

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 3rd party tested nutrition programs and products in the sport and fitness channels including collegiate and professional sports





Supporting Over 200 College & Pro Sport Teams

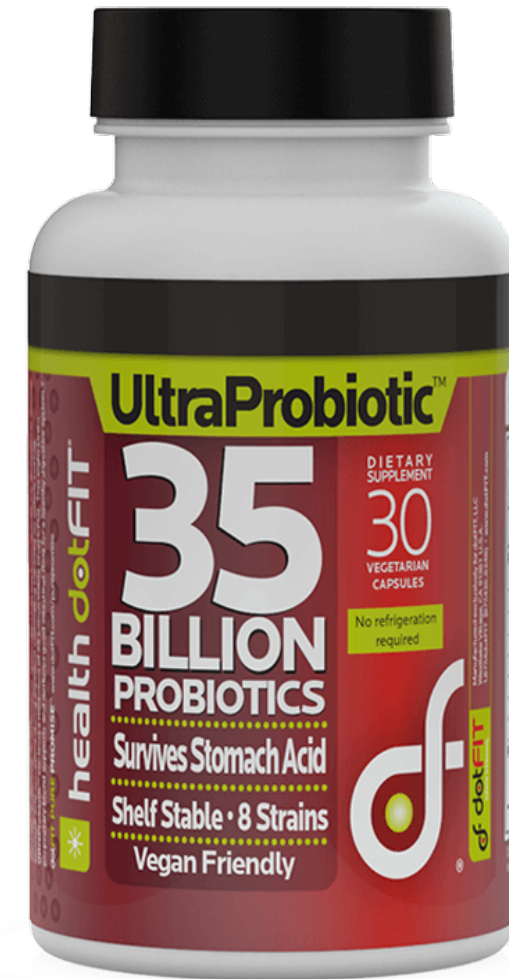
dotFIT Custom Group Previous Supplements of the Month

-all available in your dotFIT U-TUBE Channel

- 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
- May 6 – Fat loss intro review, ea. product sum w script & pack script, marketing collaterals
- June 3 – Essentials (MVM [Ca, V-D], SO-3, Protein) in Play-span (*Expanding on Baseline Supplementation*)
- July 8 – JointFlexPlus with Collagen intro & Photo-aging/skin Note Scripts and Marketing Collaterals
- Aug 5 – All Nutrition Bars, FAQs, Updated
- Sept 2 – Family Essential Packs (MVM, SO3, Ca, Protein), Scripts/Marketing

Oct 14 – UltraProbiotic Full; Scripts/collaterals, FAQs

Support Recordings containing the full science of all products is in your trainer console under “[dotFIT Tools](#)” then “[Supplement Education](#)”



Beyond the Minimum (Baseline)

Building on the minimum to enhance health/performance
(quality of life) in each decade

- SuperiorAntioxidant
- **UltraProbiotic**
- JointFlexPlus
- BrainHealth (≥45yrs)

As needed

- **Extra Vitamin D to achieve serum 25(OH)D concentration of 30-40 ng/mL**
 - Active adolescents and adult athletes: serum 25(OH)D concentration of 40-50 ng/mL (100-125 nmol/L)
- **DigestiveEnzymes**

Health Starts in Your Gut – a healthy gut supports a healthy body

Problem: diet, natural aging & lifestyle, including intense exercise and other stresses, upset proper bacteria harmony to a point where GI tract problems develop, which can trigger other negative health outcomes thru impaired signaling

Solution: *UPB Supports a Healthy Gut thru Recolonization that helps establish Proper Signaling Throughout the Body*

Supports a Healthy gut by adding good bacteria that recolonize the gut to help send proper signals to all major body systems: CV, respiratory, immune, brain, etc. – known as **gut/organ crosstalk¹**

UPB helps to send good vibrations throughout the body



8- strains of live beneficial bacteria (probiotics), and prebiotics improves the natural balance of friendly bacteria to positively influence all aspects of health and well-being , especially immune homeostasis

Gut bacteria 'teaches' our immune system how to deal with both harmless & harmful bacteria

ULTRA PROBIOTIC (UPB)



Supporting Documents UltraProbiotic

USA © 2019 SKU 1017

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UltraProbiotic™ proprietary probiotic strains are stabilized using a patented poly matrix system (patent #6,653,002) that provides 35 billion viable (live) CFU's through expiration date when stored at room temperature.

No refrigeration required.

Each Bio-Enhanced, Acid Resistant Strain (BEARS) has been specifically designed to survive stomach acid secretions during digestion eliminating the need for enteric coating.

UltraProbiotic™ contains a minimum of 35 billion viable (live) CFU's. This eight strain proprietary blend supports and nurtures good intestinal flora for a healthy digestive system.

dotFIT PURE PROMISE™ www.dotFIT.com/buyaspromise

health dotFIT

UltraProbiotic™

35 BILLION PROBIOTICS

Survives Stomach Acid

Shelf Stable • 8 Strains

Vegan Friendly

DIETARY SUPPLEMENT

30 VEGETARIAN CAPSULES

No refrigeration required

dotFIT

Manufactured and bottled by dotFIT LLC
Wardrobe Village, CA 91361 U.S.A.
1.877.406.FIT (877.466.8348) • www.dotFIT.com

Supplement Facts

Serving Size: 1 Vegetarian Capsule

	Amount Per Serving	% DV
Proprietary probiotic blend	186 mg (35 Billion CFU's) *	
<i>Lactobacillus acidophilus</i> La-14		
<i>Bifidobacterium lactis</i> Bt-04		
<i>Bifidobacterium bifidum</i> Bb-02		
<i>Bifidobacterium longum</i> Bt-05		
<i>Lactobacillus rhamnosus</i> Lr-32		
<i>Lactobacillus plantarum</i> Lp-115		
<i>Lactobacillus salivarius</i> Ls-33		
<i>Lactobacillus bulgaricus</i> Lb-87		
Prebiotic blend	50 mg	*
(Fructooligosaccharides (FOS), FiberAid® arabinogalactans)**)		

* Daily Value (DV) not established.

Other ingredients: Cellulose, vegetarian capsule (modified cellulose, water), silica, magnesium stearate and calcium silicate.

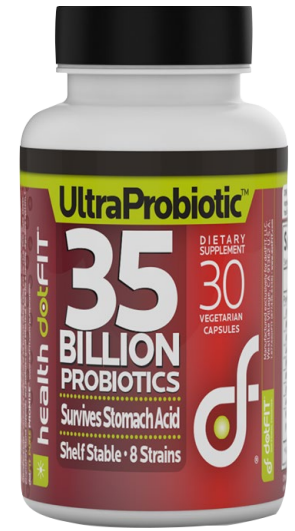
Contains No salt, dairy, wheat, gluten, preservatives, artificial colors or flavors.

Store in a cool, dry place away from direct sunlight. Keep out of the reach of children.

‡ Colony Forming Units

**FiberAid® is a registered trademark of Lonza Group, Ltd Switzerland.

†This Statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



EVERYTHING STARTS with your GUT

Supply 8- strains of the two most studied and used live microorganisms (probiotic), Lactobacillus and Bifidobacterium to improve the natural balance of beneficial gut bacteria to help positively influence all aspects of health and well-being



Your Fitness. Connected.

dotFIT™

ULTRA PROBIOTIC



Goal

- To supply eight strains of the two most studied and used live microorganisms (probiotic), Lactobacillus and Bifidobacterium in adequate amounts (35 billion per capsule) **to improve the natural balance of beneficial gut bacteria often disturbed by lifestyle and environmental factors. Proper use may help establish (re-colonize)** and maintain the user's intestinal microbial system to support the health and function of the gastrointestinal (GI) tract and subsequently other important systems of human health including immunity and body composition

**Goal is to recolonize, to achieve a healthy balance because -
The "Western environment" negatively alters our natural microflora (intestinal bacteria)**

ULTRA PROBIOTIC



Rationale

- Good and bad bacteria exist in the human gut, but the beneficial bacteria must remain the dominant strains to support overall intestinal function¹ and human health.²⁻⁴ Diet, natural aging & lifestyle, including intense exercise and other stresses, upset proper bacteria harmony to a point where GI tract problems develop, which can trigger other negative health outcomes thru impaired signalling^{5,6}
- Probiotics are live microorganisms, shown to offer health benefits by restoring the balance in favor of the good bacteria and subsequent signalling⁵⁻¹⁰
- Most commonly used strains are from *Bifidobacterium* and *Lactobacillus*^{11,12} because they can resist the physicochemical environment of the digestive tract helping them to deliver the desired beneficial microflora balance¹³

Proper probiotic intervention can cause a significant microflora shift to impart related health benefits

ULTRA PROBIOTIC



Basic Mechanisms of Action (**cross talk throughout the body**)

- Probiotics, (opposite of antibiotics, which can also kill off good bacteria) are “friendly bacteria” used to re-colonize parts of the body where they should normally be present to help maintain a healthy GI tract,^{10,26}
- The human body depends on the healthy **balanced colonization** (predominately-friendly bacteria) of gut bacteria for multiple functions including **absorbing and manufacturing of specific nutrients**,³⁸ metabolizing foods, **immunological benefits**,⁵ and **prevention of colonization by pathogenic (bad) bacteria**.³⁹
- Probiotics also can deliver nutritional benefits including inducing growth factors while increasing the bioavailability of minerals, **stabilizing the mucosal barrier, and decreasing intestinal permeability**^{10,40,41}
- Proper colonization leads to cascading health benefits because of gut and internal organ/tissue crosstalk

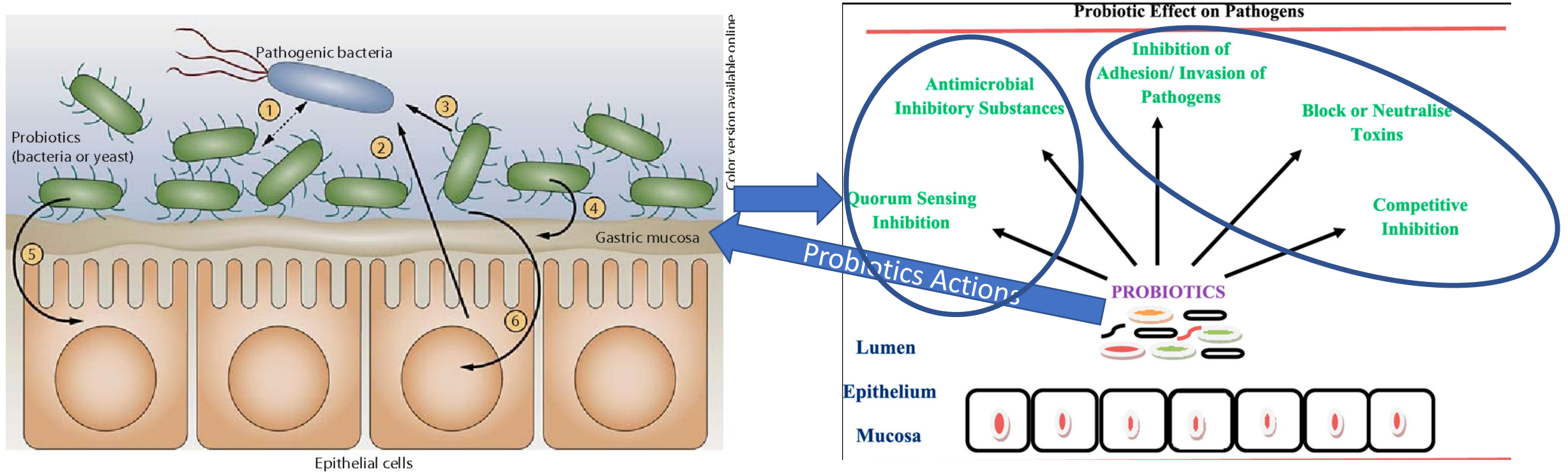
A healthy GI tract is our first line of defense & interacts with most body systems, offering a target to create better overall health outcomes, thus support preventative care¹⁻²⁷

There exists what scientist referred to as: gut brain, immune, lung, cardio, etc., axis's

Intestinal metabolites significantly affect not only local intestinal immunity but also other organs through the lymphatic and circulatory system

Competitive Exclusion & Inhibitory Actions Against Pathogens

Stop or slow before the bad things start



Stimulation of a protective humoral* immune response (e.g., by stimulating the production of secretory IgA, IgG, or IgM)

Fig. 1. Schematic illustration of the various mechanisms by which probiotics might interact with the intestinal epithelium to induce beneficial effects. 1 = **Competitive exclusion of pathogenic bacteria adhesion and translocation**; 2 = **stimulation of a protective humoral* immune response (e.g. by stimulating the production of secretory IgA, IgG, or IgM)**; 3 = **antimicrobial activities**, e.g. by decreasing pH or by increasing bacteriocin or H₂O₂ production; 4 = **enhancing mucosal barrier integrity**, e.g. by the prevention of mucus degradation and stimulation of mucin gene expression; 5 = **release of polyamines (e.g. spermine, spermidine)**, which exert trophic actions to **stimulate epithelial cell proliferation** and differentiation; 6 = **inhibition of the host inflammatory response** via modulation of signaling pathways (e.g. NF- κ B and MAP kinases).

*The **humoral immune system** deals with antigens from pathogens that are freely circulating, or outside the infected cells.

The **immune response** involving the transformation of B cells into plasma cells that produce and secrete antibodies to a specific antigen

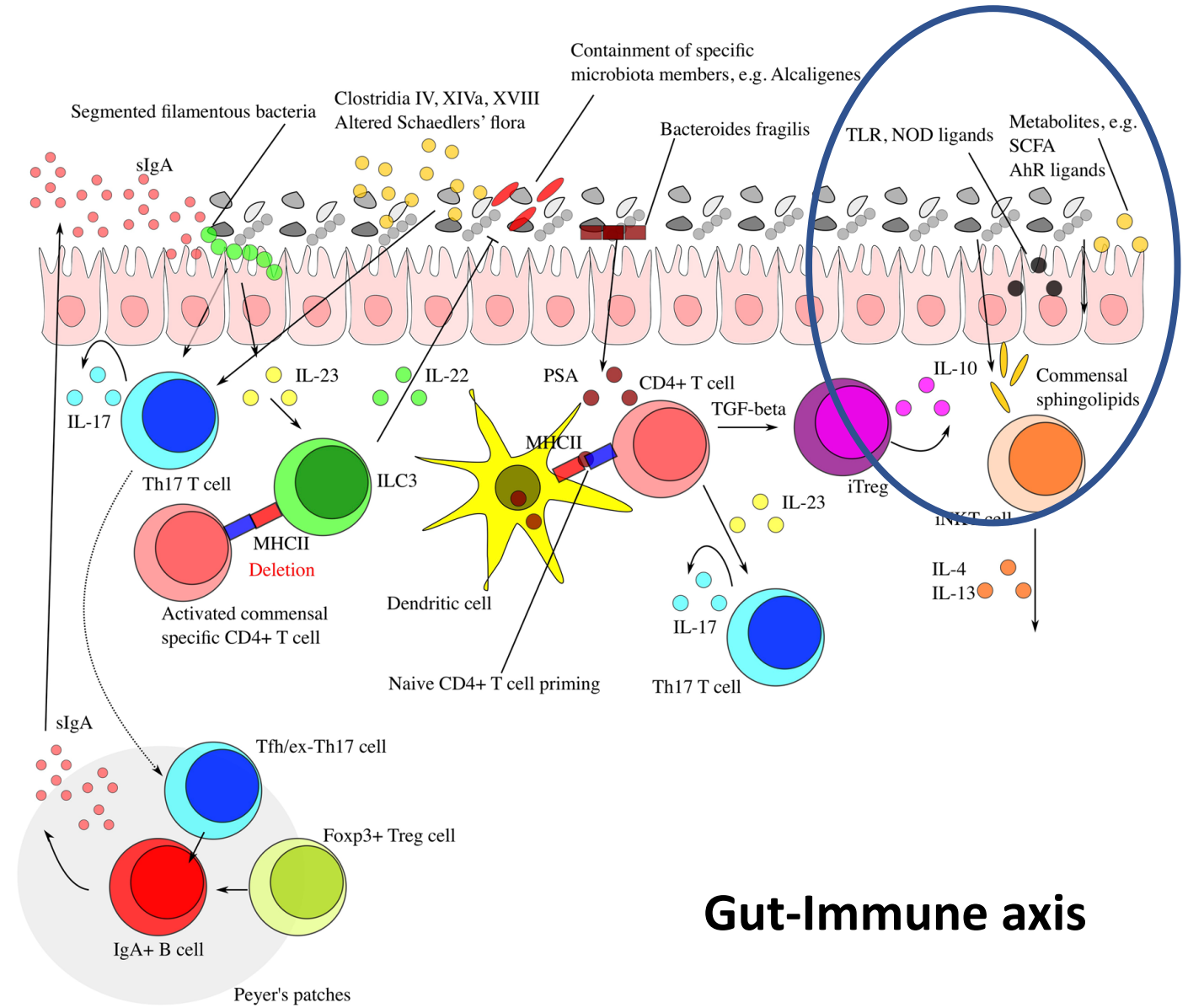
Mechanisms of Action – Gut/Immune Signals

Microbiome-derived Toll-like receptors (TLRs) and the nucleotide-binding oligomerization domain (NOD)-like receptor ligands and metabolites (e.g., SCFA, AhR ligands) **act directly on enterocytes and intestinal immune cells, but also reach remote tissues via the systemic circulation to modulate immunity.**

CROSS-TALK

TLRs & NOD-like receptors are pathogen sensors that trigger innate immune responses to eradicate the invaded microbial pathogens

Known microbiota-immune system interactions are depicted

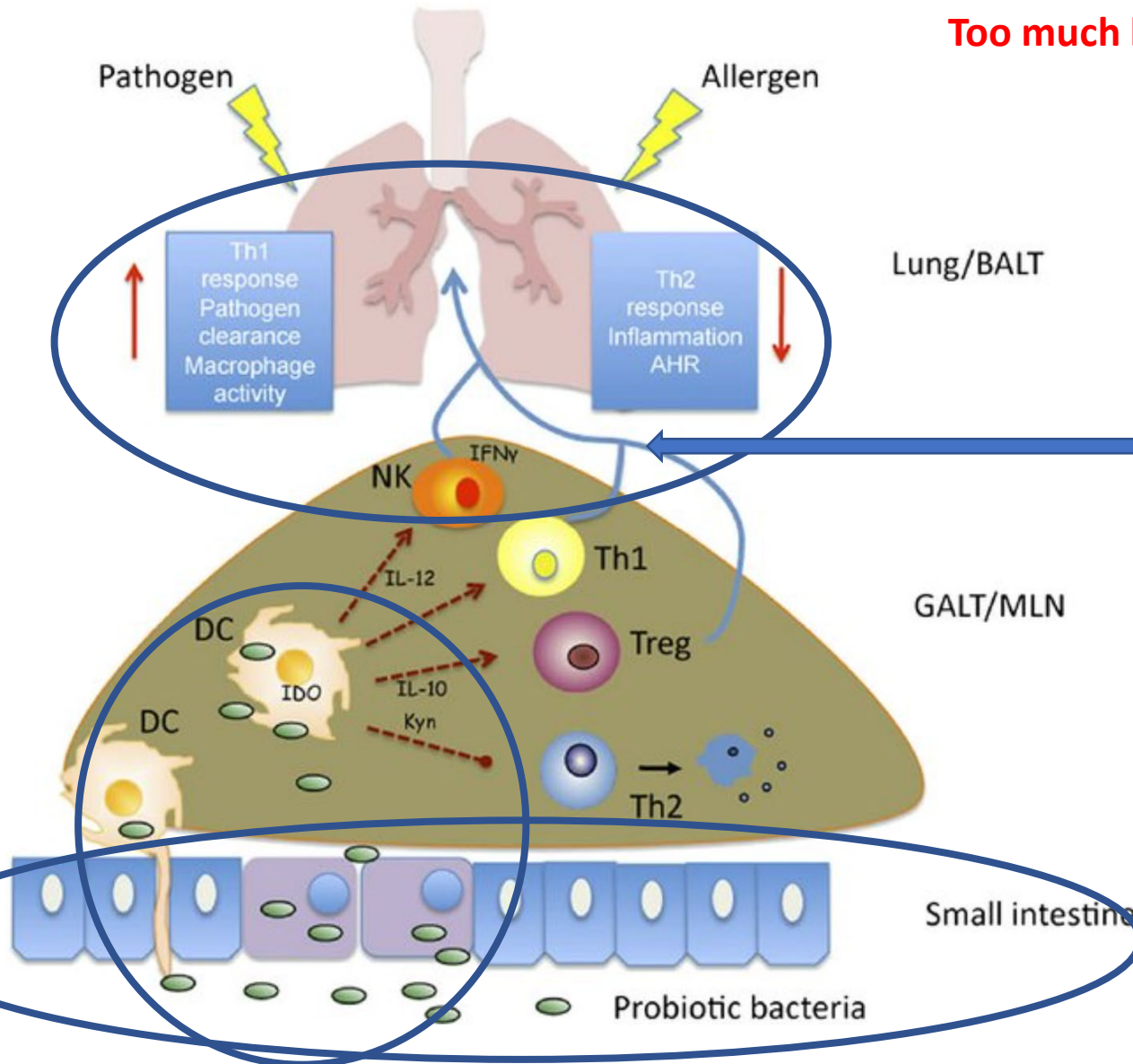


Gut-Immune axis

Peyer's patches play a major role in immune surveillance of materials in the digestive system. Immune surveillance: how the immune system recognizes & destroys potential pathogens

Mechanisms of Action – Gut Immune/Lung Crosstalk

Too much bad bacteria – bad cross talk –mixed signals



Translates to the Gut-Lung axis

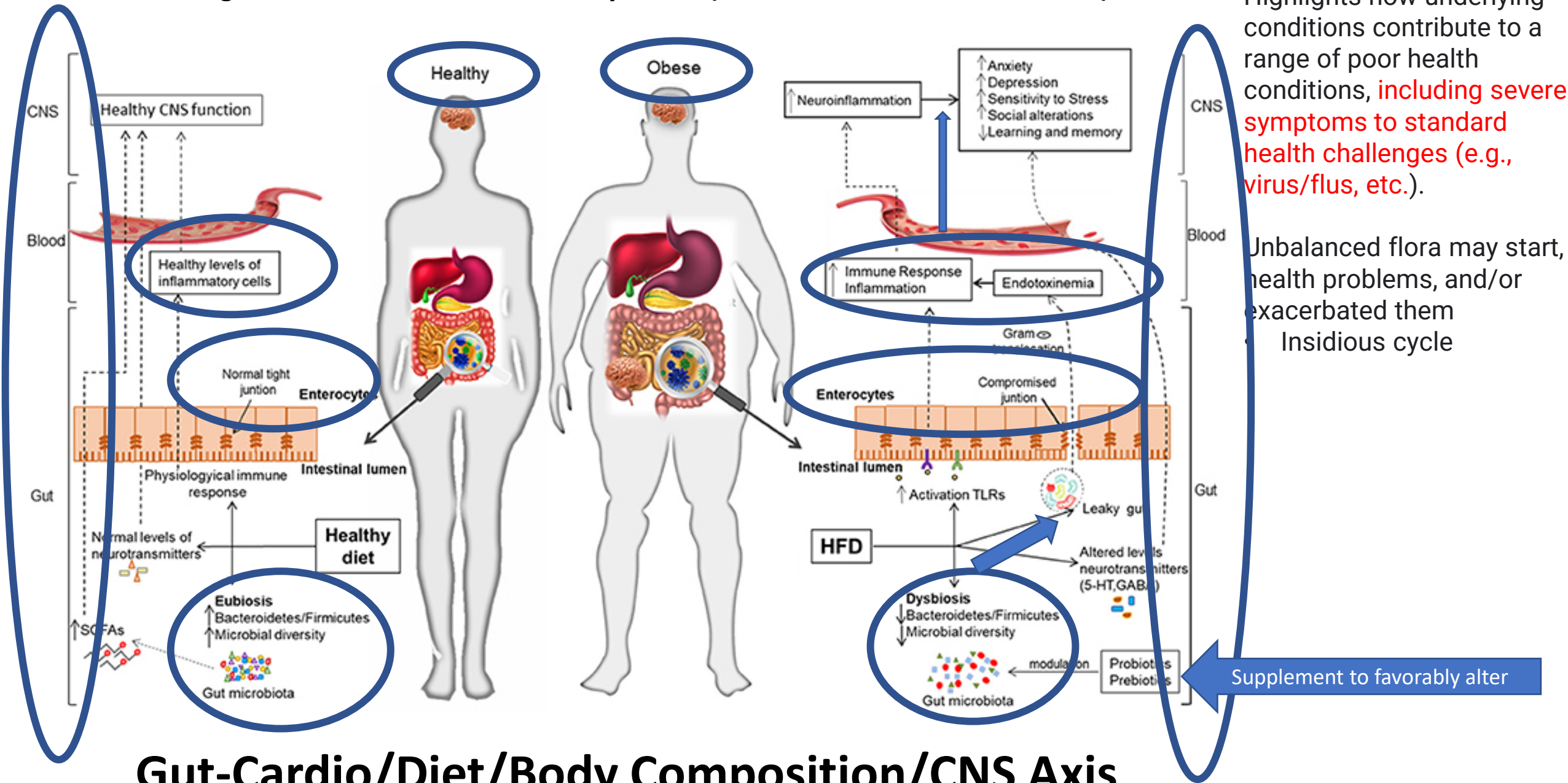
The gut-lung axis' role: the lymphatic system pathway, (forms a channel between the lungs and intestine) is where bacteria can cross the intestinal barrier to reach the circulation and influence the pulmonary immune response.

Proposed gut-lung axis probiotic action

Changes in the dendritic cells (DCs) and the production of Th1 type and/or regulatory mediators and subsequent results (DC present the bad guy to properly boost immune response)

Figure 1. Proposed gut-lung axis of probiotic action. Microbes in the intestine are sampled by DCs either directly from the lumen or following translocation through M cells to the GALT. A combination of signals from the microbes results in phenotypic changes in the DCs and the production of Th1 type and/or regulatory mediators. IL-12 promotes Th1 cells and activation and IFN- γ production by NK cells. Regulatory cytokines such as IL-10, TGF- β , and the activation of IDO and subsequent production of immuno-active KYNs promotes Tregs and depletes Th2 cells. Following immune challenge in the airway, cells activated in the GALT and MLN traffic to the respiratory mucosa where they promote protective and anti-inflammatory responses. AHR 5 airway hyperresponsiveness; BALT 5 bronchus-associated lymphoid tissue; DC 5 dendritic cell; GALT 5 gut-associated lymphoid tissue; IDO 5 indoleamine 2,3 dioxygenase; IFN 5 interferon; Kyn 5 kynurenine; MLN 5 mesenteric lymph node; NK 5 natural killer; TGF 5 transforming growth factor; Th 5 T helper; Treg 5 regulatory T cell.

Cascading Mechanisms of Action From Dysbiosis (imbalance in natural microflora)



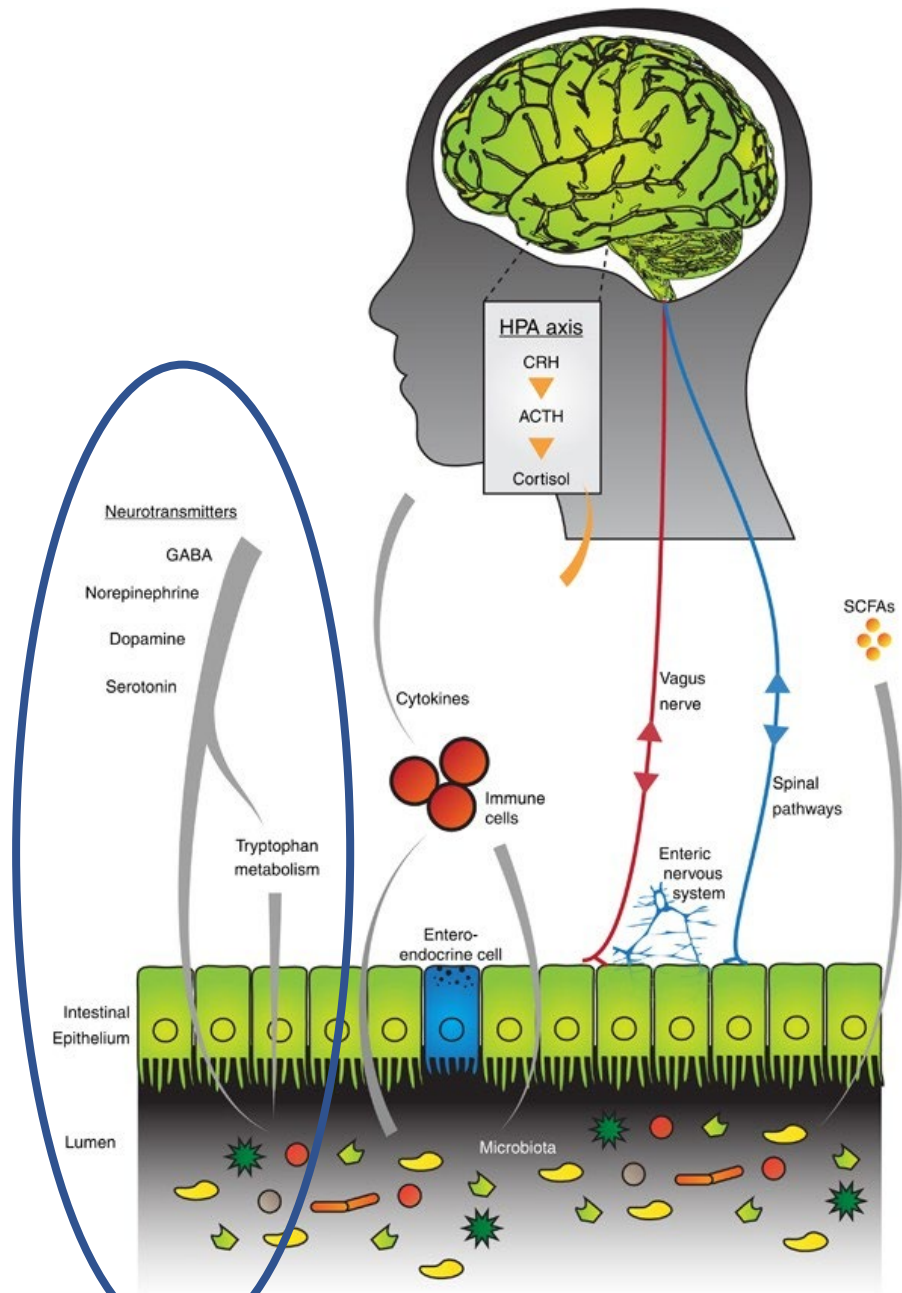
Highlights how underlying conditions contribute to a range of poor health conditions, including severe symptoms to standard health challenges (e.g., virus/flu, etc.).

Unbalanced flora may start, exacerbate, or worsen health problems, and/or exacerbate them.

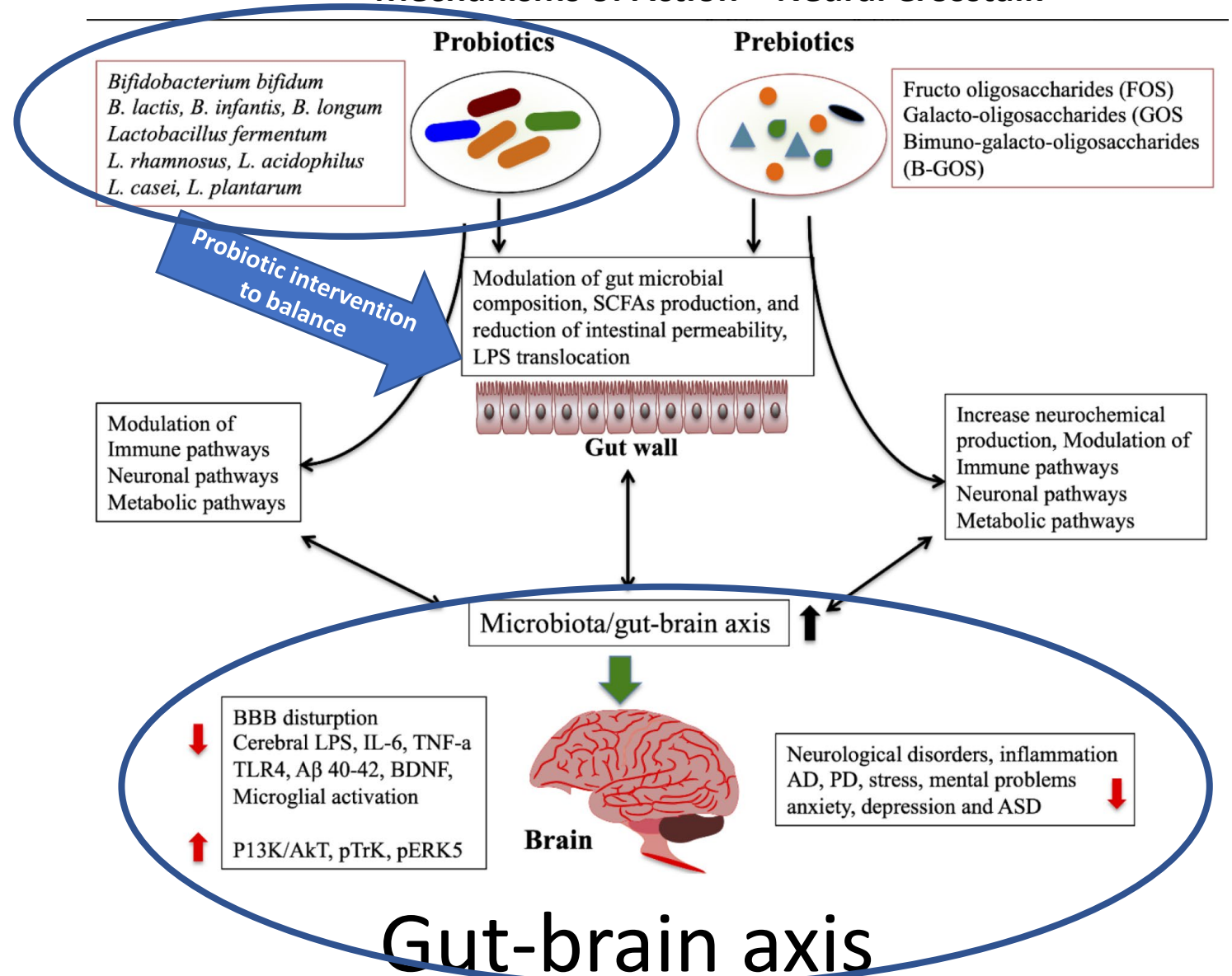
Supplement to favorably alter

Gut-Cardio/Diet/Body Composition/CNS Axis

Overall body cross-talk



Mechanisms of Action – Neural Crosstalk



Gut-brain axis

Stress, anxiety, mood

Lipopolysaccharide (LPS) is the most abundant component within the cell wall of Gram-negative bacteria. It can stimulate the release of interleukin 8 (IL-8, CXCL8, CXC ligand 8) and other inflammatory cytokines in various cell types, leading to an acute inflammatory response towards pathogens ^{ref11} BBB-Blood Brain Barrier

PROBIOTIC TRIALS/USAGE



Lactobacillus and Bifidobacterium within the UPB are the most commonly supplemented bacterial probiotics and have shown promise in:

- Benefiting athletic performance indirectly by maintaining GI health and function, protecting the immune system from being compromised from the effects of intense exercise, and reducing susceptibility to illness^{50,60-62}
- Stimulating the immune system in the elderly^{53,72}
- Improving symptoms of constipation including stool frequency^{[Ref1](#)}
- Protection for acute upper respiratory tract infections and shorten symptom duration⁶³
- Supporting positive body composition outcomes^{2,73-86,94,123}
- Reducing negative glycemic and inflammatory indices in overweight people with non-alcoholic fatty liver disease (NAFLD)¹⁰⁵ and improving lipid profiles¹⁰⁶



CURRENT PROBIOTIC STUDY RESULTS

Probiotic Supplementation:

- Improves psychological and physiological markers of stress and anxiety in healthy adults^{[ref1](#)}
- Was associated with an improvement on endurance running performance through microbiota modulation and related metabolites^{[ref2](#)}
- Demonstrates capability to preserve the functionality of monocytes and mitigate the incidence of URTI^{[ref3](#)}
- Improves weight loss outcomes in overweight subjects under moderate hypocaloric diet^{[ref4](#)[ref5](#)}
- Shows beneficial effects on metabolic endotoxemia, and mega inflammation in participants with CAD^{[ref6](#)}
- Demonstrates a decrease in upper respiratory infection (URI) frequency and severity^{[ref7](#)}
 - ✓ Anti-inflammatory effect may be one mechanism by which probiotics modulate the immune system
- Shows a significant ameliorating impact on the clinical conditions of patients positive for SARS-CoV-2 infection. Results stresses the importance of the gut-lung axis in controlling the COVID-19 disease^{[ref8](#)}
- In combination with exercise, improves immune and other health outcomes compared to either alone, especially in aging^{[ref9](#)}
- Associated with a lower incidence and severity of GI symptoms in marathon runners. Reducing GI symptoms during marathon running may help maintain running pace during the latter stages of racing ^{[ref10](#)}
- Analysis demonstrated a positive impact of probiotics on the health care and economic burden of flu-like RTIs. Improved disease outcomes translated into considerable cost savings for both the payer and society^{[ref11](#)}

ULTRA PROBIOTIC



Unique Features

Eight (8) probiotic strains from Danisco, a world leader in probiotic research and manufacturing¹²⁸

- The select strains that have been cultivated under harsh conditions developing the ability to adapt to extreme changes in environment - i.e. pH, temperature
- Contains the most stable cultures on the market through the use of a patented polymatrix preservation system (Patent #6,653,062) to maximize stability and cell count without refrigeration
 - ✓ Bio-enhanced Acid Resistant Strains (**BEARS**) ensures survivability in both low (acid) and high (alkaline) pH environments. The **BEARS** strains in this formula are designed to withstand the acid conditions present in the stomach during digestion without the need for an enteric coating
- Each capsule starts with ~80 billion CFUs/capsule - i.e. almost 45 billion more than claimed, thus assuring desired live potency (minimum of 35 billion CFUs) reaches the GI targets at any time through the product's stated shelf life
- The prebiotic blend consists of FOS (food source for probiotics), and FiberAid® arabinogalactans (patented prebiotic from Lonza® that helps support the growth of probiotics)
- Third party testing throughout the product production and completion is provided for guaranteed potency and stability by Silliker INC. Wisconsin Labs, Covance Labs, LA analytical or Chemical Solutions

Probiotic stability

Manufacturing can impact probiotic viability and stability



Strain Selection

Pure, genetically stable

Some strains are intrinsically more stable • Strain selection often out of our hands.



Fermentation

Optimized growth medium and parameters, harvesting times

- Stress and starvation may trigger protection mechanisms that can be beneficial to some strains
- Harvesting when cells are actively growing may be detrimental.



Concentration

Shear stresses
Oxygen incorporation

These stresses can be deadly

Dansico provides the most stable cultures on the market through the use of a patented polymatrix preservation system (Patent #6,653,062) to maximize stability and cell count.

Probiotic stability


Manufacturing can impact probiotic viability and stability



Probiotic gastric survivability

Danisco Probiotic Basis for Starting Amounts (80B) & Long Stable Shelf life

Star rating	% Survival
++++	> 90%
+++	80-89%
++	70-79%
+	<69%



Strain	Acid Tolerance	Bile Salt Tolerance
La-14	++++	++++
BI-04	++++	++++
Ls-33	++++	++++
Lp-115	++++	++++
Bb-02	++++	+++
BI-05	+++	++++
Lr-32	+++	++++
Lb-64	Not available	Not available

Danisco's probiotic products feature **Bio-Enhanced Acid Resistant Strains (B.E.A.R.S)** that are cultivated to be **gastric resistant and bile tolerant** which eliminates the need for enteric coating.

SUMMARY



Purpose and use

- To supply eight strains of the two most studied and used live microorganisms (probiotic), Lactobacillus and Bifidobacterium in adequate amounts (35 billion per/capsule) to improve the natural balance of beneficial gut bacteria, which is often compromised by diet, lifestyle, common stresses and environment. Maintaining a healthy gut microbiota (good bacteria balance) can have a positive influence on most aspects of health and well-being (**proper gut/organ crosstalk**)
- For adults, trying to establish a healthy and balanced gut microbiota to achieve associated benefits of a properly functioning GI tract such as nutrient digestion, absorption, signaling, pathogen inhibition, and immune support
 - ✓ **Maybe especially important for athletes participating in prolonged high intensity or endurance activities seeking immune support and everyone during seasonal health high-risk periods (e.g., flu/virus, etc.)**
- Take 1 daily



PRACTITIONER NOTES, FAQs & PRESENTATIONS

USE FOR ANY OR ALL THESE PURPOSES

- **EXPERT PRODUCT SCRIPTS AND PRESENTATIONS (BEST PRACTICES)**
- **STAFF TRAINING MATERIALS**
- **CONSUMER HANDOUTS**
- **DIGITALLY SHARE ANYWHERE INCLUDING YOUR SOCIAL MEDIA**

Mindful we have these materials for all products

Sport, Health, Activity Recovery & Performance Program (Baseline + Probiotic)

Links will take you to a brief product description including video

Daily:

- [dotFIT complete MVM formula based on age and gender](#)
 - Take as directed with meal(s)
- [UltraProbiotic](#)
 - Take one daily with a meal

Daily as needed:

- [dotFIT Protein](#)
 - 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 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
- [SuperCalcium](#) (read all food and shake labels)
 - 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; Males take 1 only if necessary
- [SuperOmega-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)

Workout days

- dotFIT Protein based on goal <https://www.dotfit.com/store/nutrition> - use as directed to get:
 - 25-35gm/protein 30-40min before workout & repeat same dose immediately post exercise

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

The Essentials (+UltraProbiotic) to Make Sure You Leave No Results in the Gym - **Baseline**

Let's take your results well beyond diet & exercise alone! All our programs include the necessary dietary complement to support any diet and all sport & fitness Goals by helping you achieve them easier, faster, healthier & stay there longer so you can continue to do the things you love



All life phases/genders

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



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



UPB helps to send good vibrations throughout the body

Supports a Healthy gut by adding good bacteria that recolonize the gut to help send proper signals to all major body systems: CV, respiratory, immune, brain, etc. – known as gut/organ crosstalk¹

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

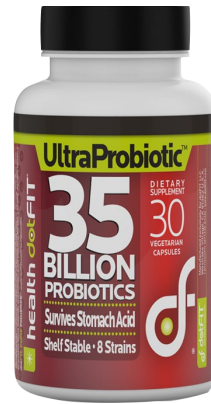
Choices for all ages, lifestyles & diet preferences with **Cost savings on essential groceries: 12wks 2 healthy meals/d \$363-SRP (20%=\$288): 180meals**



Grow and Stay Strong within your Ideal Body



UltraProbiotic – Expert Presentations



Headline: The gut and the immune system support one another to promote a healthy body. UPB helps recolonize the gut with good bacteria to send good vibrations throughout the body

- Diet, natural aging & lifestyle, including intense exercise and other stresses, upset proper bacteria harmony to a point where GI tract problems develop, which can trigger other negative health outcomes thru impaired signaling
- There is friendly (probiotic) and unfriendly bacteria in our gut, and we want the good guys stronger. The friendly bacteria that resides in the GI tract (gut) provides essential health benefits to its host/you, particularly by regulating immune homeostasis
- UPB is “friendly bacteria” used to re-colonize the GI tract to help maintain a healthy gut and proper immune signaling/responses
- A healthy GI tract is our first line of defense & interacts with most body systems, meaning there exists what scientist referred to as: gut-brain, immune, lung, cardio, etc., axis’s – i.e., cross communication. Adding good bacteria can create better overall health and body composition outcomes, supporting preventative care.

Health Starts in Your Gut – a healthy gut supports a healthy body

Problem: diet, natural aging & lifestyle, including intense exercise and other stresses, upset proper bacteria harmony to a point where GI tract problems develop, which can trigger other negative health outcomes thru impaired signaling

Solution: *UPB Supports a Healthy Gut thru Recolonization that helps establish Proper Signaling Throughout the Body*

Supports a Healthy gut by adding good bacteria that recolonize the gut to help send proper signals to all major body systems: CV, respiratory, immune, brain, etc. – known as **gut/organ crosstalk¹**

UPB helps to send good vibrations throughout the body



8- strains of live beneficial bacteria (probiotics), and prebiotics improves the natural balance of friendly bacteria to positively influence all aspects of health and well-being , especially immune homeostasis

Gut bacteria 'teaches' our immune system how to deal with both harmless & harmful bacteria



Kat:

- Probiotics can boost immune cells, antibody production, and prevent the growth of harmful bacteria in the gut

Eve

- Healthy Gut will help with having a Healthy Immune System
- 35 Billion Non-Refrigerated Probiotics, formulated to survive the acidic environment of your stomach so it actually gets to your gut.
- Supports Positive body composition outcomes due to proper GI functioning

Brian

- Probiotics, like UPB, are **good bacteria that helps keep your body healthy and well**. This good bacteria helps in multiple ways, including fighting off bad bacteria when you have too much (happens from our environment), helping you feel better. UPB is made to survive the acidic environment of your stomach so it will arrive to your gut where it works.

FAQ: ULTRA PROBIOTIC & DIGESTIVE ENZYMES



Q: Just wondering what the benefits are/differences between the DigestiveEnzymes and UltraProbiotic?

A: The [UltraProbiotic](#) contains actual good bacteria strains to help recolonize the bacteria in your gastrointestinal tract (GI) to support keeping the good bacteria stronger than the bad bacteria (we all have both good and bad), especially because common western diets and environmental insults can push in favor of the bad guys. Since we now know that our guts communicates (AKA **GI tract body system “cross-talk”**) with our entire body (immune system, genes, brain, CV, body composition, etc.), we need to try to keep the good guys talking louder than the bad guys calling for better overall health

[The DigestiveEnzymes](#) (DE) are just that, an add to your natural production of digestive enzymes that breakdown our foods to the nutritional components so they can be more easily absorbed/utilized. Therefore, no relation to the probiotic - but the DE supplement can also have a positive effect on your microbiome (GI bacteria colony) by making sure you breakdown foods better as they travel down the GI tract.

We also have the Quick Reference Guide (QRG) for Practitioners that you’re welcome to use to get a great summary of any product [Quick Reference Guide](#).



ONE MORE TOOL OUR HEALTH CABINET VS MEDICINE CABINET

DELIVERING YOU SELF-CARE SOLUTION

FITNESS = HEALTHCARE VS SICK/DISEASE CARE

“Our job is to keep your health while you have it” to help avoid Big Pharma
75% of all adults take prescription medications on a regular basis.

Protection before Cure Approach

dotFIT Champions



Your Fitness. Connected.

dotFIT™

Healthcare or Sick/Disease Care



You can work with my staff now (self-care experts)

Prevention Before



Or their staff later

Drug Approach

Future = Fitness as the Primary Preventative Side of Health Care Through Self-Care

Imagine: A World of Healthcare vs Sick/Disease Care

The current environment and distrust in Big Pharma/CDC is accelerating the desire for self-care

"Health Cabinet"

To help avoid the medicine cabinet

- Goal basic exercise and eating plan on your terms
- CMVM with high Vit C&D
- Pre/post activity energy/recovery formula – "protein"

As needed based on diet

- Omega -3
 - Calcium
- Prevention
before**



Medicine Cabinet

- Cholesterol lowering drugs
- Depression
- Sleep aids
- Thyroid
- Blood Pressure lowering
- Glucose/diabetes control
- Blood thinners
- Bone support drugs

Drugs

With side effects



You can pay very little now,

or a whole lot later – and more than just money

Complete Health/Longevity Program

Links will take you to a brief product description including 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
- [Vitamin D](#) (to achieve serum 25(OH)D concentration of 40-50ng/ml)
 - Take daily with MVM
- [SuperiorAntioxidant](#)
 - Take 2 daily anytime with a meal
- [UltraProbiotic](#)
 - Take one daily with a meal

Health support to complement any diet, based on budget

- **Minimum: MVM, fast acting protein, Omega-3, Ca as needed**
- **First add: SuperiorAntioxidant**
- **Next add: UltraProbiotic**
- **Next: JointFlexPlus/collagen**
- **No financial limitations = complete health and longevity program with BrainHealth & Extra Vitamin D (>30ng/ml 25-OH Test)**

Daily as needed:

- [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
- [SuperOmega-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
- [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
- [JointFlexPlus](#) (Biocell Collagen II)
 - Joint & Skin health protection and Injury or age-related joint discomfort take 1-2 in AM & 1-2 in PM

Workout days

- [dotFIT Protein of choice*](#). Use as directed to get:
 - 25-35gm/protein 30-40min before workout & repeat same dose immediately following exercise

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

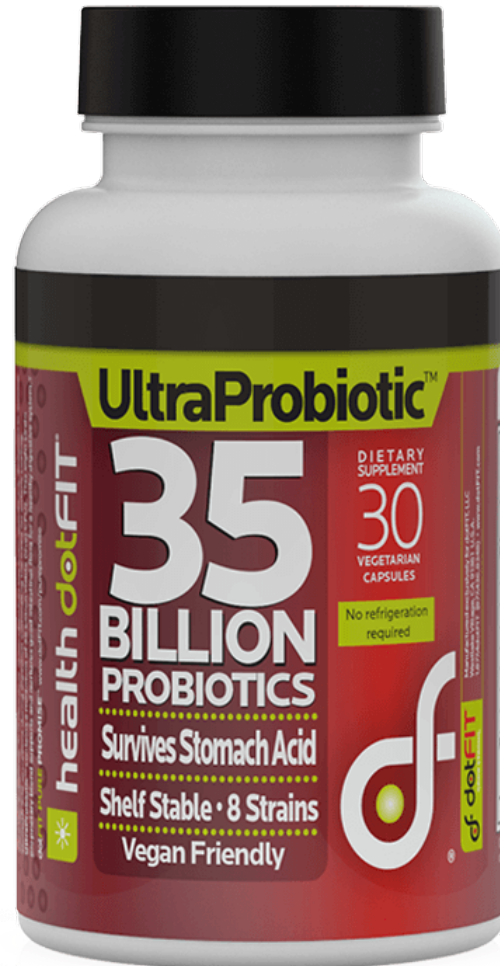
***Advanced Brain Health (may divide evenly or all at once anytime with or without meals)**

- 45-55yrs take 4; 56+ take 8

Promotional Materials

Sales & Marketing Assets (collaterals) for Your Supplements of the Month

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



[UltraProbiotic](#)

1 Pagers

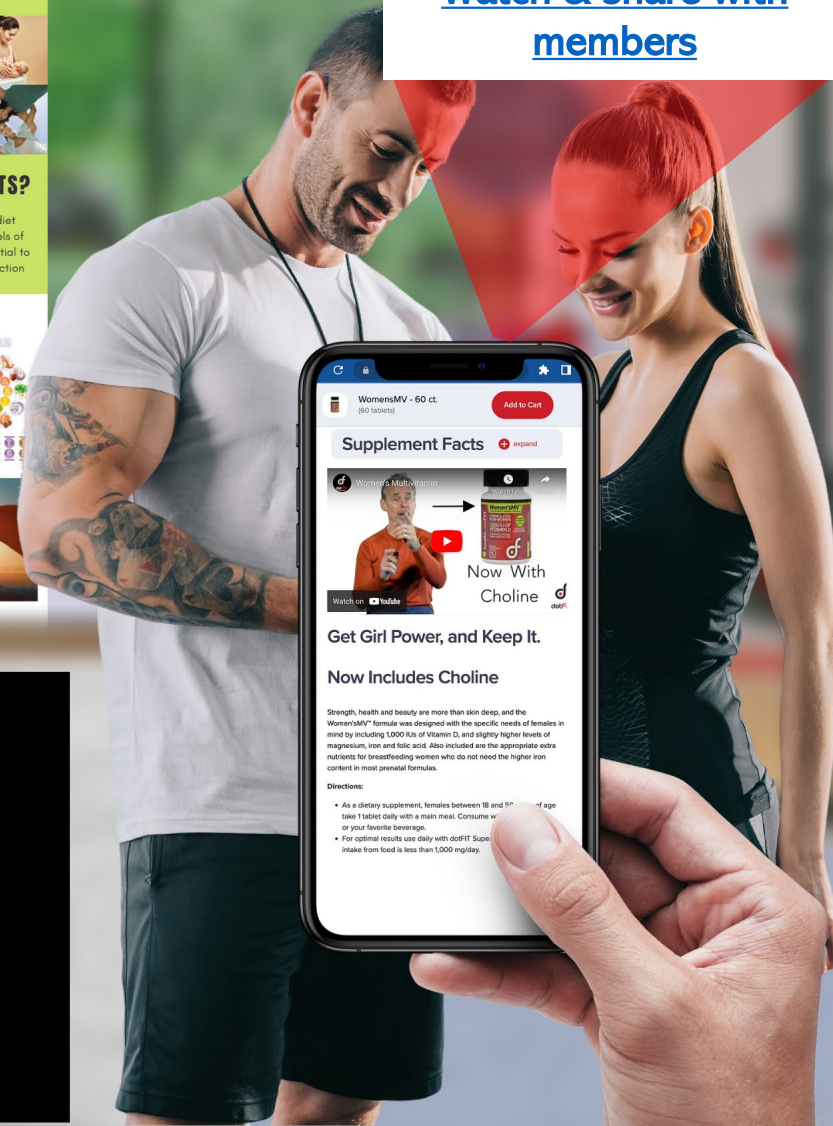
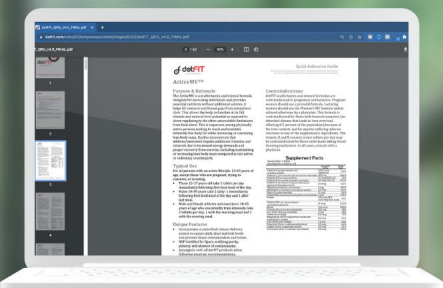
Print and display
consumer friendly
guide

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

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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Nutrient Delivery
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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.

Add your logo here

A stethoscope is resting on a stack of books. The background is a warm, golden-brown color with a subtle gradient. The text is overlaid on the left side of the image.

APPENDIX

WITH DIGESTIVE ENZYME NOTES

SEE YOUR APRIL 19 SOM FULL DIGESTIVE ENZYME PRESO



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dotFIT™

DIGESTIVE ENZYMES (DZ)



Supporting Documents DigestiveEnzymes

dotFIT PURE PROMISE™ www.dotFIT.com/purepromise

USA © 2019 SKU 1019



health dotFIT

dotFIT DigestiveEnzymes™ contain a blend of proprietary digestive enzymes that are obtained from microbial sources which can help to improve the digestive process. These digestive enzymes support digestive health since they are involved in the breakdown of proteins, fats and carbohydrates.†

DigestiveEnzymes™

OPTIMIZES NUTRIENT AVAILABILITY
SUPPORTS HEALTHY DIGESTION
HELPS BREAKDOWN OF LACTOSE
PROVIDES SUPPORT AGAINST DIGESTIVE UPSET

DigeZyme
Multi-Enzyme-Complex

DIETARY SUPPLEMENT
90 CAPSULES

Manufactured exclusively for dotFIT, LLC
Westlake Village, CA 91361, U.S.A.
1.877.487.4877 (877.487.4877) • www.dotFIT.com

dotFIT
GROW STRONG

SUGGESTED USE: As a dietary supplement, adults should take 1 capsule, 3 times daily, with or after main meals. Consume with 8 oz. of your favorite beverage.

Supplement Facts
Serving Size: 1 Capsule

	Amount Per Serving	% DV
Digestive Enzyme Complex (Digezyme®)	50 mg	*
Alpha Amylase (1200 DU), Protease (300 PC), Cellulase (55 CU), Lactase (200 ALU), Lipase (10 FIP)		

† Daily Value not established.

Other Ingredients: Hypromellose, Microcrystalline Cellulose, Stearic Acid, Silicon Dioxide

NOTE: Pregnant or lactating women, diabetics, hypodysemics, and people with known medical conditions should consult with a physician prior to taking supplements

Store in a cool, dry place away from direct sunlight. Keep out of the reach of children.

Digezyme® is the registered trademark of Sabinsa Corporation

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Improve the digestive process to help mitigate non-clinical digestive irregularities and enhance nutrient absorption



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dotFIT™

DIGESTIVE ENZYMES (DZ)



Unique Features

- Beyond the normal 3 common enzymes (protease, α -amylase, lipase), DigestiveEnzymes contain specific lactase to help breakdown lactose from dairy and other foods, and cellulase to specifically assist in helping manage the digestion of fibers
- Contains microbe-derived enzymes, which have distinct advantages over animal-based enzymes
 - ✓ Survives the different pH in the GI tract for more activity throughout passage
 - ✓ Lower dosages with more potency
 - ✓ Heat stable - can operate in high temperatures
 - ✓ Economical and sustainable source
 - ✓ Vegan friendly and gluten free
- Multi-enzyme mixture has greater therapeutic value than individual enzymes
- Specifications adhere to the most stringent international standards and regulatory norms – Food Chemicals Codex, an acceptable standard for the US FDA

SUMMARY



Purpose and Use

- Enzyme complex to add to the body's natural production to assist in digesting foods to improve **non-clinical digestive irregularities** (if necessary) such as bloating, gas, cramps and constipation including from lactose maldigestion
 - ✓ If using **solely for GI discomfort, and if after 30-days of proper use there is no change, there may be no reason to continue use for this goal**
- **Enhance extraction/absorption of nutrients/bio-actives** (amino acids, vitamins, minerals, glucose, flavonoids, carotenoids, etc.) contained in foods to glean related benefits of improved nutrition utilization throughout the body – **especially helpful with plant-based diets**
- Some evidence supports the use digestive enzyme supplementation (primarily proteases) for decreasing inflammation and exercise-induced DOMS and improving muscle recovery
- Take 3 capsules total daily. Take one (1) capsule with each of three main meals - or evenly spread as possible around meals

A close-up photograph of a man's face and arm, overlaid with a semi-transparent red filter. The man is looking directly at the camera with a serious expression. His right arm is raised, with his hand near his head. The background is dark and out of focus.

PRACTITIONER NOTES/FAQS



Your Fitness. Connected.

dotFIT™

DE ADDED TO A VEGAN BASELINE



Before Anything: Baseline supplementation as needed for recovery & health dotFIT Vegan Baseline



➤ 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)

- ✓ 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



Common Active Vegan Diet Shortfalls & Fixes (Ref: [VeganMV PDSRG](#))

Protein¹⁰⁻¹² especially in aging, athletic endeavors/dieting to “make weight” or control body composition



To economically guarantee 1gm/LB/LBM/Daily

Along with normal V/M gaps
(exacerbated by plant-foods)*,
vegan’s especially short on:
Vitamin D and B12¹⁴⁻¹⁹
Zinc, calcium, iodine and iron⁴⁻¹⁴

*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



DOTFIT VEGAN BASELINE

SUPPLEMENT FACTS

Serving Size: 1 Tablet
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	6000 mcg (10000 IU)	667%
Vitamin C (from Magnesium Ascorbate)	200 mg	222%
Vitamin D-2 (as Ergocalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	82.64 mg (100 IU)	551%
Vitamin K-1 (as Phytonadione)	25 mcg	21%
Vitamin K-2 (as Menaquinone-7)	25 mcg	21%
Vitamin B-1 (as Thiamine Mononitrate)	6 mg	500%
Vitamin B-2 (as Riboflavin)	6 mg	462%
Vitamin B-3 (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	6 mg	353%
Folate	333mcg DFE (200 mcg folic acid)	83%
Vitamin B-12 (as Cyanocobalamin)	15 mcg	625%
Biotin	50 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Iron (from Ferrous Fumarate)	15 mg	83%
Iodine (from Potassium Iodide)	50 mcg	33%
Magnesium (from Magnesium Ascorbate)	50 mg	12%
Zinc (from Zinc Picolinate)	15 mg	136%
Selenium (from Sodium Selenite)	50 mcg	91%
Copper (from Copper Bisglycinate Chelate)	1 mg	111%
Chromium (from Chromium Picolinate)	100 mcg	286%

Health starts in your gut with proper digestion to help support a healthy body

Improve the digestive process to help overcome digestive irregularities and enhance nutrient absorption



Adding more natural digestive enzymes to improve food digestion can help manage minor digestive problems like gut discomfort, bloating, gas, lactose intolerance, etc.,

Improving digestion can also allow better critical nutrient absorption to offer comfort, and greater potential for overall health & recovery

EXPERT'S SCRIPTS

ULTRA-PROBIOTIC/DIGESTIVE ENZYMES



- DigestiveEnzymes aids in digestion to offer comfort and better nutrient absorption - especially complements a plant-based diet
- This complex adds to your natural enzyme production to assist in digesting foods to improve digestive irregularities such as bloating, gas, cramps, constipation including from lactose maldigestion
- Enhances the body's ability to extract & absorb healthful nutrients from our ingested foods, such as amino acids, vitamins/minerals, good fats, glucose, flavonoids, carotenoids, etc., thus improving their usage throughout the body