

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

Safety
Shown in trials and
history, screening
and ingredient
synergy

Purity & Potency
Tested from start to
finish

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.

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Add your logo here

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/buygospouse

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 sold by dotFIT LLC
Westlake Village, CA 91361 U.S.A.
1.877.4dotFIT (877.468.8348) • 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> Bf-04		
<i>Bifidobacterium bifidum</i> Bb-02		
<i>Bifidobacterium longum</i> Bf-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.

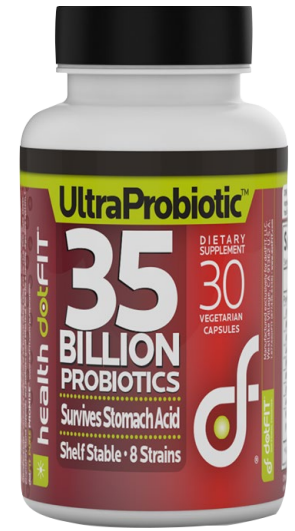
Contains No salt, dairy, wheat, gluten, preservatives, artificial colors or flavors.

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™

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

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 Siliker INC. Wisconsin Labs, Covance Labs, LA analytical or Chemical Solutions



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

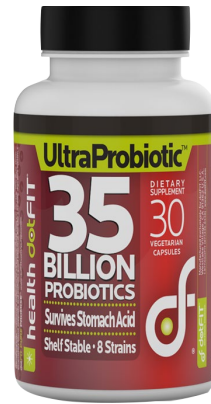
Delicious high protein lactose-free drink mixes to directly feed your muscles, speed recovery & control appetite to accelerate goals, mindful, your next workout is only as good as your recovery from the last. We have the best 3rd party tested protein sources that fit any lifestyle –not available in stores

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™

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