

All Marketing Resources

dotFIT Difference Posters (NEW to circulate/post or print any size)

The dotFIT Difference

Efficacy
Dosages and
Forms match
3rd Party
Clinical Trials

Truth in Labeling
Legal facts based
upon Efficacy and 3rd
Party Testing

Purity & Potency
Tested from start to
finish

Safety
Shown in trials and
history, screening
and ingredient
synergy

Nutrient Delivery
Right place, right
time

Personalized Solutions
Unique to your body and
goal

Trusted by Professionals
R&D for Nutrition Programs & Products
Largest provider of 3rd party tested nutrition programs & products in the
sport & fitness channels including collegiate & pro sports

dotFIT
GROW STRONG.

The dotFIT Difference

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dotFIT
GROW STRONG.

Add your logo here

Promotional Materials for your Supplements of the Month

Ideally Designed 4 in 1 Multivitamin and Mineral Formula (MVMs) for all Life Phases



THE ESSENTIALS TO FIT ANY DIET PREFERENCE OR LIFESTYLE



Click the links into your dotFIT Marketing Console embedded in the next 2-slides, then click any or all the proteins you are highlighting for all related promotional materials including supporting video assets

MVMs, all or any proteins, SuperOmega-3, SuperCalcium, Vit-D,

1 Pagers

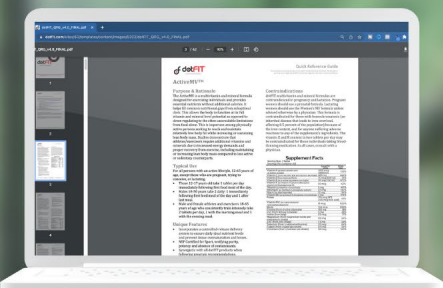
Print and display
consumer friendly
guide

Infographics

Print or
share on social to
educate

Store Description & Video

Watch & share with
members



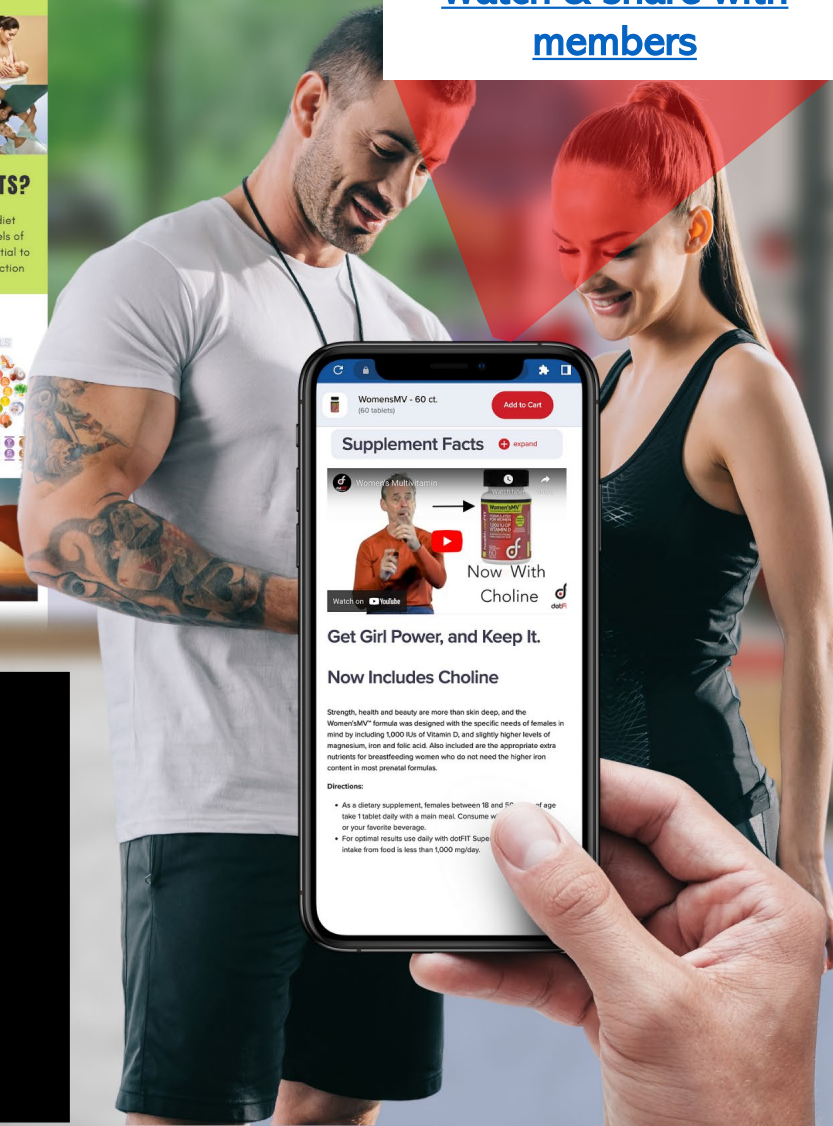
QRG

Learn product
science, benefits &
unique features on
one page

+ Digital Marketing Resources

Infographics | Logo | Social Media

One-Pager Flyers | 4 Pillar Posters



4 Pillar Posters

[Display in your club for branding and education](#)



Preserving & Building Muscle Tissue

dotFIT

1 Min.
Promotional
Videos

[Download and display on your club TVs](#)

Infographics | Logo | Social Media
One-Pager Flyers | 4 Pillar Posters

Use for any or all these purposes

- **PRODUCT SCRIPTS AND PRESENTATIONS**
- **STAFF TRAINING MATERIALS**
- **CONSUMER HANDOUTS**
- **DIGITALLY SHARE ANYWHERE INCLUDING YOUR SOCIAL MEDIA**

A simple inexpensive addition to our training/coaching that gives the potential to change a person's life

Feeding muscle and starving bodyfat to be achieve fitness & remain active

Kids Pack

Dietary support to maximize your child's structural & functional growth & development. Contains the building blocks necessary to build a lasting strong foundation.



dotFIT
GROW STRONG.

Women's Pack

Live, Look & Play Better Longer.
Take your results well beyond diet & exercise alone!
Essential support to any diet to help you achieve goals faster & maintain them longer.



dotFIT
GROW STRONG.

Family Health & Fitness Packs

Achieving and Maintaining a Fit, and Active Lifestyle

Over50 Pack

The essentials to feel & stay younger & active longer. As we age, the more help we need to stay fit & healthy since our nutrient needs change & muscle loss increases.



dotFIT
GROW STRONG.

Men's Pack

Live, Look & Play Better Longer.
Take your results well beyond diet & exercise alone!
Essential support to any diet to help you achieve goals faster & maintain them longer.



dotFIT
GROW STRONG.

Vegan Pack

Take your results well beyond diet & exercise alone. This environment friendly package will maximize recovery & exercise results, so you feel & perform better daily.



dotFIT
GROW STRONG.

Grow and Stay Strong within your Ideal Body



Kids Pack

Dietary support to maximize your child's structural & functional growth & development. Contains the building blocks necessary to build a lasting strong foundation.

2-4y,
1 tab only



5-11y,
2 tabs



12-17y,
1 tab



As needed if
fish is not
consumed
regularly

 **dotFIT**
GROW STRONG.™



DIETARY SUPPORT TO MAXIMIZE YOUR CHILD'S STRUCTURAL AND FUNCTIONAL GROWTH & DEVELOPMENT THE BUILDING BLOCKS NECESSARY TO BUILD A LASTING STRONG FOUNDATION



2-4y 1 tab

V&M are actuators of all human structure and functions at every life phase. Proper amounts (RDAs) **help maximize growth and development**. You can't go back in time and make up for the VMs you missed as a kid in building your foundation, **including height**



5-11y, 2tabs



12-17y, 1tab

VMs are actuators of all human metabolism

Both are the only 4in1 complete MVM (high C&D) built **specifically for your growing child**, making it the most recommended/used MVM for active growing children, and why we use it for our families and clients – not available in stores

All ages



Many healthy recipes

Healthy food that supplies the building blocks for your child's structural development & daily recovery and NSF Certified

**FORTIFIED WITH CALCIUM & POTASSIUM FOR STRONG BONES
2 SERVINGS DELIVERS 400MGs OF EACH**

Delicious ideal active youth nutrition to maximize energy, growth & development (**incl height**) to make them **better on the field and in the classroom**

Convenient delivery system of important nutrients often missed in kid's diet such as fruits, vegetables, milk, etc., -i.e., great smoothie recipes

FirstString Recipes

FirstString Recipes

recipes using our perfect pre/post exercise drink mix that meets NCAA guidelines



< dotFIT Product Recipes

- > FirstString Recipes
- > Pre/Post Workout Recipes
- > WheySmooth Recipes
- > LeanMR Recipes
- > Unflavored Protein Recipes
- > Best Plant Protein Recipes
- > All Natural WheySmooth Recipes
- > AminoFormula Recipes



Baking Recipes



Drink Recipes

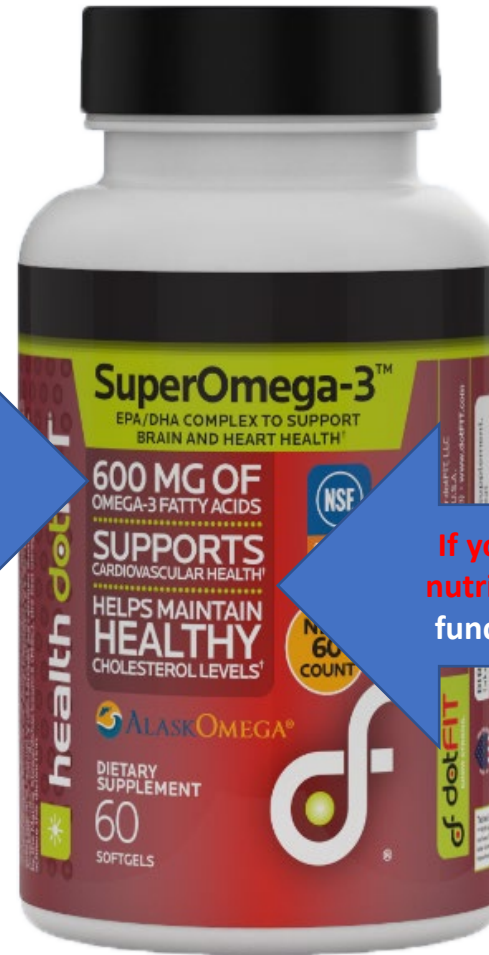


Protein Snack Recipes

Healthy Recipes to Deliver Foods Often Avoided or Missed by Youngsters

AS NEEDED BASED ON WHAT YOU CAN SEE

To assure the structural, functional and related behavioral benefits of proper Omega-3 intake throughout infancy, youth and adolescence and translates to adulthood



Keep all cells strong and communicating by supplying the healthy fatty acids most diets do not supply but are needed to recover, develop, and properly rebuild daily.

If your child is not consuming ≥ 2 srv/wk of fish, add these critical nutrients needed in the development/maintenance, structure and function of the cardiovascular, brain, immune and vision systems

General Growing Youth (under 18yrs) Sport, Health, Activity and Recovery Dietary Support Program

Links will take you to a brief product description including video

Daily:

- [dotFIT Complete Multivitamin and Mineral Formula](#) (MVM): ages 2-11yrs use [KidsMV](#) and take 1 age 2-4yr, then take 2 until 12yr; Ages 12-17yr [Active Multivitamin & Mineral](#): Take-1 daily with meal until age 18; Then take 2 daily, one with AM meal and one with PM meal

Daily as needed:

- [FirstString](#) (or other preferred [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 between all meals/snacks daily
 - **If exercising, use ~25gm 30-40min before activity & 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 calorie/protein needs
- [Super Omega 3](#)
 - Take 1 daily with meal if not consuming ≥ 2 svgs/wk of fatty fish

Workout days

- **FirstString***
 - Take 2- scoops 30-40min before activiy & repeat same dose immediately following

***May substitute favorite dotFIT Nutrition High Protein Bar based on venue convenience**



Women's Pack

Live, Look & Play Better
Longer.

Take your results well beyond
diet & exercise alone!

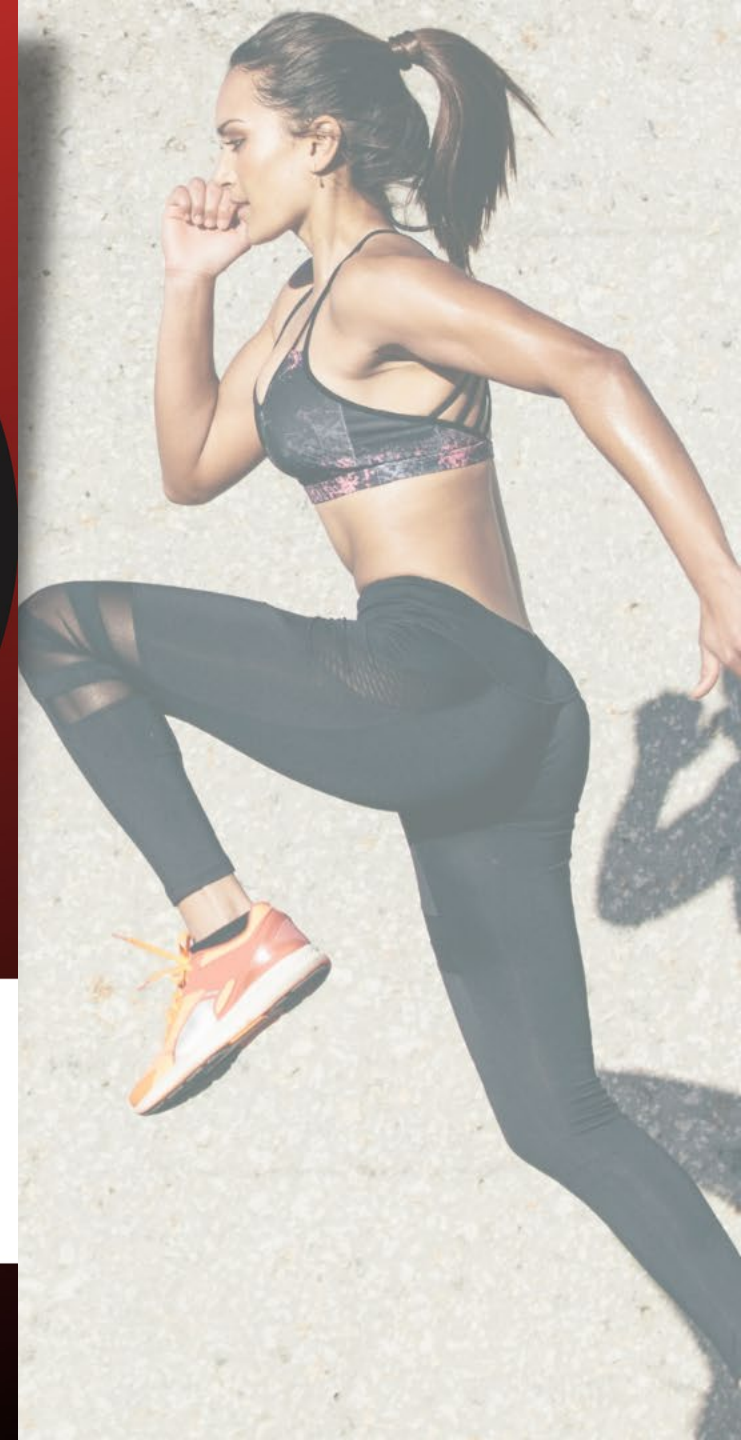
Essential support to any diet
to help you achieve goals
faster & maintain them longer.

Protein choices for all ages, lifestyles & diet preferences:



As needed if
fish or
calcium/dairy
is not
consumed
regularly

dotFIT
GROW STRONG.™



LIVE, LOOK & PLAY BETTER LONGER

Take your results well beyond diet & exercise alone! Essential support to any diet to help you achieve goals faster and maintain them longer

VMs are actuators of all human metabolism

Supports the female's common dietary shortfalls and special needs, by supplying proper amounts of 20VMs, with special attention to the female's unique requirement of iron, vitamins A, C, and E, folate, biotin, choline, magnesium, and Vitamin K1&2



18-50y, 1tab



18-65y Very Active, 2tabs Females

Female V&M support (incl. high Vit-C&D) for all systems **especially energy, stress and appetite control, daily recovery including skin, hair and nails** – not available in stores

100s of healthy recipes

Protein mix to help economically meet the active female's protein requirements (1gm/lb/LBM/d) to stay lean & active. More nutrition in less calories helps control appetite, while supporting muscle recovery & definition



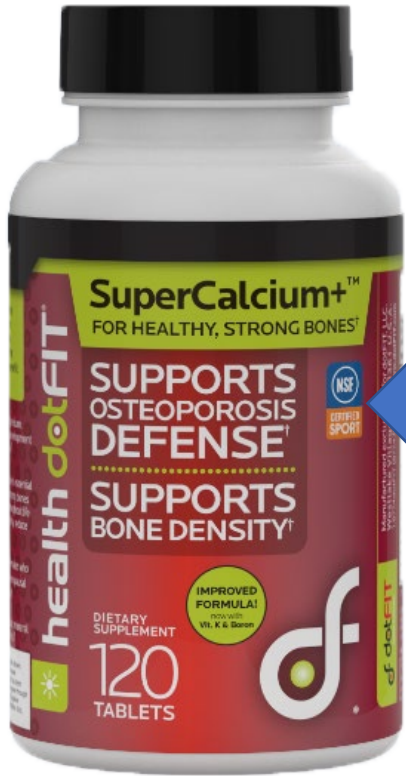
Choices for all ages, lifestyles & diet preferences

Delicious high protein lactose-free drink mixes We have the best 3rd party tested protein sources that fit any lifestyle or diet preference –not available in stores, and saves on monthly food cost



Both are Designed to be Complementary to MVM & Food – and NSF-CS

ADDED IF NEEDED BASED ON WHAT YOU CAN SEE



How many dairy servings or calcium fortified foods do you consume? (1cup milk=300mg; 1.5oz cheese=300). < 1, take 2; 1.5-2.5 take 1 (**preferably do the label math**)

As needed to support bone & muscle strength to remain active. Special formula complements the diet and any dotFIT MVM to achieve recommended levels of calcium, vitamin D, magnesium, boron and both forms of Vitamin K, which are all critical nutrients in maintaining bone health

Consume fatty fish ≥ 2 Xs/week or add supplement

5-600mgs/day of omega 3 (EPA & DHA 3:2) 0-3 minimum health requirement

Take 1-2 daily if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤ 8 oz); not necessary if consuming ≥ 16 oz/wk unless for athletic recovery purposes

Keep all cells strong and communicating by giving your cells the healthy fatty acids most diets do not supply but are needed to recover and properly rebuild daily. This ideal EPA/DHA complex supplies these critical molecules needed in the development/maintenance, structure and function of the cardiovascular, brain, immune and vision systems



Women's Baseline Dietary Support for all Sport & Fitness Goals

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

Daily:

- [Women's MVM formula](#)
 - Take 1 daily with first food meal of the day

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 2nd with PM meal
- [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



Men's Pack

Live, Look & Play Better Longer.

Take your results well beyond diet & exercise alone! Essential support to any diet to help you achieve goals faster & maintain them longer.

Protein choices for all ages, lifestyles & diet preferences:



As needed if fish is not consumed regularly

dotFIT
GROW STRONG.™



THE ESSENTIALS TO MAKE SURE YOU LEAVE NO RESULTS IN THE GYM

FEEL BETTER DAILY AND SEE DESIRED CHANGES WEEKLY!



18-50y, 2tabs

Active Males 18-50yrs
Very active males up to 65yrs

Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, stress, appetite, etc.) are V&M dependent we need to make sure **these systems are operating at 100% without adding calories! Compared to 60-85% from diet alone**

VMs are actuators of all human metabolism

Our MVMs are a 4in1 complete MVM (**high C&D**) built specifically for athletes and exercisers, which is why they are the most recommended/used MVM in high school, college, pro and Olympic sports – and by the way, this is why we use it for our families and clients – **not available in stores**

These are different – they are for you & your long-term goals

100s of healthy recipes

Delicious high protein lactose-free drink mixes to directly feed your muscles, speed recovery & control appetite to accelerate goals, mindful, your next workout is only as good as your recovery from the last. We have the best 3rd party tested protein sources that fit any lifestyle –not available in stores

Choices for all ages, lifestyles & diet preferences

Delicious high protein lactose-free drink mixes We have the best 3rd party tested protein sources that fit any lifestyle or diet preference –not available in stores, and saves on monthly food cost



Grow and Stay Strong within your Ideal Body

Supplies EPA and DHA, low in diets, *in the corrective amounts* necessary to complement food intake to reach tissue levels consistent with those found in persons shown to have better health outcomes at all life-stages.* NSF-CS

AS NEEDED BASED ON WHAT YOU CAN SEE

90% of Americans fall short

Consume fatty fish ≥ 2 Xs/week or add supplement

5-600mgs/day of omega 3 (EPA & DHA 3:2) O-3 minimum health requirement

Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8 oz/wk but <16 ; 2 if ≤ 8 oz); not necessary if consuming ≥ 16 oz/wk unless for athletic recovery purposes

0-4daily to achieve $\geq 8\%$ on O3-Index for added athletic recovery

Keep all cells strong and communicating by giving your cells the healthy fatty acids most diets do not supply but are needed to recover and properly rebuild daily. This ideal EPA/DHA complex supplies these critical molecules needed in the development/maintenance, structure and function of the cardiovascular, brain, immune and vision systems

Shown to uniquely improve exercise performance and recovery – a primary recommendation for athletes



*The omega -3 index is the percentage of the two omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in total erythrocytes fatty acids. it describes an individual's status of EPA+DHA. Proposed health zones are: high risk $<4\%$; intermediate risk $4-8\%$; and low risk $>8\%$.²⁸

Men's Baseline Dietary Support for all Sport & Fitness Goals

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

Daily:

- [Active MVM Formula](#)
 - Take 2 daily: one following AM meal; 1 following PM meal

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
 - Men take one only with any meal
- [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**



Over50 Pack

The essentials to feel & stay younger & active longer. As we age, the more help we need to stay fit & healthy since our nutrient needs change & muscle loss increases.

Protein choices for all ages, lifestyles & diet preferences:



As needed if fish is not consumed regularly

dotFIT
GROW STRONG.™



THE ESSENTIALS TO FEEL AND STAY YOUNGER AND ACTIVE LONGER

THE OLDER WE GET, THE MORE HELP WE NEED TO STAY ACTIVE!

Specific to persons over 50yr, the only 4in1 complete MVM (high C&D) built specifically for those athletes and exercisers that want to remain active. Most recommended/used MVM in the sport/fitness channels - must for our families and clients of this age group to help keep them young! – Not available in stores

These are different – they are for you & your long-term goals



All Over50y, 2tabs



50-65y Very active persons remain on ActiveMV 2tabs

Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, stress, appetite, etc.) are V&M dependent we need to make sure these systems are operating at **100% throughout a lifetime without adding calories!** Compared to 60-85% from diet alone

VMs are actuators of all human metabolism

100s of healthy recipes

Delicious high protein lactose-free drink mixes to directly feed your muscles, speed recovery & control appetite to accelerate goals, mindful, your next workout is only as good as your recovery from the last. The older we get, the more protein we need to stay active, build or maintain muscle

Choices for all ages, lifestyles & diet preferences

Delicious high protein lactose-free drink mixes We have the best 3rd party tested protein sources that fit any lifestyle or diet preference –not available in stores, and saves on monthly food cost



Grow and Stay Strong within your Ideal Body

Supplies EPA and DHA, low in diets, **in the corrective amounts** necessary to complement food intake to reach tissue levels consistent with those found in persons shown to have better health outcomes at all life-stages.* NSF-CS

AS NEEDED BASED ON WHAT YOU CAN SEE

90% of Americans fall short – especially important to older exercisers & joints

Consume fatty fish ≥ 2 times/week or add supplement

5-600mg/day of omega 3 (EPA & DHA 3:2) 0-3 minimum health requirement

Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8 oz/wk but <16 ; 2 if ≤ 8 oz); not necessary if consuming ≥ 16 oz/wk unless for athletic recovery purposes

0-4 daily to achieve $\geq 8\%$ on O3-Index for added athletic recovery

Keep all cells strong and communicating by giving your cells the healthy fatty acids most diets do not supply but are needed to recover and properly rebuild daily. This ideal EPA/DHA complex supplies these critical molecules needed in the development/maintenance, structure and function of the cardiovascular, brain, immune and vision systems

Shown to uniquely improve exercise performance and recovery – a primary recommendation for athletes



*The omega -3 index is the percentage of the two omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in total erythrocytes fatty acids. it describes an individual's status of EPA+DHA. Proposed health zones are: high risk $<4\%$; intermediate risk $4-8\%$; and low risk $>8\%$.²⁸

Over 50yrs Baseline Dietary Support for all Sport & Fitness Goals

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

Daily:

- [Over50 MVM Formula](#)
 - Take 2 daily: one following AM meal; 1 following PM meal

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
 - Men take one only with any meal
- [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**

Vegan Pack

Take your results well beyond diet & exercise alone. This environment friendly package will maximize recovery & exercise results, so you feel & perform better daily.



Optional to support digestion

dotFIT
GROW STRONG.™

No Results Left in the Gym with **your all-natural essential all vegan dietary support package**

Let's take your results well beyond diet & exercise alone! This **environment friendly package** will maximize daily recovery and exercise results, **so you feel & perform better daily & see significant desired body changes weekly.**

Vegan 3 in1 complete MVM (**high C&D**) built specifically for athletes and exercisers, which is why they are the most recommended/used **Vegan MVM** in high school, college, pro and Olympic sports – and by the way, this is why all my vegan clients & families use this MVM – not available in stores

These are different – they are for you & your long-term goals



Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, stress, appetite, etc.) are *V&M dependent* we need to make sure these systems are operating at 100% without adding calories! Compared to 60-85% from diet alone

VMs are actuators of all human metabolism

Many healthy recipes

Delicious vegan high protein drink mix to directly feed your muscles, speed recovery & control appetite to accelerate goals, mindful, your next workout is only as good as your recovery from the last. not available in stores & reduces the grocery bills

Highest possible biological value, all natural environmentally friendly plant protein. Hypoallergenic, gluten free, contains no dairy or soy and is non-GMO



Cost savings on essential groceries

12 weeks 2 healthy meals/d \$363-SRP (20%=\$288): 180meals



*Non-animal derived V&Ms are often less bioavailable. Plant food sources bring phytates & oxalates that bind or block minerals, reducing absorption

Helps release the trapped nutrients and may help manage minor digestive problems like gut discomfort, bloating, gas, lactose intolerance, etc.,

Grow and Stay Strong within your Ideal Body using all natural ingredients from non-animal environmentally friendly sources

DOTFIT VEGAN BASELINE



Baseline supplementation as needed for recovery & health



➤ Vegan Multivitamin (incl. high D) & mineral

- ✓ (~20) Synergistically with the best possible diet to fill unavoidable gaps to maximize VM activities at all stages of life
- ✓ 1000-1200mgs/day calcium (**read labels**)
 - Diet first & if needed **vegan friendly** supplement to grow & maintain bone health

Optional: DigestiveEnzymes



➤ Vegan Omega 3 with high DHA (1–2 g of microalgae oil, or 2–4 capsules to achieve ~500-1000mg/d of DHA) - minimum health requirement (**2-3Xs for athletic recovery**)

- ✓ Like VMs, O-3s are critical molecules in the development/maintenance, structure and function of the CV, brain, immune and vision systems

➤ Protein 1gm/LB LBM divided 4-5Xs/day

- ✓ For recovery+ and staving off the inevitable
- ✓ If exercising, use ~25-35gm (depending on age) fast acting protein 30-40min before & repeat immediately following





Multivitamin Guide

Kid's Complete
Formula for Healthy
Development: with
high Vit D + Choline

Active Formula: High
Antioxidant Complex
+ B Vitamins + High
Vit C & D3

Formula for Women
of Reproductive Age:
Higher Folic Acid +
High Vit D3

Formula for Adults
50 and older: No
Iron, Higher B6, B12
+ High Vit D3

Vegan Formula: Non-
Animal Ingredients
Typically Low in Vegans:
B6, B12, Iron, D2



2-4 yrs – take one;
5-11 take two



Male & female 12-17yr,
1tab; Males 18-50yrs, 2.
All very active M&F
continue 2 till age 65 or
vigorous activity wanes



18-50yr, 1tab For low
to moderately active
females



M&F >50yr, 2tabs;
65yr+ athletes and
intense exercisers
switch from ActiveMV



Vegans and
vegetarians – take
one

COST COMPARISONS -WE ARE FAR LESS EXPENSIVE B/C WE DON'T MARKET, WE FORMULATE



MAKING A PRODUCT CORRECT COST MONEY DOSAGE MATCH TRIALS & 3RD PARTY IT TO PROVE IT'S THERE

And in Fact - dotFIT
***IS* Less expensive**



- dotFIT Active MV 60 tablets, 1-2 tablets/day
 - ✓ 30-60 day supply
 - ✓ (At least 4 in1 formula with multiple bio-available forms & delivery systems)

\$19.95

Active \$0.60/srvg @2/d
All other dF **\$0.33@1/d**
Now with Choline



- Platinum ActiveX MV for Men
 - ✓ 60 softgels, 2 softgels/day
 - ✓ 30 day supply

\$37.95

\$1.27/serving
or
25.99/20day



- OhYeah! Men's Multi
 - ✓ 90 capsules, 2 capsules/day
 - ✓ 45 day supply

\$28.85

\$0.64 per serving

These are without controlled release, high Vit-C&D or choline)





OMEGA-3 FISH OILS – NSF Certified Product Comparison



- dotFIT Super Omega 3 Fish Oils
 - 60 softgels, 1 per day
 - 60-day supply
 - No: fish burps, Mercury, PCBs, Oxidation

\$14.95
\$0.24/serving



- Klean Omega
 - 60 softgels, 1 per day
 - 60-day supply

\$32.50
\$0.54/serving



- Nutrilite® Ocean Essentials®
Balanced Health Omega (Amway)
 - 90 softgels, 3 per day
 - 30-day supply

\$29.10
\$0.97/serving



HIGHEST QUALITY PROTEIN WITHIN VERY LOW CALORIES, 3RD PARTY TESTED, NSF-CS SO IT WORKS FOR ALL GOALS

PICK YOUR GOAL AND MAKE IT YOUR WHEY

Delicious high protein drink mixes to directly feed your muscles, speed recovery & control appetite to accelerate goals, mindful, your next workout is only as good as your recovery from the last. We have the best 3rd party tested protein sources that fit any lifestyle –not available in stores

Highest quality protein in an ideal, lactose-free blend containing whey concentrate, isolate, casein & egg white. NSF-CS
Convenient & economical way to increase protein intake for any goal and great for baking! Our families love it!

All-Natural version of the same whey product/formula, goals and outcomes Certified hormone/rBGH free and non-GMO, organic grass-fed cows and gluten free. No preservatives, artificial colors, flavors, sweeteners, corn, wheat or yeast and NSF-CS

3-Versions



[Many Healthy Delicious Recipes](#)

FORTIFIED WITH CALCIUM & POTASSIUM

HIGH ANABOLIC LOW-CALORIE ALL-NATURAL FORMULA FOR ALL GOALS FOR THE VEGETARIAN/VEGAN

All-Natural Protein for Vegetarians/Vegans & Those with Animal Protein Allergies. No gas or bloating as is common with other plant protein powders (special enzyme package)



Highest biological (BV) plant protein to feed your muscles and support the environment.
Hypoallergenic, gluten free, contains no dairy or soy and is non-GMO

[Many Delicious Healthy Recipes](#)

SUPPLEMENT FACTS

Serving Size: 1 Scoop (About 34 g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	140	
Total Fat	3 g	4%*
Saturated Fat	0.5 g	3%*
Sodium	280 mg	12%
Total Carbohydrate	7 g	3%*
Dietary Fiber	<1 g	4%*
Total Sugars	<1 g	**
Protein	21 g	32%*
Calcium	20 mg	2%
Iron	5 mg	28%
Potassium	50 mg	1%

Multi Source Plant Protein Blend:	23 g	**
Pea protein isolate, Cranberry seed, Chia seed, Sacha Inchi seed		
Branch Chain Amino Acids:	4.5 g	**
L-Leucine, L-Isoleucine and Valine		
Glutamine	3.5 g	**
Enzyme Blend:		
Alpha-galactosidase and Bromelain	110 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Inulin, Natural Flavors, Cocoa Powder, Stevia Leaf Extract (Reb A), Silica, Glycine, Xanthan Gum.

TYPICAL AMINO ACID PROFILE

Amino Acid Per Serving

Alanine	840 mg
Arginine	1,680 mg
Aspartic Acid	210 mg
Cysteine/Cystine	210 mg
Glutamic Acid	3,313 mg
Glycine	959 mg
Histidine	420 mg
Isoleucine	1,458 mg
Leucine	2,088 mg
Lysine	1,470 mg
Methionine	210 mg
Phenylalanine	1,050 mg
Proline	840 mg
Serine	1,050 mg
Threonine	840 mg
Tryptophan	210 mg
Tyrosine	840 mg
Valine	1,458 mg

VEGETARIAN dotFIT

BEST PLANT PROTEIN
VEGETARIAN PROTEIN SHAKE

- GLUTEN FREE
- NO DAIRY
- NO SOY
- HYPOALLERGENIC
- NON-GMO

21g Protein
per serving

<1g Sugar
per serving

8g BCAAs & Glutamine
per serving

CHOCOLATE
Naturally Flavored
NET WT. 25.98oz (2.2lb / 1020g)
Dietary Supplement

Manufactured exclusively for dotFIT LLC, Worldway Village, CA 91791 USA. 1 Scoop dotFIT (34g) 177.46g (6.24lb) www.dotFIT.com

SUPPLEMENT FACTS
Serving Size: 1 Scoop (About 34 g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	140	
Total Fat	3 g	4%*
Saturated Fat	0.5 g	3%*
Sodium	280 mg	12%
Total Carbohydrate	7 g	3%*
Dietary Fiber	<1 g	4%*
Total Sugars	<1 g	**
Protein	21 g	32%*
Calcium	20 mg	2%
Iron	5 mg	28%
Potassium	50 mg	1%

Multi Source Plant Protein Blend: 23 g **
Pea protein isolate, Cranberry seed, Chia seed, Sacha Inchi seed

Branch Chain Amino Acids: 4.5 g **
L-Leucine, L-Isoleucine and Valine

Glutamine: 3.5 g **

Enzyme Blend:
Alpha-galactosidase and Bromelain 110 mg **

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BIGGER STRONGER FASTER – Pick your Goal

Whey/high protein lactose-free mix with proper carbs to recover and build more muscle faster and perform better

NSF-CS – use what the athletes use

Ideal active delicious youth nutrition to maximize growth & development to make them better on the field and in the classroom



Many Healthy Delicious Recipes

~60% carbs, 30% protein, 10% fat= current science recommendation that supports maximizing muscle protein synthesis, glycogen & performance for athletes of all ages. Especially those with the primary goal of increasing size, strength & speed

Any Goal

Many Healthy Delicious Recipes

Same lactose-free whey protein with medium carbs already in the mix. A popular gym product with a starting formula more versatile and ideal for adult recreational exercisers for recovery and weight control to support any goal including a perfect meal substitute

BOTH FORTIFIED WITH CALCIUM & POTASSIUM



BEST HIGH WHEY PROTEIN AND FIBER MEAL SUBSTITUTE/REPLACEMENT AVAILABLE TO CURB HUNGER, CONTROL CALORIES, FEED MUSCLES AND STARVE BODYFAT SO YOU CAN ACHIEVE AND MAINTAIN YOUR DESIRED BODY COMPOSITION. FORTIFIED WITH CALCIUM & POTASSIUM

Sustain release/digestive resistant carbs to deliver longer lasting energy and curb carb cravings

Best tasting & effective whey high protein & fiber, low calorie meal replacement available -all my clients that use it love it!

[Many Delicious Healthy Recipes](#)



High in specialized fiber, incl. beta-glucan to help stay satisfied to ease the weight/bodyfat loss journey

Meal replacements/substitutes are the #1 weight control solution

WHY dotFIT POWDERS/DIFFERENCE SUMMARY SENTENCES FOR OVERCOMING OBJECTIONS



dotFIT 3rd Party Tested Powders are Part of the Practitioner's Product Line

- Great taste – consistently wins the taste test
- dotFIT products are Practitioner's Product for athletes, exercisers and their families (**fortified with calcium & potassium**)
 - ✓ Formulas for “every body”, diet preference & lifestyle – not found in stores!
- 3rd party tested for ingredients and claims – NO PROTEIN SPIKING* (see below)
 - ✓ Including additional NSF Certified for Sport on relevant products
- dotFIT is competitively priced per gram, any noted higher cost is due to 3rd party testing & other manufactures eliminating the practitioner and going direct **to mass distribution where they compete on price thus compromising the products such as the use of “protein spiking”:**

*The practice called “protein-spiking” is when manufacturers add cheaper non-protein ingredients, such as amino acids, to increase the nitrogen content, which then makes it appear as if the product contains more protein than it actually has. Class action suits have been filed against many top brands

Avoid Cheaters

WHY dotFIT POWDERS/DIFFERENCE



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 - ✓ *The practice called “protein-spiking” is when manufacturers add cheaper non-protein ingredients, such as amino acids, to increase the nitrogen content, which then makes it appear as if the product contains more protein than actual. Class action suits have been filed against many top brands
- Mass market powders don't come with the gym, professional staff, proper usage instructions and integration or fitness professional - and we don't trust them
- Synergistic with all dotFIT products – no ingredient “spiking or dusting” so no potential nutrient overages
- LeanMR and BestPlantProtein are uncontested formulas
- Protein mix co-factors make it perfect for baking/cooking (e.g., pancakes, cookies, bread, muffins, etc.)
- **Fortified with calcium & potassium**

