- History of Nutrition in "Gyms"

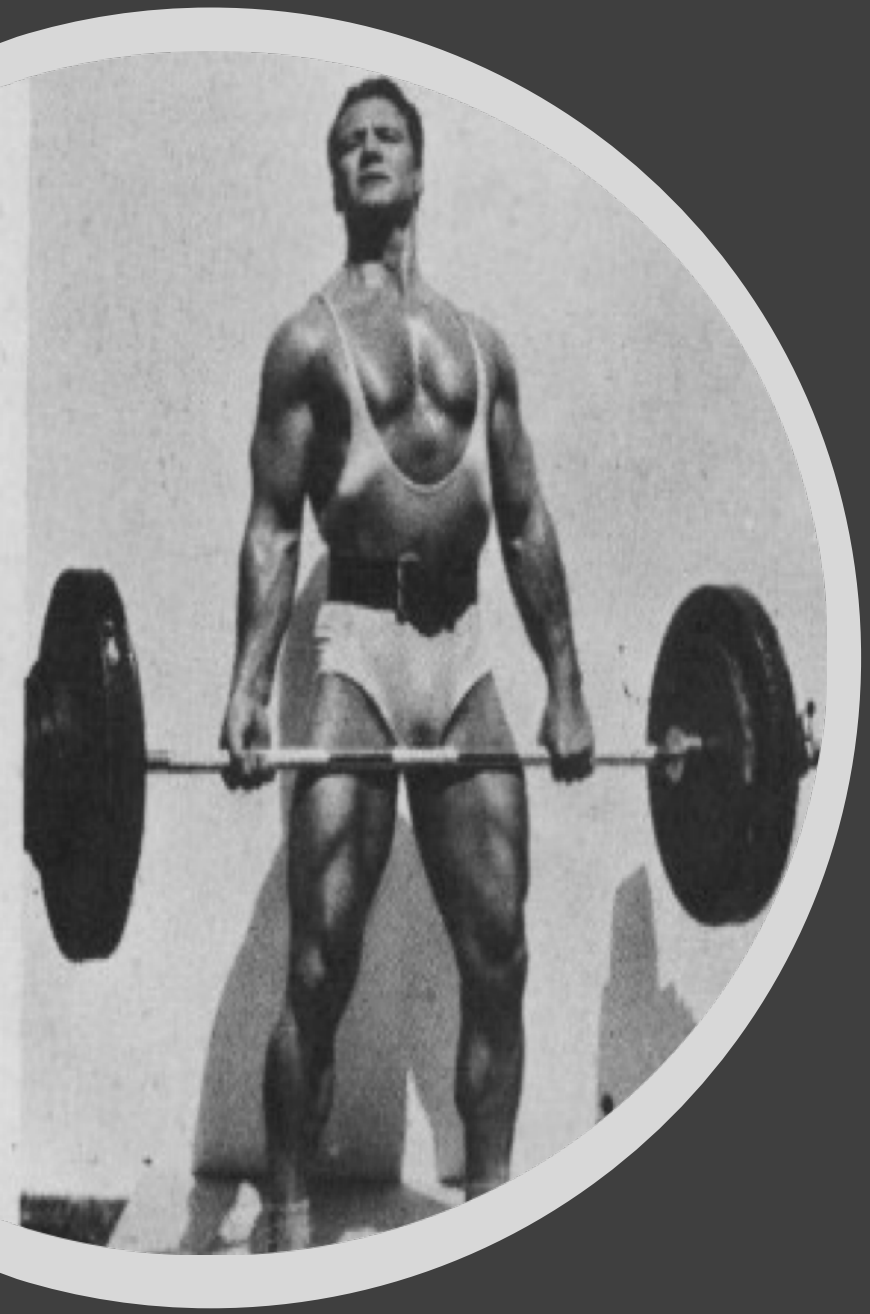
- dotFIT Difference

- Future of Fitness

Playspan® vs Lifespan

You &

dotFIT
GROW STRONG.



What Gyms Historically Sell

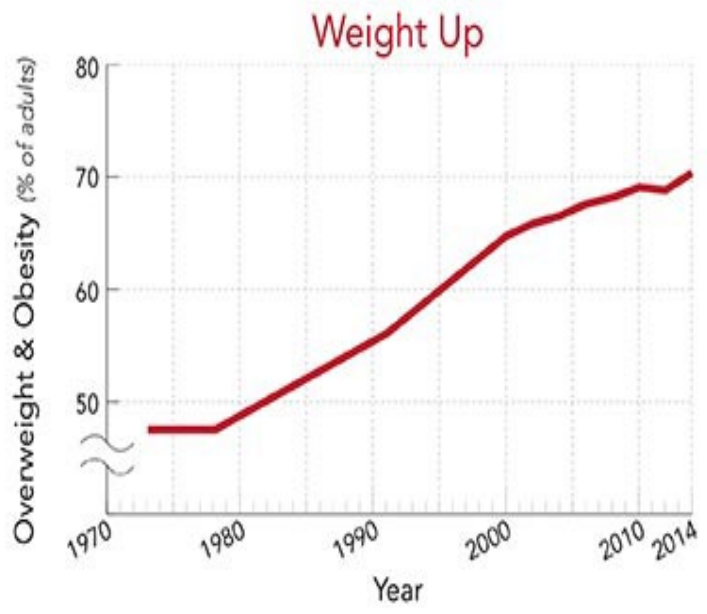
We Opened Our Doors to Let the World in Just as it Was Getting FAT

- **US/Western Nations**
  - 70% (90) overweight; 37% obese
  - >2 of 3 adults are overweight
    - By 2048 virtually everyone
- **70m Adults dieting at any time**

Membership expanded but…

- **New gym members had different fitness goals**
  - 70% weight/fat loss
    - Horrific attrition rates without nutrition
  - 20% performance/muscle
  - 10% (100%) health

NHANES data: AUGUST 1, 2018 · BY NAH EDITORIAL STAFF. Nutrition Action



NOW What Gyms Left to the Member… Led to Attrition & Notorious Failure Rates

Little did we know, we had the wrong solution

What Doesn't Work

Exercise alone

34,000 exercisers - followed for 13 years

(Defined as 5 days a week for 60 minutes = 300 minutes/week)

Average weight GAIN = 6 pounds

13%

Performed More

(420 Minutes/Week)

Gained SLIGHTLY less…

…but STILL gained

= 1,000 participants

What Also Doesn't Work

Diet alone

80-90% gain it back

Creates a weaker structure

Dietary Supplements alone*

Most yield clinically insignificant results compared to controls

***Protein–based Meal Replacements are food products and proven effective alone**

What Does Work

All of it, if you do it right -

We have a tight window to ...ed on fitness

Individualize Diet -with fle...

- matching the ... ...rame, to calorie needs

Ex...

...body composition including maintenance

Evidence-based supplements

- ease/speed the journey (immediately more energy, faster results, support LBM)

-nutrients with little/no calories to feed muscle and starve bodyfat

Adding up to our goal of a quicker addiction to fitness - thus us

If you are trying to change your body composition, and not seeing a change every week - you are doing something wrong

The Business and Consumer Confidence

dotFIT Practitioners Educated to Deliver, as Part of Their Scope of Practice – A Simple Nutrition solution Matched to a Users Fitness Goal Including a True Dietary Supplement Recommendation

R&D, Sport & Fitness Programming Company

Licensed for dotFIT Certified Practitioners

dotFIT

GROW STRONG.

Has conferred the certificate of

dotFIT Certified Practitioner

upon

Jill Fairweather

With all honors, rights, responsibilities and privileges

Upon fulfilling the requirements set forth

In witness thereof, this certificate is duly signed, sealed and issued

by dotFIT, LLC

June 20, 2018

Date Certified

Neal Spruce, Founder and CEO

CERTIFIED PRACTITIONER

ptaglobal Approved

AFAA Approved

NASM Approved

Commission on Dietetic Registration

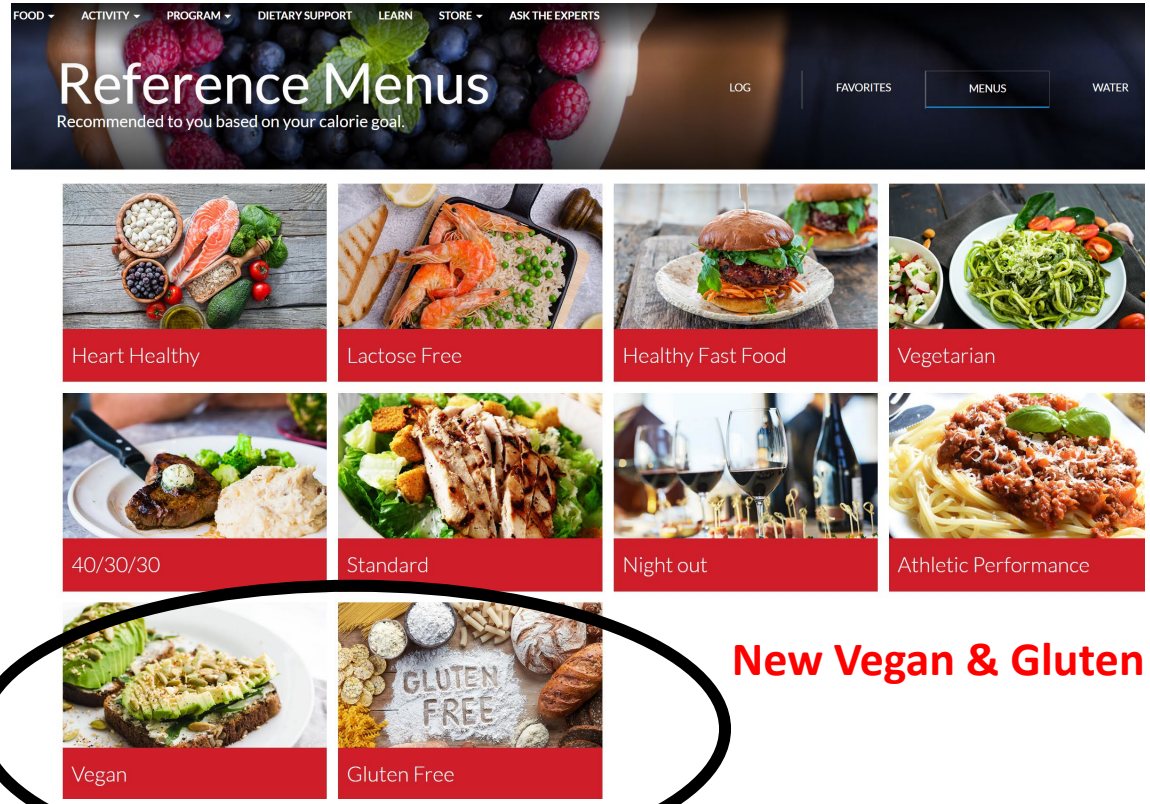
and the Academy of Nutrition and Dietetics

PTAGlobal 16 CEUs
NASM Provider # 508 1.6 CEUs
AFAA 1.6 CEUs
CDR 4.5 Level 1 CPEUs

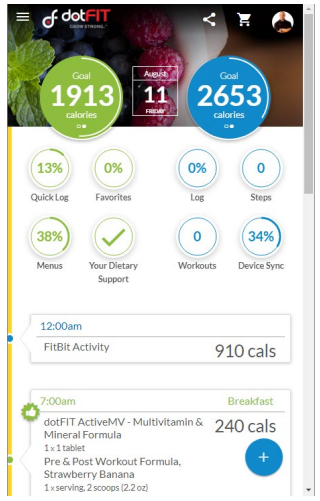
Ever-Evolving 1-stop shop for any goal, *from any device – client & Fit-pro centric*

The Solution - The Integrated Play

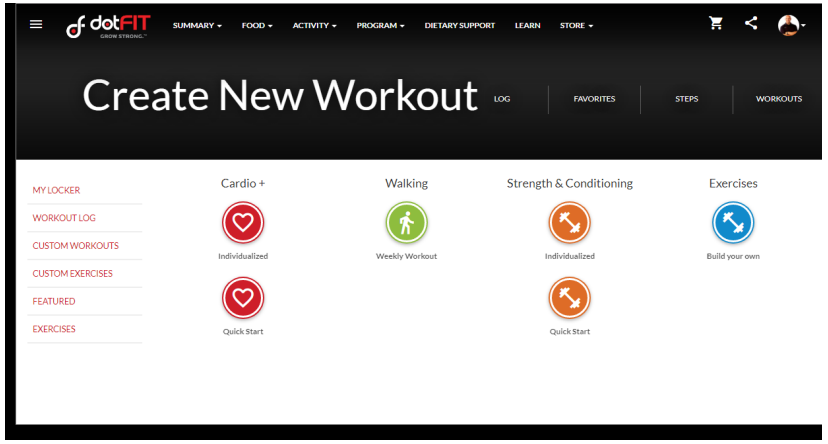
Custom Personalized Menus From Dieticians



New Vegan & Gluten Free Menus

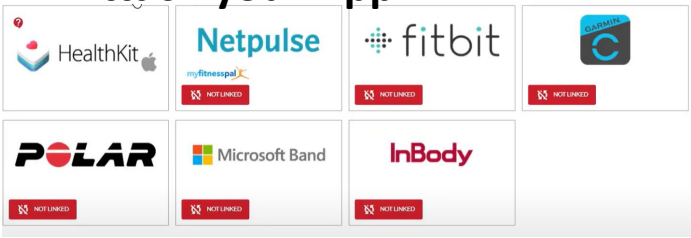


Any Level or Type of exercise including performance, corrective & assessments



all from your phone

Attach your App



3rd Party Tested Practitioner Product Only to Accelerate Results & Fill in the Gaps to Grow Strong

NASM OPTIMA 2017 CONFERENCE

October 12 – 15, 2017

Adding Nutrition to our DNA, We Broke Tradition to Power an Empire

"Built to Expand"

An Ecosystem to Support the Future

education, application & integrity

Nutrition Powered - Ecosystem

EVOLUTION OF A FITNESS EMPIRE

BB & GG
Sets the stage

1974-1994

1994
Founded to expand Gym nutrition worldwide

2001
Apex Merges to set a new PT standard

2008
Established next generation nutrition & exercise platform to power brands & prepared for future

2016
Acquired to develop talent thru seamless, relevant education & certification

NASM & PTAG/PTN merge to enhance & expand sport & fitness education & services

Our Future

1988
Created Nutritionalyis Industry 1st Nutrition

1996
Acquired to give trainers credibility

2003
Launched bodybugg
First Wearable Device for Weight Control in Fitness
Won Best of What's New in Health

2009-Current
NEV Partners with dotFIT to service Global Brands now powering
>1500 Facilities & Sports Teams
>40,000 Fitness Pros & in Millions of Households

2020-Current

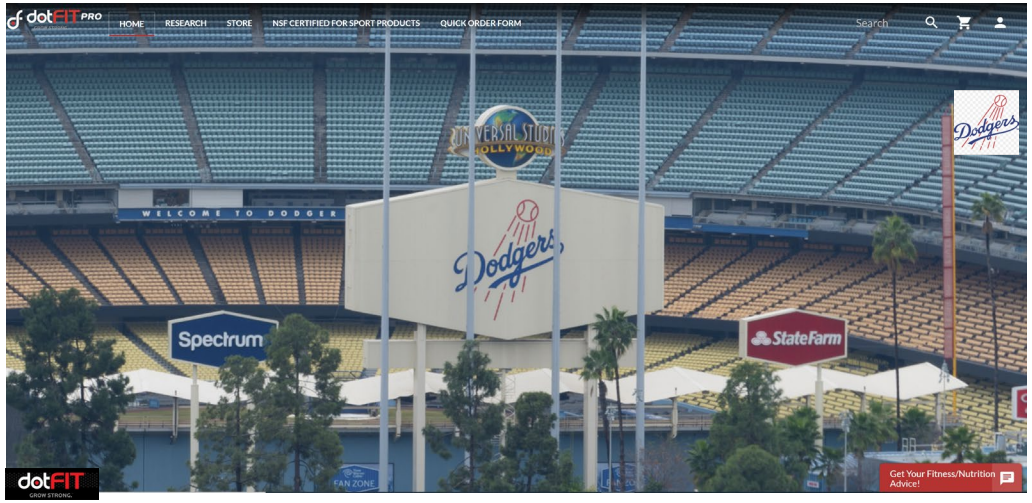
dotFIT - Trusted by Professionals

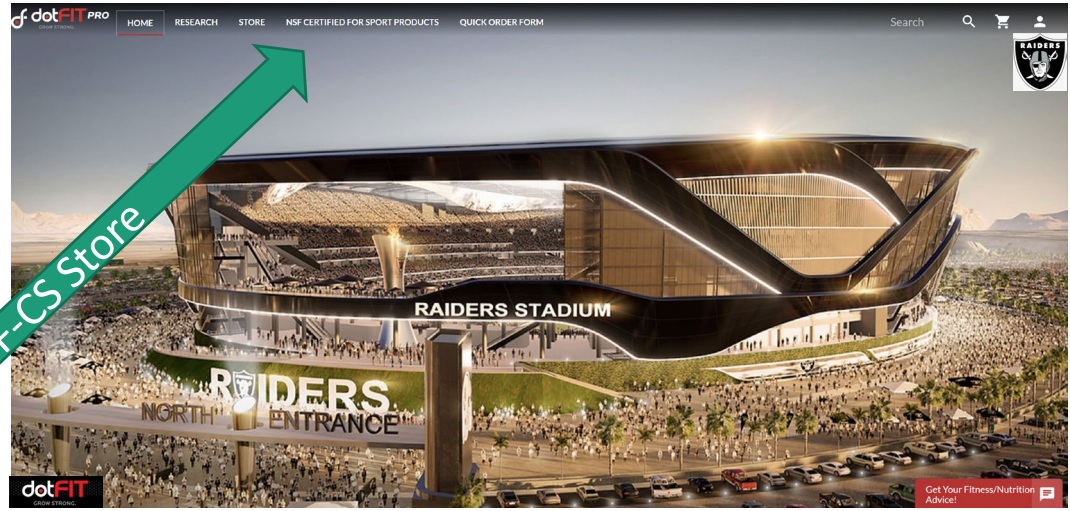
R&D for Nutrition Programs & Products

- 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

UFC GYM
NASM APPROVED PROVIDER
CRUNCH FITNESS
REGYMEN FITNESS
UFC FIT
STRONGER
SHAPE IN FITNESS CENTER
COWBOYS FIT
JUST move athletic club
49ERSFIT
NWFITCO NORTHWEST FITNESS CO.
FITNESS WORLD
BROWNSFIT
CHIEFS FIT
CRUNCH FITNESS
REDLINE ATHLETICS
müv FITNESS
TEXAS FAMILY FITNESS
VALLEY FITNESS
Athletics and Fitness Association of America AFAA Approved Provider
TEXANSFIT
GOLD'S GYM
FITNESS PREMIER
Healthtrax FIT FAMILIES FOR LIFE
Pn
ptonthenet ptaglobal
FITNESS CONNECTION
VOLOFIT
Commission on Dietetic Registration the credentialing agency for the Academy of Nutrition and Dietetics
eat right.
TRUFIT ATHLETIC CLUBS
SPORTS ACADEMY

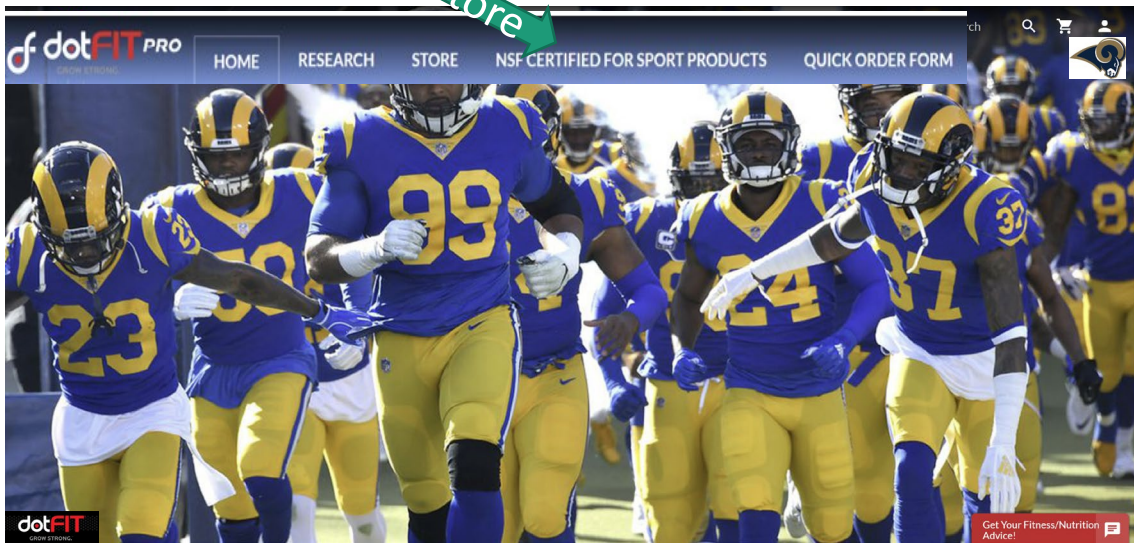

dotFIT
GROW STRONG.
Supporting Over 200 College & Pro Sport Teams





dotFIT NSF-CS Store

dotFIT NSF-CS Store



DIETARY SUPPLEMENTS & FOOD PRODUCTS

dotFIT DIFFERENCE

- DISTANCING OURSELVES FROM CONSUMER CHANNELS

  Knowing 85% of gym members purchase ~50/m somewhere

- SAVING OUR FAMILIES AND CLIENTS FROM THEMSELVES

Consumers Unknowingly Buy Ineffective & Harmful Products

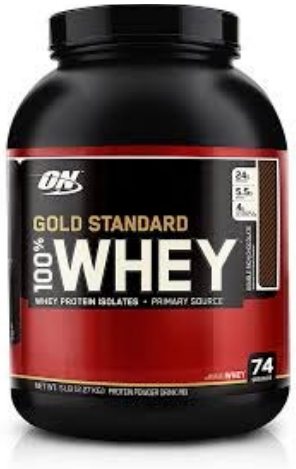
- **Food & Drug Administration (FDA) inspected 598 supplement manufacturing facilities in Fiscal Year 2019**
  - Over 50% issued violations of current
  - Most common issue was related to qu
- **FDA maintains a database of 965+ dieta including:**
  - Steroids, prescription medications anc

Why Many Scientist/Health Pros Discourage Use (commercial practices) but Use Themselves

Consumer Channels - Including International

UNDER-FORMULATED (REF[2]) (REF[2B])

- **Products include:** One-A-Day, Centrum,(Ref[1a]) Optimum, MP (Ref[2a])
- Class action suit for most protein brands Ref[3]



***NBTY:** The Company offers over 22,000 products, including Nature's Bounty®, Vitamin World®, Puritan's Pride®, Holland & Barrett®, Rexall®, Sundown®, MET-Rx®, Worldwide Sport Nutrition®, American Health®, GNC (UK)®, DeTuinen®, LeNaturiste™, SISU®, Solgar®, Good 'n' Natural®, Home Health™, Julian Graves, Ester-C® and Natural Wealth brands

Consumer Channels - Including International

Mass Market Brands Caught "Protein Spiking*"

http://www.forbes.com/sites/alexmorrell/2015/03/12/lawsuits-say-protein-powders-lack-protein-ripping-off-athletes/#6b7d0e2d1039

- Whey's demand *increased* prices from <$2/kilo to $12!
  - Exposes the truth – thus the bad guys and class action lawsuits flying
- NBTY (distributes over 22,000 mass market products) sued over pumping up protein claims for whey products
  - **Claim**: 24g protein, 2g carbs 1g fat; Actual: 2.4g protein, 25g of carbs, 1g fat
- Others such as MusclePharm's
  - **Protein claim:** 40 g – Actual 19 g

Quality Control of Protein Supplements: A Review –July 2021 ISSN

*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 were filed against many top brands

UNDER FORMULATED WHEY PROTEIN

Consumer Channels - Including International

CSN 100% Pro Whey Standard

Recently, CSN 100% Pro Whey Standard became the latest whey protein supplement to be caught out.

These guys were trying to pass off a sub-par carb-loaded shake as a low carb whey protein shake designed to get people lean.

I know.

It beggars belief that a company would think they could do this, but it

On looking at the label, this looks like it fits the bill:

> *24 protein, 2g carbohydrates and 1g fat. Nice.*

However, the results of an independent study on the vanilla ice cream that the actual ingredients inside the tub are nothing like what's writte

> *2.5g protein, 25g carbohydrates and 1g fat. Not s*

UNDER FORMULATED WHEY PROTEIN

CSN
100% Pro Whey Standard

Nutrition Facts

Serving Size 1 scoop (32g)

Amount Per Serving	
Calories 115	Calories from Fat 10
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 35mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 24g	

Vitamin A - • Vitamin C -
Calcium - • Iron -

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

WHAT IT CLAIMS:

Nutrition summary:

Calories	Fat	Carbs	Protein
115	1g	2g	24g

There are **115 calories** in a 1 scoop serving of CSN 100% Pro Whey Standard.

Calorie breakdown: **8% fat**, 7% carbs, 85% protein.

WHAT IT ACTUALLY CONTAINS:

Nutrition summary:

Calories	Fat	Carbs	Protein
115	1g	25g	2.5g

There are **115 calories** in a 1 scoop serving of CSN 100% Pro Whey Standard.

Calorie breakdown: **8% fat**, 7% carbs, 85% protein.

- BASED ON TESTING AT POPE TESTING LABORATORIES, INC.

Muscle Milk, Syntha 6, Isoflex, Cellucor, and Optimum Nutrition's Proteins Tested for BCAA Content: ALL FAIL

UNDER FORMULATED WHEY PROTEIN

A group from The Stockton College of New Jersey tested six (very) popular protein supplements for their actual Branched Chain Amino Acid Content and compared that with the BCAA claims made on the package. The group was comprised of the GNC house brand, Muscle Milk, BSN's Syntha 6, Isoflex, Cellucor, Optimum Nutrition's Gold Standard Whey (which I usually recommended until now), and their Hydrowhey (another product I commonly had recommended until seeing these tests).

PRODUCT	ACTUAL MGS		CLAIMED MGS
Muscle Milk	1330	-5300	6630
GNC	2173	-12966	15,139
Syntha 6	399		*
Isoflex	4083	-1995	6078
Cellucor	2034	-3466	5500
ON Gold	2904	-2596	5500
ON Hydrowhey	2806	-5994	8,800

Consumer Channels - Including International

Product	LABEL CLAIM OF PROTEIN IN GRAMS	PROTEIN TEST RESULTS
Biohealth Precision Blend - 2lb Caramel Cookie Swirl	32g	17.1
Biohealth Precision Blend - 2lb Milk Chocolate	32g	24.7
Biohealth Precision Blend -2lb Milk Chocolate	32g	24.5
Biohealth Precision Blend - 2lb White Chocolate Respberry	38g	
Biohealth Precision Iso - 2lb Chocolate	27g	2.79
Biohealth Precision Iso - 2lb Chocolate	27g	17.2
Biohealth Precision Iso - 2lb Cookies and Cream	27g	21.1
Biohealth Precision Iso - 2lb Cookies and Cream	27g	3.36
Core Formulations Core 8 - 2 lbs Caramel Cookie Dough	31g	27.1
Core Formulations Core 8 - 2lbs Caramel Cookie Dough	31g	20.4
Core Formulations Core 8 - 5 lbs Chocolate Brownie	30	21
Core Formulations Core 8 - 5 lbs Vanilla bean	31g	22.9
Core Formulations Isocore - 2lb Cookies and Cream	30	23.9
Core Formulations Isocore - 2lb Cookies and Cream	30g	23.9
Core Formulations Isocore - 2lb Cookies and Cream	30g	24.2
Rogue Nutrition - Rogue Whey - 2lb Chocolate Milk	28g	
Rogue Nutrition- Rogue Whey - 2lb Chocolate Milk	28g	19.7

Several protein manufacture
occurs when a protein powe
supplement so that it regist

lse advertising practices

The prices for Core Formulations, BioHealth, and Rogue Nutrition protein powders range from $49.99 to $59.99 for a 2 lb. container of protein powder and $89.99 to $109.99 for a 5 lb. container.

Consumer Channels - Including International

03-Feb-2017 USA Today
Last updated on 03-Feb-2017 at 17:54 GMT

NFL bans players from GNC

Two substances on banned list

According to *USA Today*, which first broke the story, a memo from the NFL and the players union listed GNC is listed as a "prohibited company". The article said the memo warned players not to endorse or have a business relationship with GNC because it has been *"associated with the production, manufacture or distribution of NFL banned substances"*.

August 11 2022 Nutra-ingredients

Majority of immune supplements with >4star ratings bought on Amazon found to have labels that don't match contents and most all had no peer review science to support claims

The 12 latest companies (2022) violating FDA rules by using illegal potentially dangerous substances:

- **Advanced Nutritional Supplements, LLC**
- **Exclusive Nutrition Products, LLC (Black Dragon Labs)**
- **Assault Labs**
- **IronMag Labs**
- **Killer Labz (Performax Labs Inc)**
- **Complete Nutrition LLC**
- **Max Muscle**
- **New York Nutrition Company (American Metabolix)**
- **Nutritional Sales and Customer Service LLC**
- **Steel Supplements, Inc**
- **Elite Supplement Center & Elite Training Center LLC**

Practitioner Channel

Practitioner Product Status by Rules

1. **Efficacy** – dosages & forms match clinical trials
2. **Safety** – shown in trials and history, screening & ingredient synergy
3. **Purity & Potency** – tested from start to finish
4. **Nutrient Delivery** – right place, right time
5. **Truth in labeling** – legal facts based on #1 & prove it with 3rd party testing
6. **Practitioner delivered** – legitimizes the recommendation

Remove the doubt with the Practitioner resource

Click here Sports (3:23)

Takeaway

You need both: 1) documentation that doses/forms match positive clinical trials found in *THE PRACTITIONER DIETARY SUPPLEMENT REFERENCE GUIDE* (PDSRG) i.e., submitted documentation AND 2) 3rd party testing to make sure its in the product at that dosage (REF)

dotFIT Difference Videos – click the links

DOTFIT DIFFERENCE - **SPORTS (3:23)**

SHORT DOTFIT DIFFERENCE - **ALL CONSUMERS (3:00)**

LONG DOTFIT DIFFERENCE – **ALL CONSUMERS (6MIN)**

WITH A SIMPLE BUT AUTHENTIC NUTRITION COMPONENT ADDED TO OUR DISCIPLINE, WE ARE NOT JUST READY FOR THE FUTURE OF FITNESS, BUT WE CAN ALSO DRIVE IT

Playspan®, Lifespan and self-care

SAVING THE WORLD THRU FITNESS
PLAY-SPAN vs LIFESPAN

WE HAVE THE POWER TO GET PEOPLE'S PLAY-SPAN TO EQUAL THEIR LIFESPAN

FITNESS = YOUR HEALTHCARE VS SICK-CARE

"Our job is to protect your health while you have it"

We can serve as the primary self-care lifetime resource

dotFIT/CPT Champions

How do you plan on “saving the world through fitness?”

How do you plan on “saving the world through fitness?”

PROBLEM – ***we break too early, then rely on meds***

Common and unavoidable nutrient shortages are mostly “silent” but are depriving the body of its full structural and functional potential perpetuating inactivity, leading to a weaker body and mind throughout life… thus an earlier onset of illnesses and/or aging, i.e., early avoidable breakdown and a life dependent on prescription drugs and a broken healthcare system – AKA sick-care.

WE ARE WHAT WE EAT, MEANING WE BECOME WHAT WE MISSED

How do you plan on “saving the world through fitness?”

PROBLEM – *we break too early, then rely on meds*

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WE ARE WHAT WE EAT, MEANING WE BECOME WHAT WE MISSED

SOLUTION – ***daily flow of the body’s building materials to support the desire & ability to remain active –forcing a paradigm shift in establishing & maintaining health***

Maintaining nutrient recommendations with caloric efficiency can cause activity and subsequent fitness, making us better in every phase and aspect of life through compounding positive health outcomes, thus the potential for individual independence, which in turn would make the world a better place for everyone. And it needs to be personalized to fit *you* – or *you* won't do it – so you can carry on

The new mentality: Simple intuitive *Fitness* will be viewed as a person’s primary self-care solution, to avoid as much as possible, our current broken healthcare model – AKA sick-care

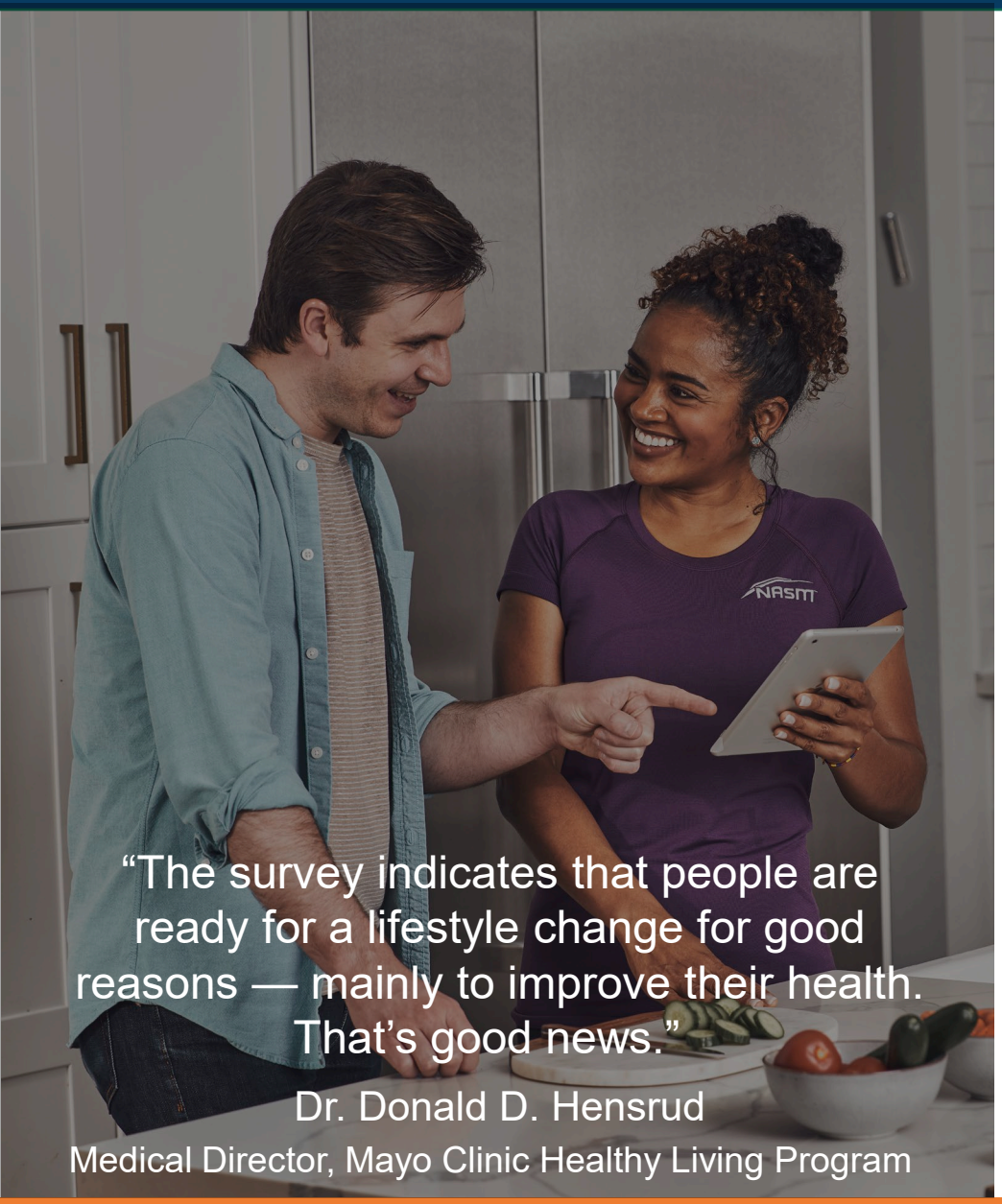
Grow Strong & Stay Strong

Playspan®, Lifespan & Self-Care

Everyday of life is only as good as your recovery from the last

- Lifespan
  - How long you live (Americans have the shortest lifespans among peer nations, and highest healthcare costs per person)
- Health-span
  - How long you're healthy: functional & disease-free period of life (relatively independent)
- Play-span
  - How long you're physically/mentally able do the activities important to you
- **Self-care**
  - **Decision-making process that empowers individuals/families to look after their own health efficiently and conveniently, in collaboration with health/fitness professionals as needed. *The goal is to stay structurally and functionally active to help avoid the current broken healthcare (sick-care) system that includes Big-Pharma.***

Proof the Self-Care Movement is Underway



Understanding *Current Dieter’s* Motivation and Mindset

Includes exercisers with primary goal of losing bodyfat (b/c they mistakenly believe exercise solves desired body composition)

83% of people who start a diet are motivated for health reasons—5x more than any other external factor.*

Complete reversal from the pre-COVID era

Additional Findings Relevant to the Nutrition Professional

Improving health is more important than improving physical appearance, which follows a global health and wellness self-care trend post-COVID.

Long-lasting solutions matter more than fad diets and quick fixes (over 55% of participants had dieted at least six times during their lifetime).

Americans are seeking sustainable and sensible solutions to healthy weight management.

*According to a 2022 survey commissioned by the Mayo Clinic Diet

The emerging attitude shift is rooted in the fact that nutrition creates the human, thus health, not medicine
Health is the domain of nutrition (and activity)

New awareness in dangers of pre-existing conditions along with the growing distrust in Big Pharma, is driving the desire for self- care

- Self-healthcare is the future – and we're it, to help people ***keep doing what they love***
  - **You/Gym or you/favorite activity Vs. regular visits to doctor/hospital**
  - **Supplements Vs. Drugs (pill box for VMs or Meds?)**
    - **75% of all adults take prescription medications on a regular basis.**

Fitness is the Primary Preventative side of Health Care Through Self-care

Paradigm shift

Protection before Cure Approach

Fitness = healthcare vs disease/sick care

"Our job is to keep your health while you have it"

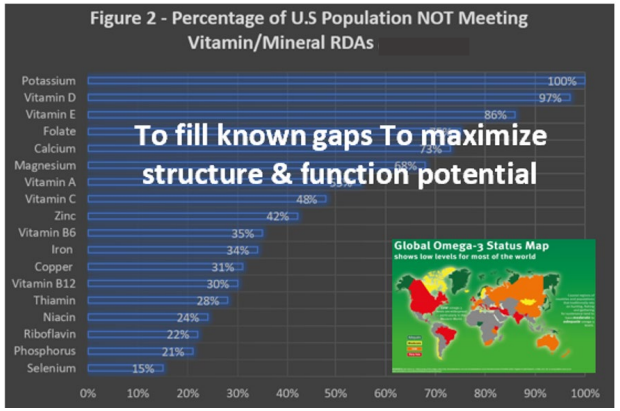
CREATING ACTIVE LIFESTYLE LONGEVITY - AKA YOUR PLAY-SPAN (AND OUR CLIENTS)

Actions in our control for Self-Care

Essentials (Mindful - NO ONE IS A PRISONER OF THEIR GENES)

- Nutrition (starts with what we're made of)
  - ✓ A continuous endogenous supply
- Sleep
- Exercise/activity
- Weight control
- Fun/natural stress release

Including Caloric Efficient Dietary Support



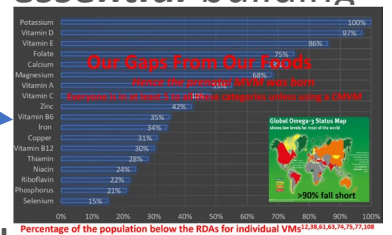
THE DIETARY SUPPORT ROLE IN HEALTHY AGING TO PLAY WELL & LONG




Because everything starts with nutrition, and humans have choices, we need to pick up where food leaves off (before the body breaks) to grow and stay strong within our ideal body

Problem: The current human health-span/Playspan® is much shorter than our lifespan

- Your body is developing daily by repairing, rebuilding and replacing your trillions of cells using your daily intake of nutrients (components that can't be made in the body). Give it less that it can use, you get a lesser daily result that "silently" compounds into energy losses, stress and premature breakdown/early aging
- Our foods can deliver plenty of calories, but the **insufficient nutrient content** (actual building materials inside the calories/food) everyone has from food alone, is "silent" until you break, leading to a lifetime of prescription drug dependency
  - ✓ Your structural and functional "silent hunger" throughout life is the down-regulation to your ***essential*** building material intake



Percentage of the population below the RDAs for individual VMs[12,38,61,63,74,75,77,108]

Solution: Solution: feed "the silent hunger" (nutrient gaps) and the rest can happen

- Within caloric efficiency, you can deliver these building materials, including the known under-consumed, in proper daily amounts to maximize your structural and functional potential throughout a lifetime. i.e., the foundation of your Self-Care – and the positive behavioral cycle starts, because it can

START THE SELF-FEEDING CYCLE NECESSARY TO PLAY TILL THE END

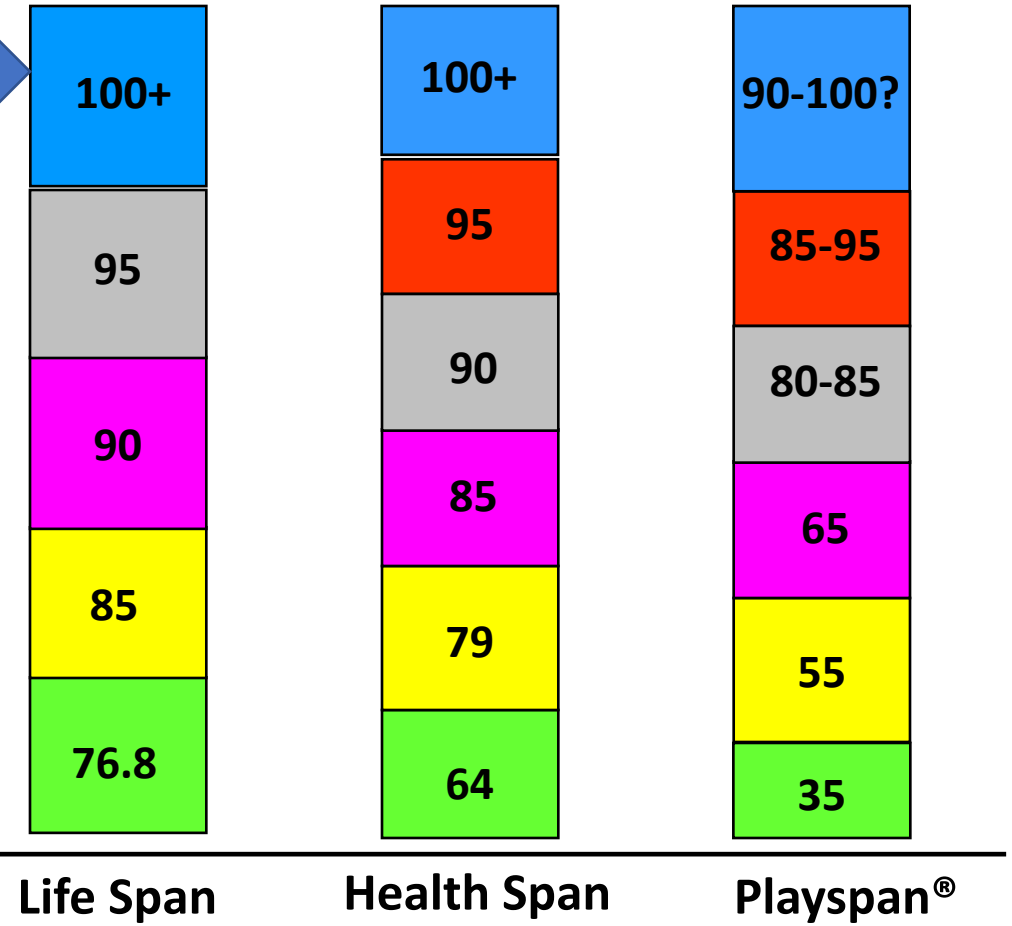
Formula: eat the best you can while always maintaining nutrient recommendations thru caloric efficient dietary support and the rest can come (activity/healthy body composition) – i.e., the foundation first, or the rest doesn't matter because without your foundation you will still breakdown early.

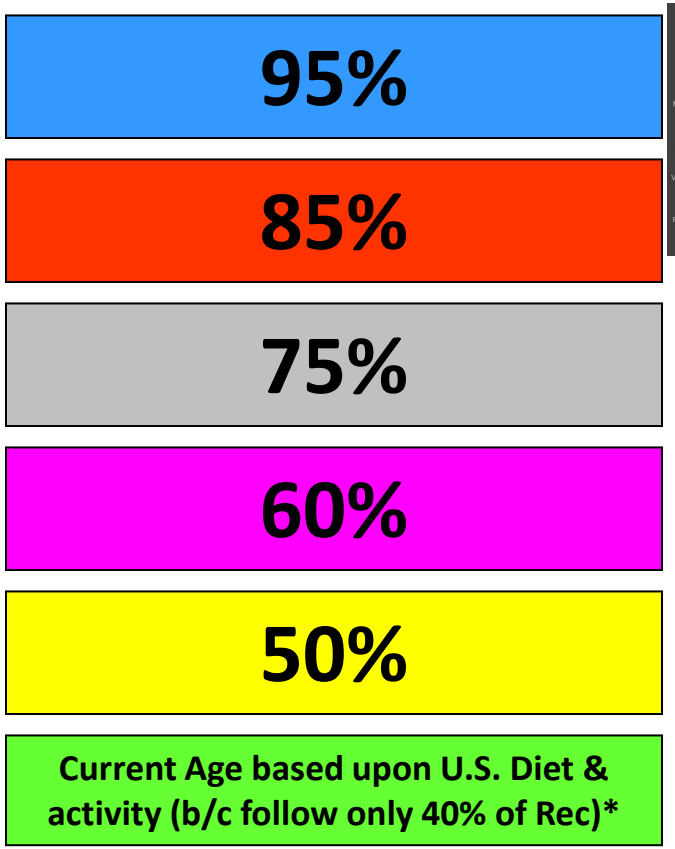
Where we should/can be

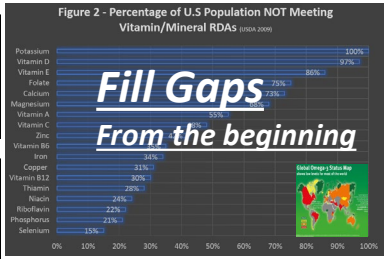
Correcting VM & O3 levels everyday to the RDA/WHO, starting with the prenatal, along with proper protein intake, must have a long-term cumulative recovery effect.

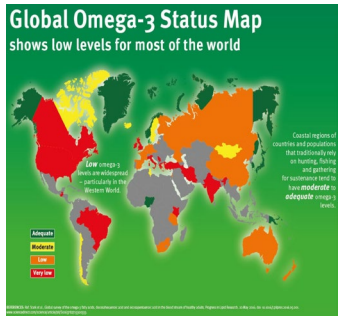
US Today[1, 2]

Earlier you start the simple 3 actions, the truer the numbers









Projected increase in health & play-span based on lifespan and % adherence to activity & nutrition recommendations. Driving the % adherence is your foundation b/c You won't be able or want to follow activity rec. if your structural/functional foundation is flawed

Modern humans have the potential to live & play longer better

Calorically efficient no gap nutrition = energy & the structural & functional potential that leads to the ability & desire to be active, which creates a healthy body composition – i.e., addiction to feeling & looking good

The Foundation to Getting our Playspan®
To Equal our Lifespan

Basic sports nutrition is now considered the new healthy aging because everyday of life is only as good as our recovery from the last

An athlete's competitive longevity is predicated on their daily recovery because their next workout or game day is only as good as their recovery from the last

Their next workout or active day of life is only as good as their recovery from the last

Play–span vs. Lifespan - Foundation cont…..

Problem: We live longer but not necessarily better

Background:

Predecessors died young – then……

Discovery of nutrients (and eventually daily amounts needed*), agriculture, transportation, evolving technologies & modern medicine

- **Created a new hurdle – "health span vs. lifespan"**
  - **65 y.o. +**
    - **80% - at least 1 chronic disease**
    - **50% - 2**
    - **90% - on at least 1-medication* <u>75% of all adults take prescription medications on a regular basis</u>**

How can we resist this negative health spiral and "play" as we want till the end? Mindful that..

We are absolutely what we eat, but also become what we don't eat

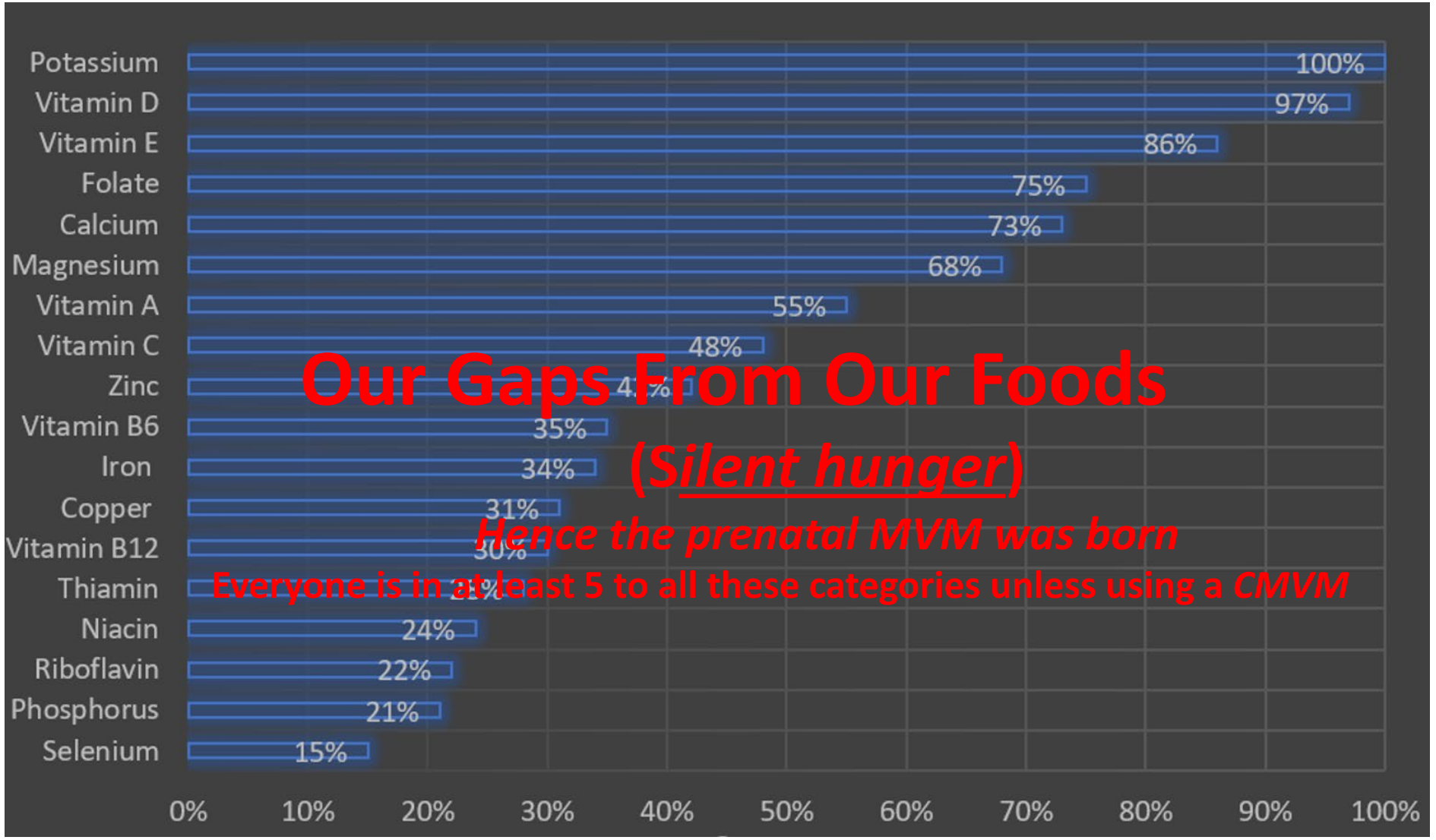
Proof: 3/4 of "health care" is preventable

How do we offset – western lifestyles, perfect luck and genes <u>REF-EpiGen</u>

Solution: feed the "silent hunger" before you break

**Current recommendations/RDAs (nutrient amounts) were not known or available during periods of significantly shorter lifespans but are now known and necessary to support our current lifespan's potential health*

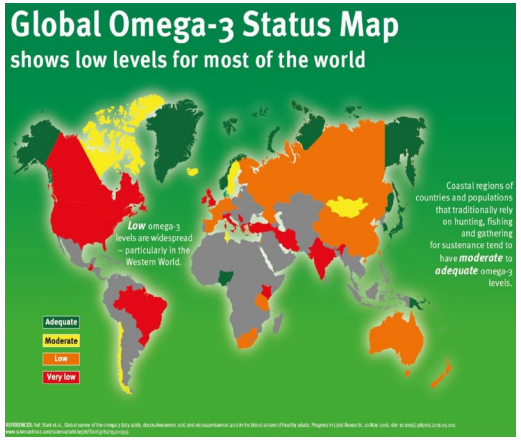
V&Ms are indispensable components of life and health, as all systems are VM dependent. Get less than the body can use (RDAs), get less structural and functional potential b/c the body cannot make them



Primary Known Under-Consumed Essential Nutrition (our building materials) also incl…

Omega-3s, also critical in development & maintenance

- **>90% fall short of WHO recommendations**



Red & **Orange**=high health risk

Percentage of the population below the RDAs for individual VMs[12,38,61,63,74,75,77,108]

VMs are actuators of all human metabolism –

VMs from food is what the body gets - GAP - VM RDAs is what it can use to maximize short & long-term health

Exacerbating the nutrient gap problems today are human choices

More Diets & Missing Micronutrients

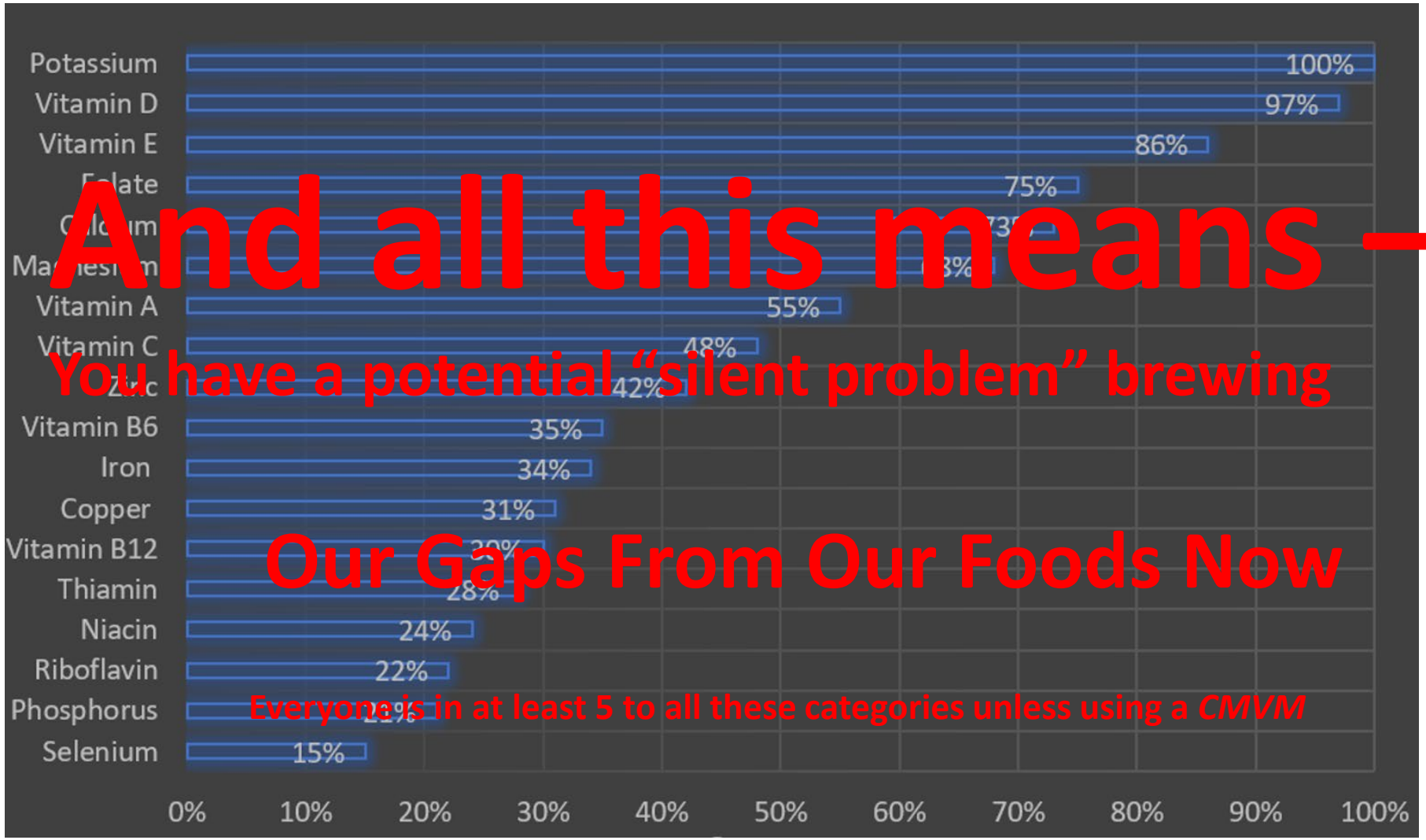
Diet	Summary/Macronutrient Breakdown	Shorted/Missing Nutrients	Recommended Supplements
Paleo	NO dairy, grains and grain products, legumes, processed foods, alcohol	Calcium Vitamin D B vitamins Magnesium Fiber	Multivitamin & Mineral Calcium with Magnesium Vitamin D3
Keto	5-10% Carbs (50 g/d max) 10-20% Protein 70-80% Fat	B vitamins Magnesium Fiber Vitamin E & C Zinc Iron	Multivitamin & Mineral Calcium with Magnesium Probiotic Essential Amino Acids
Vegan	No animal meats or products (eggs, milk, cheese, yogurt)	Vitamin D Calcium Protein Zinc Omega-3 Fats B12 Iron Iodine	Vegan MV Calcium with Magnesium Plant Protein
Gluten Free	All forms of wheat and wheat products. Rye, barley, bulger, some condiments, sauces and dressings	B vitamins Vitamin D Iron Fiber Zinc Magnesium Calcium Phosphorus	Multivitamin & Mineral Calcium with Magnesium Vitamin D3 Probiotic
Intermittent Fasting	No food restrictions – no eating for a specific time period	Commonly under-consumed nutrients: Potassium, choline, magnesium Vitamins A, D, E, C Calcium, potassium, fiber Iron (for certain age/gender groups)	Multivitamin & Mineral Omega-3 Fish Oils (as needed) Calcium (as needed) Essential Amino Acids Protein
If It Fits Your Macros (IIFYM)	Varies based on individual needs, goals, preferences and training status	Commonly under-consumed nutrients (same as above)	Multivitamin & Mineral Omega-3 Fish Oils (as needed) Calcium (as needed)

AND

Telling people that ***humans*** **(too many choices)** can get all the VMs they need from food alone if they eat properly **in an acceptable number of calories**, is a fool's errand,[1,2,3] particularly in western societies and validated by the fact it hasn't worked[12,38,61,63,74,75,77,108]

Reider, Carroll A et al. "Inadequacy of Immune Health Nutrients: Intakes in US Adults, the 2005-2016 NHANES." *Nutrients* vol. 12,6 1735. 10 Jun. 2020, doi:10.3390/nu12061735

Primary Known Under-Consumed Essential Nutrition (*your silent hunger)*

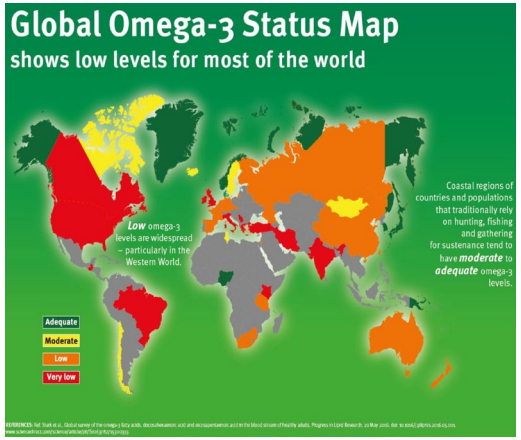


And all this means – is…

You have a potential "silent problem" brewing

Our Gaps From Our Foods Now

Everyone is in at least 5 to all these categories unless using a *CMVM*



Red & **Orange**=high health risk

Percentage of the population below the RDAs for individual VMs[12,38,61,63,74,75,77,108]

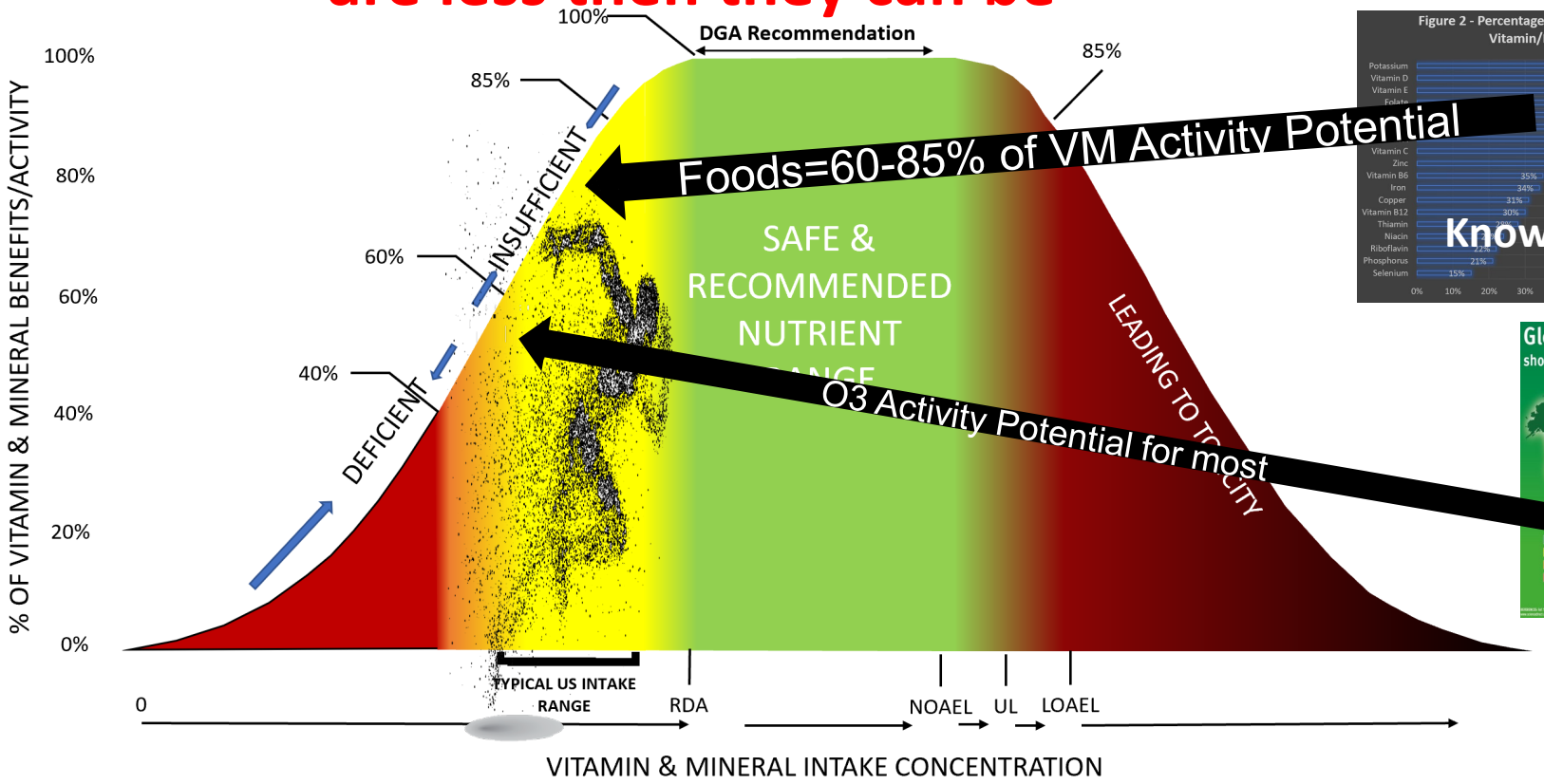
VMs from food is what the body gets - GAP - VM RDAs is what it can use to maximize short & long-term health

This is Where you lived without knowing the future - b/c...

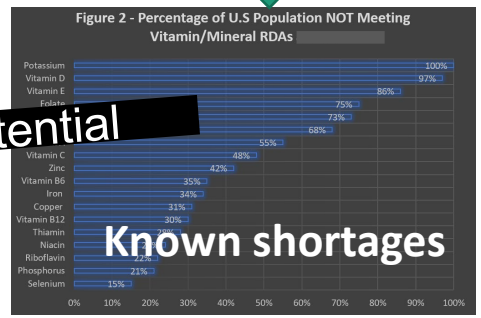
***Insufficiencies** are "silent", thus have an undetectable starting point that begins an insidious progression that physically manifests as illnesses/injury/wt. gain/**stress** later in life/career or early aging disorders – as the body naturally triages to favor short term survival over long-term health*

All structural & functional systems are less then they can be

VMs are actuators of all human metabolism



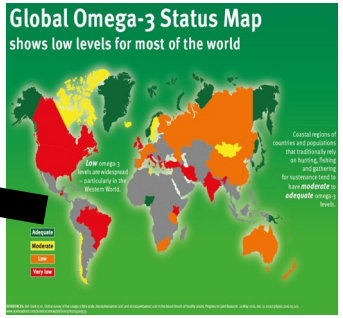
Insufficiencies



Foods=60-85% of VM Activity Potential

Known shortages

O3 Activity Potential for most



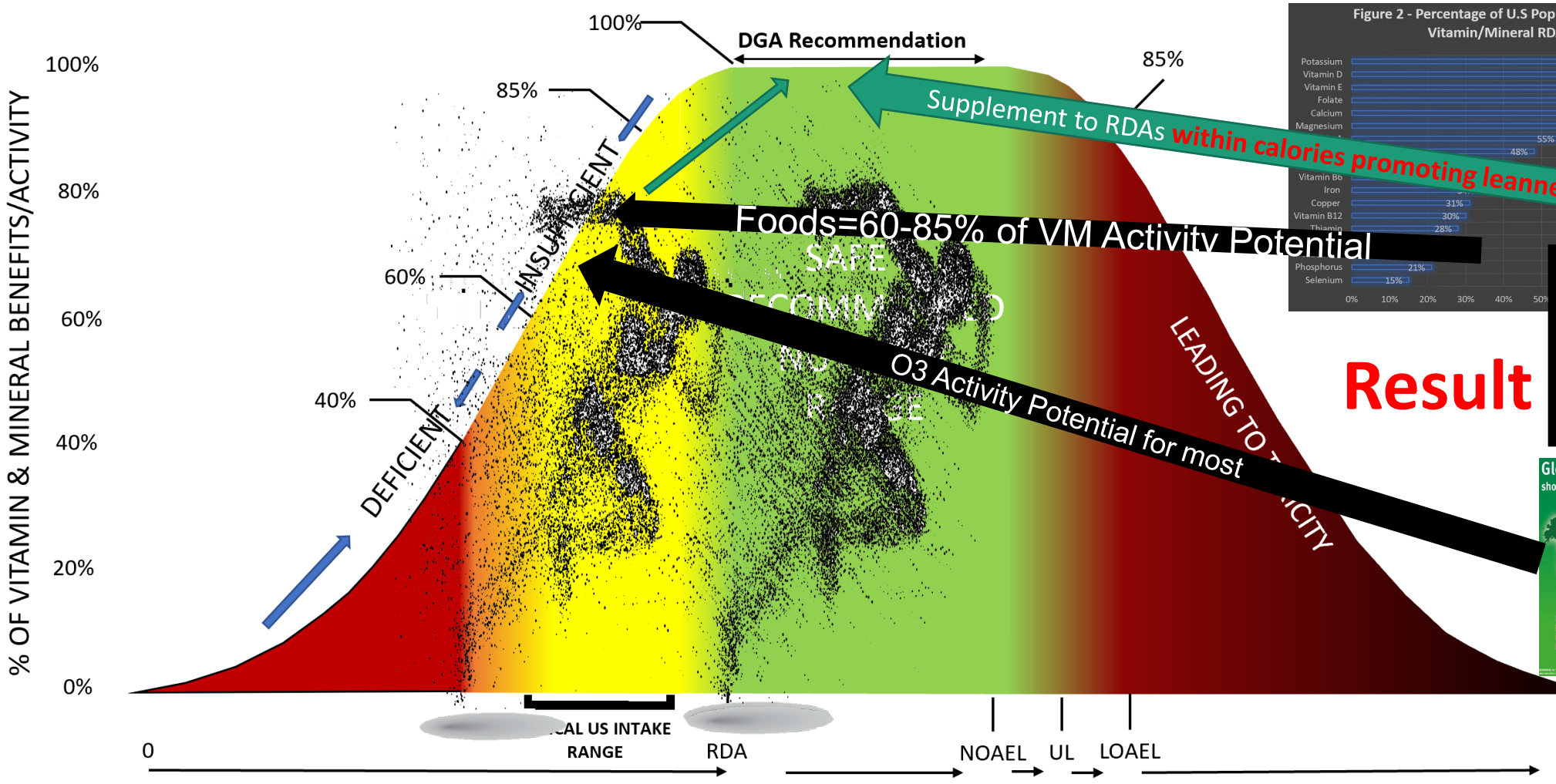
VMs from food is what the body gets - GAP - VM RDAs is what it can use to maximize short & long-term health

These RDA amounts were not known or available during periods of significantly shorter lifespans but are now known and necessary to support our current lifespan's potential health

GOAL=Correct food nutrient content to acheive recommendations/RDAs/WHO

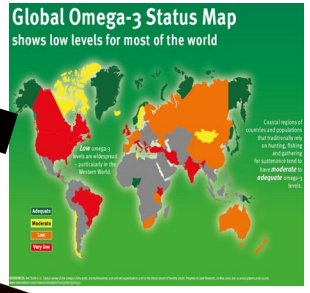
Maximize VM, O3 & protein activities without adding calories to achieve nutrient dense calorie efficiency

FEEDING THE SILENT HUNGER BEFORE WE BREAK



Result

Baseline=
The Correction
NO GAPS= 100% VM/O3/Pro Activity Potential



WHAT WE ACCOMPLISHED - to Help PLAY till End of Days A protection before cure or fix approach –no one would be immune to benefits

The Function of Lifelong Inexpensive Low Dose COMPLETE MVM (~20VMs) is to Offer the Potential for all VM Dependent Systems to Operate at Full Capacity in the Creation & Maintenance of Human Structure, Function, Health & Recovery

THE HOW TO MEET NUTRIENT RECOMMENDATIONS WITHIN CALORIC EFFICIENCY

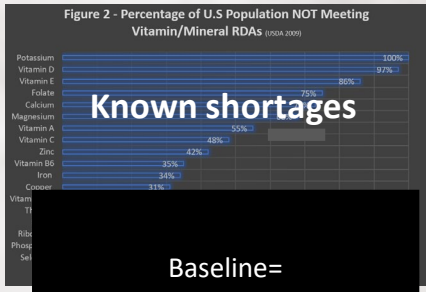
Start here: eating the best you can, add nutrient augmentation (*feeding silent hunger*), based on known shortages, with little to no calories to drive activity, good eating/moving behaviors & subsequent healthy body composition

By upregulating to what the body *CAN* use we create the foundation for our Playspan® to equal our lifespan

protection before cure approach to remain self-sufficient

Complete Multivitamin (incl. high C&D) & mineral-womb to tomb[MVM]

To supply ~20 known potential under-consumed VMs in a food correction dose to work synergistically with foods filling unavoidable/unpredictable gaps, **carrying on from the prenatal to maximize all VMs dependent activities** in all stages of life. **Not optional because VMs in food are invisible** and all need to work synergistically in recommended amounts with *your* best possible diet b/c VM are the actuators of all human metabolism and need proper daily replacement.



Baseline=
The Correction
NO GAPS= 100%VM/O3/P
Activity Potential

✓ 1000-1200mgs/day calcium[Ca] (read all food/shake labels)

- Diet first and supplements as needed to grow & maintain bone health

5-600mgs/day of omega 3 (EPA & DHA 3:2)[O-3] –Look at your plate

✓ Fatty fish ~4svgs/week or add supplement to support overall health creation, maintenance & protection

Protein 1gm/LB LBM divided 4-5Xs/day[Pro]

Add a convenient cost savings, low calorie & fast acting high protein source – especially for maximizing exercise recovery

✓ For maximizing exercise recovery and staving off the inevitable

✓ If exercising, use ~25-35gm (depending on age/size) fast acting protein 30-40min before & repeat immediately following (**food is comparably insufficient in this window**)

Final Note: VM RDA intake for life should help retard normal aging leading to a longer health-span. After all, if VMs are actuators of all human metabolism and create and maintain the human structure, why wouldn't a daily recommended load preserve us better than lesser amounts? Certainly, all mammals eventually die but there is something interesting in what the evolutionary theorist George Williams wrote: ***"It is remarkable that after a seemingly miraculous feat of morphogenesis, a complex metazoan should be unable to perform the much simpler task of merely maintaining what is already formed."*** Maybe by maintaining VM RDA intake levels throughout life, the organism may slow its inevitable deterioration of functional characteristics, giving it a better chance of at least remaining functional until the end. *Williams, G.C. (1957). "Pleiotropy, natural selection, and the evolution of senescence". Evolution. 11 (4): 398–411. doi:10.2307/2406060. JSTOR 2406060.*

Practitioner Summary

A simple inexpensive addition to our training/coaching that gives the potential to change a person's life b/c maximizing energy & fully recovering each day creates the ability and desire to be active

Starts a cycle that feeds itself through nutrient dense caloric efficiency

3 Actions that we can make happen – in our control

1) **Activity - they are here/gym now, we can keep them here by:**

2) **"Feeding the silent hunger" by adding simple dietary support - fill the known gaps in any acceptable calorie diet, to start (the energy) & keep them active (building a strong foundation) leading to:**

3) **Maintaining a healthy body weight b/c calories with maximum nutrition = energy/leanness & addiction to fitness vs. Big Pharma**

Creates the Structural & Functional Potential for Our Play-span to Equal our Lifespan

Fulfilling nutrient requirements→ activity→ healthy body weight

BECAUSE NUTRITION CREATES YOUR HEALTH AND STARTS THE ACTIVITY THAT MAINTAINS IT

WE ARE NOW PREPARED FOR THE FUTURE OF COMPLETE EVIDENCE-BASED FITNESS

AS SELF-CARE PRACTITIONERS

EXPANDS OUR REACH & CAREERS - LIMITLESS

AS OPPOSED TO SELLING EXERCISE – LOW CEILING

OUR QUALIFICATIONS

- CERTIFIED BASIC NUTRITION PROGRAM APPLICATION WITHIN OUR SCOPE OF PRACTICE
- CERTIFIED EXERCISE COACHES/TRAINERS (NASM OPT OR OTHER QUALIFIED NCCA ACCREDITED CERTIFICATION)

OPTIONAL EXTENSIONS

- NASM CNC OR WELLNESS CREDENTIALS

Healthcare or Sick-Care

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

Protection Before

Or their staff later

Drugs (with side effects) approach

PROTECTION BEFORE CURE APPROACH: GOAL IS TO PLAY TILL THE END

Three-quarters of the $4.1 trillion in health care costs – which is predominantly sick care – are due to chronic disease. Most of these chronic diseases can be prevented or even reversed by changing diet and lifestyle – Data from CDC

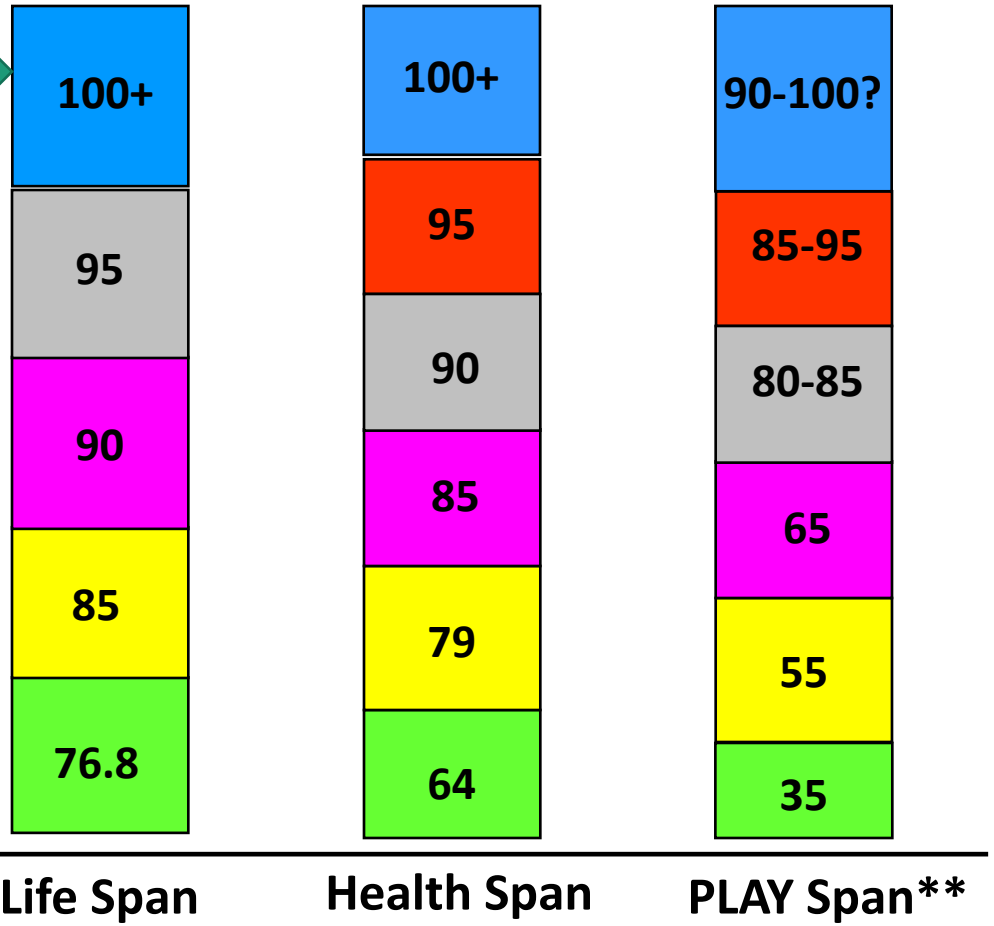
EAT THE BEST YOU CAN, MEETING RECOMMENDATIONS WITH CALORIC EFFICIENCY (*feeding silent hunger*) TO KEEP MOVING & A HEALTHY WEIGHT

Where we should/can be

Correcting VM & O3 levels everyday to the RDA/WHO, starting with the prenatal, along with proper protein intake, must have a long-term cumulative recovery effect.

US Today[1, 2]

Earlier you start the simple 3 actions, the truer the numbers



95%

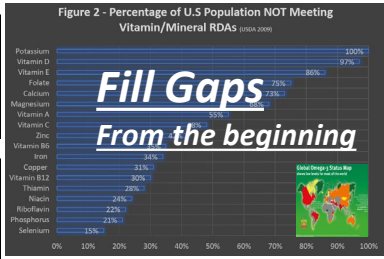
85%

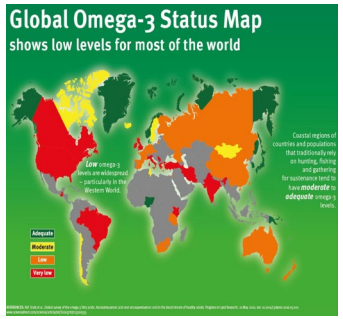
75%

60%

50%

Current Age based upon U.S. Diet & activity (b/c follow only 40% of Rec)*





Projected increase in health & play-span based on lifespan and % adherence to activity & nutrition recommendations.

Driving the % adherence is your foundation b/c you won't be able or want to follow activity rec. if your structural/functional foundation is flawed

Modern humans have the potential to live longer/better starting with feeding the silent hunger

***Evaluating adherence to recommended diets in adults: the Alternate Healthy Eating Index: 48.2 (110)**

dotFIT GROW STRONG.

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

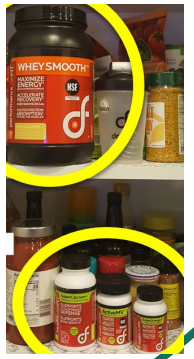
"Health Cabinet"

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

FINAL TAKEAWAY

Feed the silent hunger before you break, and the rest can happen

because the undisputed cornerstones of a long healthy active life are 1) meeting nutrient recommendations, which drives; 2) regular activity, which establishes and maintains; 3) healthy body weight -in that order

Meeting ***essential*** nutrient* **recommendations ASAP with caloric efficiency will drive better eating and movement behaviors, as opposed to Big Pharma allowing bad behaviors. And everyone can do it, and more, through an inexpensive self-care practitioner, so that each person can manage their health and create a Playspan® that has the potential to equal their lifespan.**

***a substance an organism (e.g., human being) cannot live without as it essential for energy, growth & life**

If we deliver these simple actions of self-care, starting with feeding the "silent hunger" of our structure and functional potential, we believe western societies may experience another "Alexander Fleming" moment in time. Meaning, these sequential outcomes (fulfilling nutrient requirements→ activity→ healthy body weight) function as a partial "vaccine" to the disorders of aging or act as a health-span extension yielding a human event of the same "Alexander Fleming magnitude" for future generations.

Neal Spruce

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Neal Spruce

PRESENTING PLAY-SPAN (BASELINE) TO EVERY MEMBER – **THE SIMPLE ECONOMICAL PROGRAM THAT LEAVES NO MEMBER BEHIND – GIVES THE POTENTIAL TO CHANGE A PERSON'S LIFE**

No Results Left in the Gym

Let's take your results well beyond diet (and support a less than perfect diet) & exercise alone! This package will maximize daily recovery and exercise induced results, **so you feel & perform better daily & see significant desired body changes weekly.** We will be feeding your muscles, skin, brain, and other important tissues, while starving bodyfat by incorporating targeted nutrients with little to no calories.

All my programs include the necessary dietary complement to support *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

Performance, Bodyfat Reduction & Maintenance, Wellness, Muscle Gain & Function or any combination

VMs are actuators of all human metabolism

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*

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

All life phases/genders

100s of [healthy recipes – Smoothies & Baking]

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

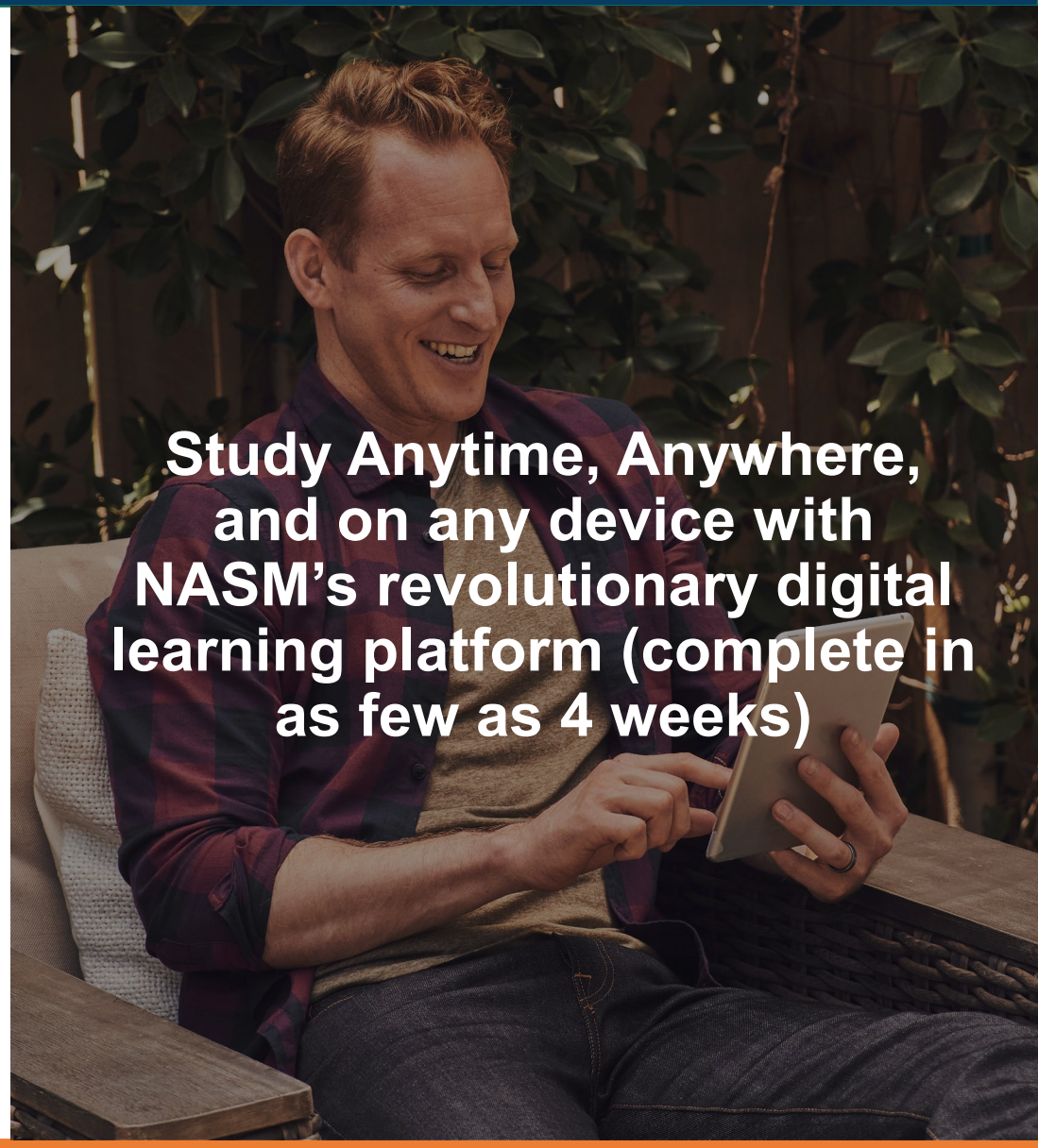
Become a Self-care Playspan® Expert With Unlimited Career Opportunities
Make NASM-CNC your Next Advanced Certification

Your dotFIT Certification + NASM Certified Nutrition Coach Certification =

Your Opportunity to Grow Your Fitness Practice While Changing More Lives.

Now that you have completed your dotFIT Certification, take the next step to level up your career with the NASM-CNC. This self-paced interactive course will help you maximize your professional impact with evidence-based nutrition and behavior coaching strategies.

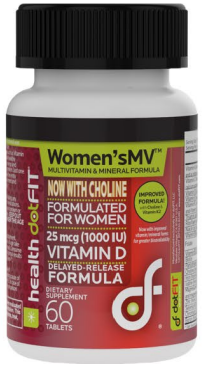
dotFIT Certified Trainers save 45%



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



1 Pagers

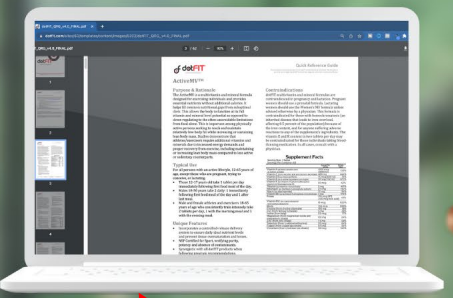
Print and display consumer friendly guide

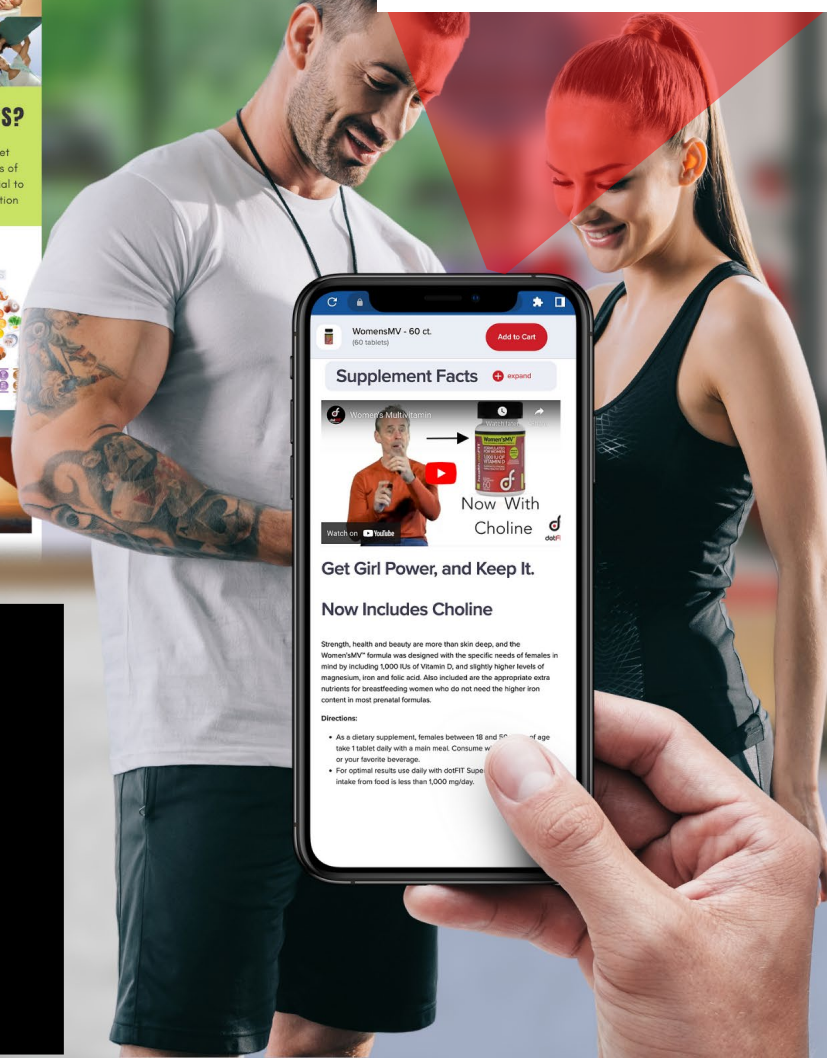
Infographics

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]

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)

Add your logo here

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

All dotFIT MVM – One for all life phases/genders & all goals

Let's take your results beyond diet (and support a less than perfect diet) & exercise alone! VMs are the spark plugs in all your body's cells. If you want them all firing at full capacity, you need to pickup where the diet leaves off, without adding calories, to support desired body composition

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

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One for all life phases/genders

Grow and Stay Strong within your Ideal Body

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

Ingredient	Amount Per Serving
Calories	160
Total Fat	3 g
-Saturated Fat	1 g
-Trans Fat	0 g
Cholesterol	60 mg
Total Carbohydrates	7 g
-Dietary Fiber:1 g	4%
-Total Sugars	2 g
Protein	25 g
Sodium	220 mg
Vitamin D	0 mcg
Calcium	200 mg
Iron	0 mg
Potassium	224 mg

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

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

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!

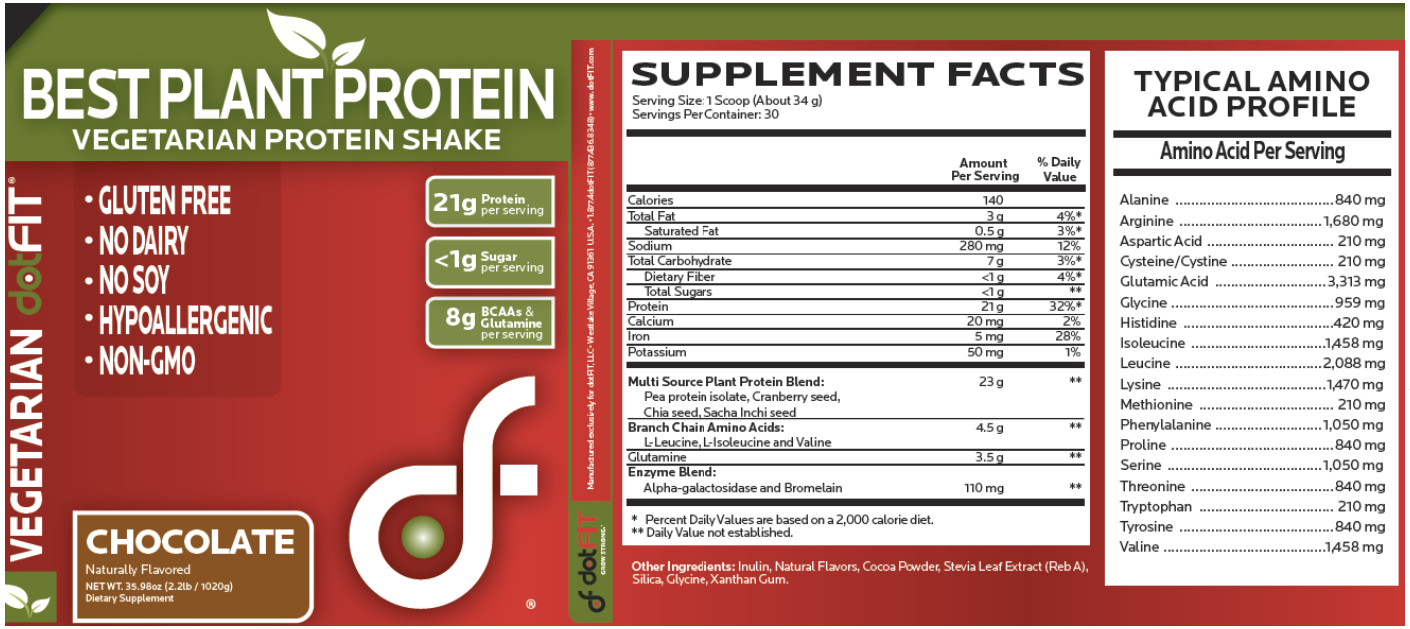
All-Natural Unflavored Version

Many Healthy Delicious Recipes

LACTOSE-FREE & 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

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

Delicious ideal active 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!

High in specialized fiber, incl. 3gms beta-glucan to help stay satisfied to ease the weight/bodyfat loss journey

Many Healthy Recipes

Meal replacements/substitutes are the #1 weight control solution

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

Family Health & Fitness Packs
Achieving and Maintaining a Fit, and Active Lifestyle

Grow and Stay Strong within your Ideal Body

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

KIDS ESSENTIAL PACK

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

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

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

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

WOMEN'S ESSENTIALS PACK

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

18-65y *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 tores

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

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

FEEL BETTER DAILY AND SEE DESIRED CHANGES WEEKLY!

MEN'S ESSENTIALS PACK

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*

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

THE ESSENTIALS TO FEEL AND STAY YOUNGER AND ACTIVE LONGER

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

OVER50 PACK

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

Specific to perosns 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

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*

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

Expert scripts: VeganMV - all goals

Keep all cylinders firing by supplying *ALL* the sparkplugs to your body's cells

Vegan 4in1 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*

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

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*

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

*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.,

Cost savings on essential groceries

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

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