fitness. Connected.

dotFIT™



# AMINO FORMULA (AF)



Goals AminoFormula – the MPS Signaling Molecules of Protein (*controlling skeletal muscle hyper-aminoacidemia to improve WBPB*)

- 1) **Athletic population**: Supply proper combination in proportion to the demand of the known 8 of the 9 EAAs, that trigger muscle protein synthesis (MPS) to **deliver an additive MPS effect to the daily ingestion of intact protein** to optimize the users exercise-induced MPS/recovery potential to maximize and prolong training gains – i.e., **protein stacking using multiple protein formats (whole food, intact/complete powder, free form EAAs)**
  - ✓ Fully recover and **avoid inevitable plateaus** by delivering a highly anabolic formula in extreme low calories
  - ✓ **The ability to control body composition while enhancing muscle size and performance gains**
- 2) **Non-exercising adult population**: a low calorie MPS supplement to **slow declining normal net muscle protein balance** starting in 3<sup>rd</sup> or 4<sup>th</sup> decade of life that leads to the inevitable loss of muscle while aging
  - ✓ Potentially slow muscle loss & related aspects (e.g. balance, bone, strength, injury, etc.) in relatively low cal/nitrogen/sulfur load
- 3) **Anyone**: **Low calorie**, nitrogen & sulfur producing supplement to **support protein/anabolic needs**
- 4) **Calorie restrictions**: sole pre & post workout supplement for exercisers during aggressive weight/fat loss including during use of a weight/fat reduction meal replacement program



# 8 (of 9)-Essential Amino Acids (EAA) including BCAA

**Goal: Stimulate MPS incrementally from intact protein alone<sup>ref</sup> by maintaining a balance of the EAAs **proportionate to the demand potential** to maximize their net MPS activities (eliminating normal AA rate-limiting factors)**

- EAA directly increase SM Ras-related GTP Binding B (RAGB) mRNA (ex: 60% over normal protein feedings<sup>40</sup>)
  - RAGB signals interact with mTORC1 in an AA-sensitive manner and are necessary for the activation of the mTORC1 pathway by AA<sup>40</sup>

**Mammalian target of rapamycin complex 1 senses the cellular contents**

The 8 EAA responsible for MPS activation at the molecular level (e.g., mTOR, RAGB, etc.) and targets of inhibition of MPB (e.g., AMPK, autophagy, etc.)<sup>28,43,48,49,50</sup>

**Format allows more and faster to muscles<sup>10,28,41,42,81,93,100</sup>**

- Less competition for intestinal transporters
- Less splanchnic extraction (more immediately available for MPS)
- Greater activation of muscle cell transporters =
- \*Faster/ideal environment of **hyper-aminoacidemia/gradient** = **↑MPS & WBPS**

**Increases leptin thru adipocytes - contributes to appetite regulation**

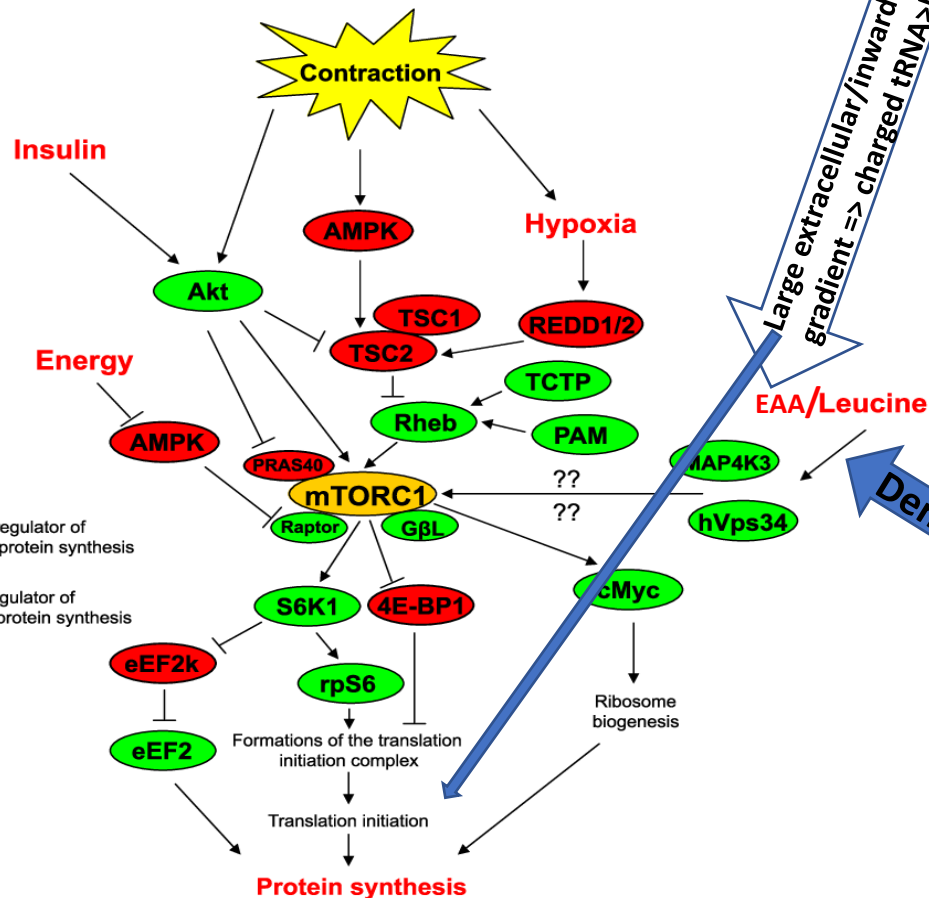
**Amounts in a effective 12gm serving<sup>9,28,37,48,49,58</sup>**

L-Leucine	4000 mg
L-Phenylalanine	1670.5mg
L-Lysine HCl	1669.5 mg
L-Threonine	1300 mg
L-Valine	1100 mg
L-Histidine	900 mg
L-Isoleucine	900mg
DL-Methionine	360mg

Park, S. et al. Anabolic response to essential amino acid plus whey protein composition is greater than whey protein alone in young healthy adults. *J Int Soc Sports Nutr* 17, 9 (2020). <https://doi.org/10.1186/s12970-020-0340-5>

Figure Legend

- Negative regulator of mTORC1/protein synthesis
- Positive regulator of mTORC1/protein synthesis



\*A larger EAA gradient between the extracellular (peripheral) and intracellular compartments enables greater inward transport ensuing charging of translation tRNA\* and stimulation of MPS and reduction in muscle protein breakdown (MPB)<sup>Ref</sup> =>WBPS & WBPB

Faster increase & higher peak SM AA concentrations. Protein alone can't get here

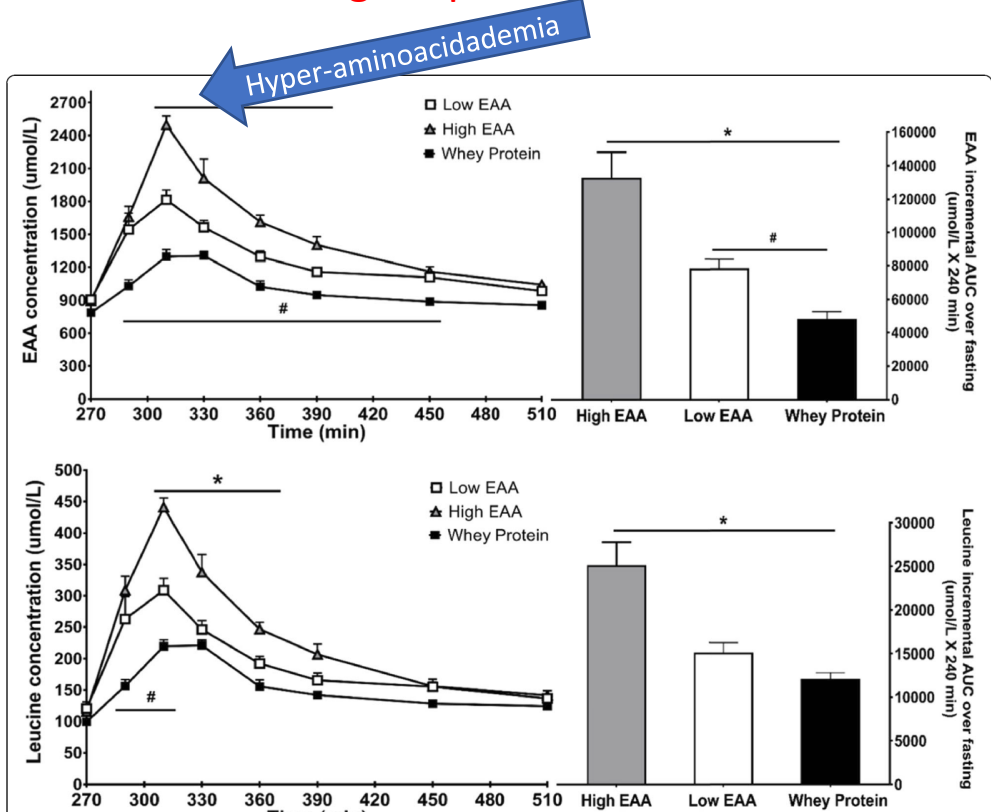


Fig. 1 Total plasma EAA concentration (upper panel) and leucine (lower panel) before and following one of two doses (6.3 g and 12.6 g) of free EAA/protein composition or the whey protein alone. Bar graphs on right represent the AUC for the response above baseline over the 4 h following consumption of each dose of free EAAs/protein and of whey protein.

**Conclusion: “there is an interactive effect between free EAA and whey protein that makes their combination highly anabolic in a dose dependent manner that exceeds the anabolic response to a whey-protein based supplement by approximately 3- and 6-fold for the low- and high-doses of free EAA/protein, respectively, when evaluated on a g/g basis”.**

**Take home conclusion from all studies:**

“EAA sources that produce a large and rapid increase in peripheral EAA concentrations are recommended to improve muscle and whole-body protein synthesis”.<sup>90</sup>  
Multiple protein formats (foods, intact powders & isolated EAAs) can maximize MPS potential throughout a lifetime, especially when energy intake is restricted.

It Works  
Translates to this

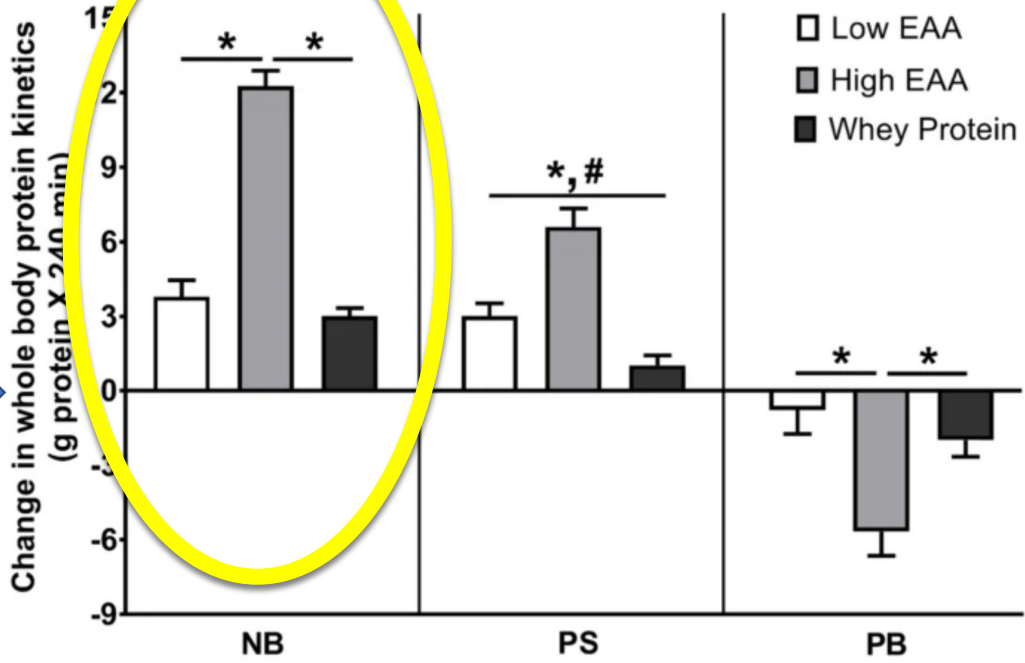


Fig 2. Changes from baseline of **whole-body net protein balance (NB)\***, protein synthesis (PS) and protein breakdown (PB) following consumption of each intervention  
**\*20-50% Skeletal muscle (based on metabolic factors/status)**

# AMINO FORMULA

## USE AND DOSING



## Dosing

- ≤150lbs: 12g 10min before workout & may continue to consume throughout; repeat dose immediately after
- >150lbs add ~5% (0.6g) for each 10lb body Wt.
  - Example 200lbs: add 3g (15g per dose); 250lb 18g
  - Max dose 18gms

## Maximizing MPS\*

- If calories permit, use your pre-workout complete protein formula ~40min before WO; AX 10min before & during and repeat immediately after WO; post workout complete protein 30-40 minutes **after** AF post workout dose

## Non-exerciser >30yrs & Age Dosing

- 12 g per dose and take three times daily between meals with one dose before bedtime
- Aging (> 60 years old) may increase dosage needs 10%\* (ex: at age 60-70 years dosage may be maxed at 15 g) based on the body's progressive resistance to the anabolic effects of amino acids and related protein synthesis mechanisms in advancing years

## Beneficiaries and Typical Use

- Athletes for continuous physical progress- breaking or avoiding plateaus – i.e., stacking\*
- Low calorie, high anabolic pre & post workout supplement to maximize MPS during prolonged energy restriction (physique competitors, fighters/wrestlers, weightlifters, etc.)
- Older athletes seeking physical improvements **as the body becomes more resistant to anabolic effects of food and exercise**
- Multiple daily training sessions or tournament play before and after each event
- All non-exercisers over 30 years of age to help stave off age-related loss of muscle
- Low calorie, low nitrogen and low sulfur producing protein supplement as needed, especially in aging



## AminoFormula in Baseline to Control Body Composition – No Stacking

General Health, Recovery, Weight Control and Performance Supplement Program with AminoXXXL

Click on product links for a brief product description including short video

### Daily:

- [dotFIT Multivitamin & Mineral](#) for your age and gender. If 50yrs or older use [Over50](#) unless noted below; if female under 50 use [Women's](#); Males and very active females (competitive training protocols) under 50 use 2-[Active](#), with both genders continuing use till 65yrs if still training competitively at which time every person will use Over50; children under 12yr use [Kids](#); children 12-17yr use 1-Active).
  - Take as directed with meals
- [WheySmooth](#) or other favorite [dotFIT protein mix](#) (based on caloric allotment for goal)
  - Use as directed to make sure you get [~1gm of protein per pound of LBM](#) (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
  - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs

### As needed:

- [Super Calcium](#) (read all food labels for calcium content including dotFIT protein shakes)\*
  - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
    - Females take 1 or 2 daily with meals; if you need to take 2, take one with AM meal and the 2<sup>nd</sup> with PM meal; Males take 1 only if necessary
- [Super Omega 3](#)
  - Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes, then increase as directed

***\*All food labels including Protein Powders must contain calcium levels by serving so always check***

### Workout Days:

- [AminoFormula \(AF\)](#)
  - Take 1-1.5scoops ~10 minutes before and may continue to drink during first 20 minutes of workout (or to midpoint)
  - Take 1-scoop immediately following workout

# AminoFormula (AF) in Baseline to Maximize MPS While Controlling Body Composition – Protein Stacking

## General Sport Health, Activity Recovery, Performance & Muscle Gain Program

Click on product links for a brief product description including short video

### Daily:

- [dotFIT Multivitamin & Mineral](#) for your age and gender (if 50yrs or older use Over50; if female under 50 use Women's; Males and very active females under 50 use 2-Active; children under 12yr use Kids; children 12-17yr use 1-Active; Vegans Use Vegan Formula)
  - Take as directed with meals

### Daily as needed:

- [WheySmooth](#) or other favorite [dotFIT protein mix](#) (based on caloric allotment for goal)
  - Use as directed to make sure you get [~1gm of protein per pound of LBM](#) (or weight if not overweight) daily from all sources including foods divided 3-5 times daily
    - If exercising use ~25-35 gm 30-40min before workout & repeat dose ~30min post AF post workout ingestion
  - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- [Super Calcium](#) (read all food labels for calcium content)
  - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
    - Females take 1 or 2 daily with meals; if you need to take 2, take one with AM meal and the 2<sup>nd</sup> with PM meal; Males take 1 only if necessary
- [Super Omega 3](#)
  - Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes, then increase as directed


### Workout days

- [AminoFormula](#) (AF)
  - Take 1-1.5-scoop ~5-10min before and may continue to drink during workout to ~ midpoint
  - Take 1 scoop immediately following workout
- [WheySmooth](#) or other selected dF protein
  - Take as directed (25-35gm protein) 30-40min before workout & repeat same dose 30 minutes following post exercise AF dose

# MERGER OF HEALTH-SPAN & LIFETIME WEIGHT MANAGEMENT (AND B/C LEAN MR IS NOT A PRE/POST)



## An ideal long-term health and weight loss/maintenance program:

- MVM 
- LeanMR (or other dF favorite) for MR (2 of at least 4 daily meals)
- **AminoFormula**: pre/during/post workout to maximize daily synthesis
  - ✓ Low calorie, nitrogen/sulfur & high muscle protein synthesis formula to enhance LBM gains and long-term preservation

As needed

- SuperCalcium (check food labels)
- SuperOmega (look at plate)



### Strategic Essential Amino Acids, including BCAA's

Leucine (4,000 mg)  
Isoleucine (900 mg)  
Valine (1,100 mg)  
Lysine (1670 mg)  
Phenylalanine (1,670.5 mg)  
Threonine (1300 mg)  
Histidine (900 mg)  
Methionine (360 mg)

**12 weeks 2meals/d \$463-SRP (20%=\$371): 180meals**

<https://www.dotfit.com/MRweightlossplans>



Your Fitness. Connected.

dotFIT™



# OLD EXERCISER - ME

## LIFETIME HEALTH & WEIGHT MANAGEMENT



How I use, and recommend AF for old exercisers maintaining healthy weight

- 4AM coffee!!
- 5:45-7AM 1.5scoop AF pre/during & 1scoop post workout
  - ✓ Equal to >40g Protein(P) in MPS activity – count 25gms to total P daily intake
- 8AM 2-scoop FirstString Mocha (~400c & 25gm P)
- 10AM large 800c meal with ~40gm P
  - ✓ Active MVM, JointFlexPlus/Skin, SuperiorAntioxidant, UltraProbiotic, BrainHealth
- 3PM 1scoop AF or 300c meal depending on activity
- 7:30PM 1-1200c dinner with ~50gm P (sometimes includes scotch)
  - ✓ Remaining doses of MVM, JointFlexPlus, BrainHealth - and fish oil only if needed

# EXPERT SCRIPTS & MARKETING ASSETS FOR AMINO FORMULA – AND REMEMBER –

***“IF YOU ARE TRYING TO CHANGE YOUR BODY  
COMPOSITION, AND NOT SEEING A CHANGE EVERY WEEK  
- YOU ARE DOING SOMETHING WRONG”*** *NEAL SPRUCE*

# Expert scripts: AminoFormula - all goals

**TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!**

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

**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.



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

## Flavors (in order of sales)

- Lemonade
- Blue Raspberry
- Watermelon
- Vegan All-Natural Tropical Colada

*Results Paid Overtime!*

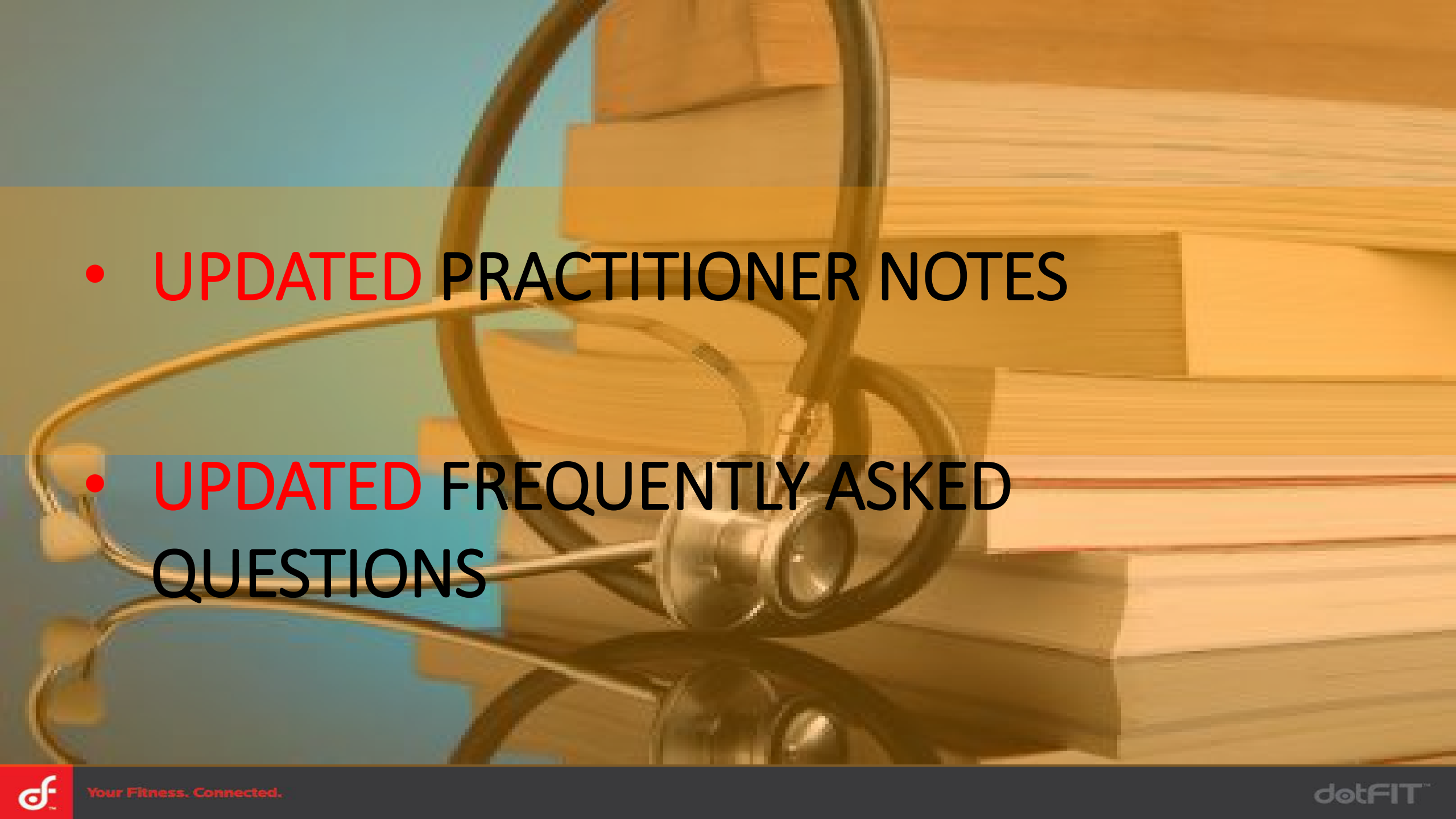
**NO EXERCISE INDUCED RESULTS LEFT IN THE GYM  
– PROLONG YOUR ACTIVE LIFESTYLE**



# EXPERT SCRIPTS: AMINO FORMULA-ALL GOALS



- AF is like a Gatorade for muscles without the junk in it. This is the best way to get complete protein activity in your body without actually eating protein. It **wakes your body up and says, "hey, let's get this engine roaring and start producing some horsepower."** It hydrates you down to the cellular level and helps buffer against the muscle catabolism that inevitably takes place daily in our bodies. AF helps limit that loss as we add new muscle.
- Added recovery support from EAAs to decrease muscle soreness and ensure you can maintain high quality workouts as long as you desire!
- Ultimate blend of EAAs to decrease muscle soreness and speed up muscle repair
- I can't imagine working out without using AF, and I know that you will agree once you start drinking this as well! It is your ultimate recovery drink. And making sure you properly recover, means it's easier to stay consistent with killer workouts and that means...faster Results!
- These specialized aminos are going to come in and get the muscle party moving faster by stimulating protein synthesis and telling the body, "Hey, lets start making muscle." This in turn will speed up the process and allow the muscle making factory to produce beyond protein.

- 
- A stethoscope is draped over a stack of books. The books are of various colors, including blue, orange, and white. The stethoscope is silver and black. The background is a soft, out-of-focus image of the books and stethoscope.
- **UPDATED** PRACTITIONER NOTES
  - **UPDATED** FREQUENTLY ASKED QUESTIONS

## COMMON FAQs



**Q:** I have been looking at your AminoFormula and I am wondering why the mixture does not have tryptophan since it would be the 9th EAA.

**A:** The 8 amino acids (8 of the 9 essential amino acids [EAA]) in AminoFormula (AF) are the actual molecules necessary to **activate** muscle protein synthesis (MPS). The rest of the 20 total amino acids are needed to complete the synthesis after activation, which is easily acquired from your foods/protein shakes and de-novo synthesis/conversion of other compounds as necessary.

*As a note: it's a good thing we don't need tryptophan for activation of the mammalian target of rapamycin (mTOR) because delivered in free form as the amino acids in AF need to be, it may put you to sleep.*





## Q: There is no protein listed on AminoFormula, can I count it as a protein?

**A:** The reason AminoFormula (AF) does not publish a protein amount is because it is **purposely not a complete protein** as it contains only the 8-amino acids that are directly responsible for protein synthesis **activation** and therefore serves as a low calorie, **fast acting, high anabolic signaling** product for activating muscle protein synthesis (MPS) beyond intact protein itself. Your total food/shake protein intake throughout the day supplies the remaining amino acids **necessary for the complete and prolonged synthesis**.

### More info:

AF serves to enhance the MPS process beyond protein alone or serve as a low calorie, high anabolic extra source of protein. **A protein equivalent in 1-scoop of AF, can be ~25gms as it takes ~40gms of a complete protein to get the amount of the 8 EAA found in one serving of AF including the 6gms of BCAA. You could add the 25gm number once a day to your protein intake as part of your 1gm/LB/lean body mass(LBM)/day of protein needs - although active strength/performance athletes still maintain the 1gm/LB/LBM/D of whole protein sources because whole protein has other helpful properties including satiety.**

# COMMON POWDER FAQs



## Soy listed in powders is Soy Lecithin

**Q: I notice soy [lecithin] in AminoFormula and protein powders say “contains soy”**

- A: There is **no soy protein in AminoFormula or any of our protein powders**. Only soy lecithin in **minute amounts used as an emulsifier** (enhances mixing properties including supporting ingredient uniformity), like most powders of any kind sold everywhere. It is **not allergenic to the majority of people with soy allergies because it's not from soy protein, it's from the fat**.<sup>43,44</sup> (from FAQ on the website)

### More info:

- Soy lecithin is an **FDA approved food additive** for proper emulsification used in a variety of mixes. Soy lecithin is used in most mixes of any kind in minute amounts as you can tell from its appearance in the “other ingredients” listings or no listing other than “contains soy” with no amounts listed. Don't mix up soy lecithin with soy protein – there is no connection, soy lecithin is a mixing agent **not from the protein portion of soy so can't trigger normal soy allergies**. Many foods contain soy lecithin and most good protein powders, and it's a very safe and effective emulsifier.<sup>43,44</sup>