

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

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.

Add your logo here

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

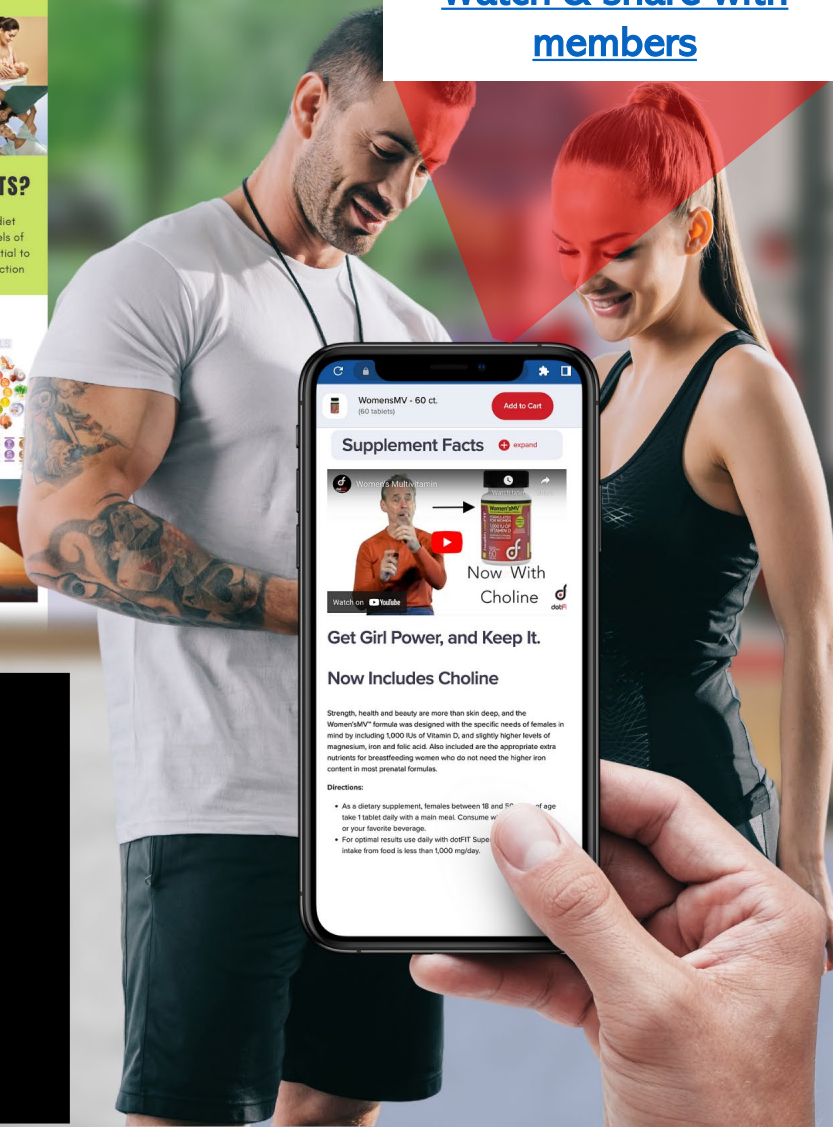
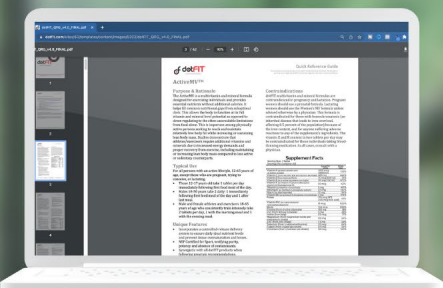
Print and display
consumer friendly
guide

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

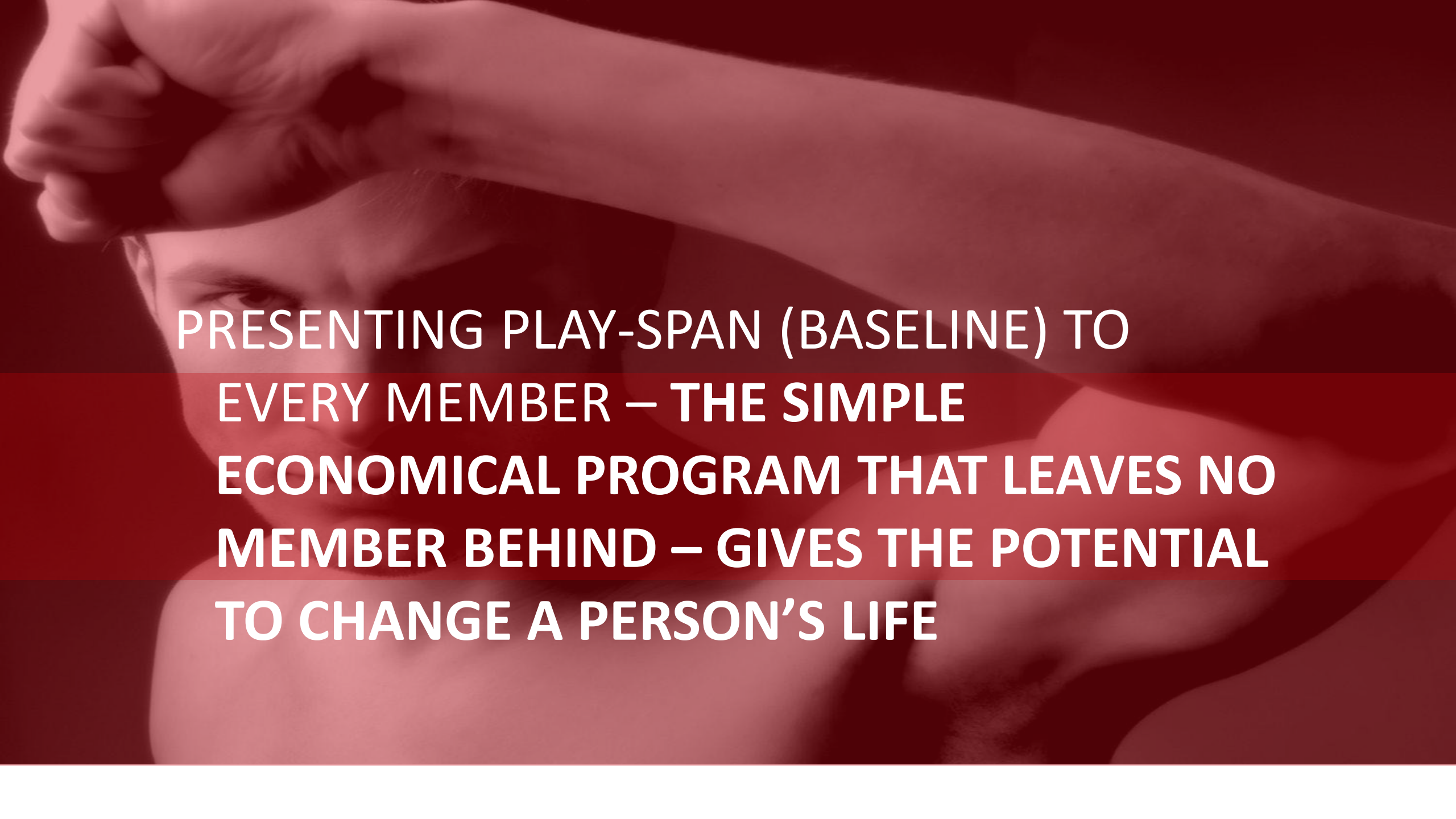
[Download and display on your club TVs](#)

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

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

A close-up, red-tinted photograph of a person's face and arm. The person's arm is raised, with their hand near their forehead, partially obscuring their face. The person has a serious expression. The background is dark and out of focus.

**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

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



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



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

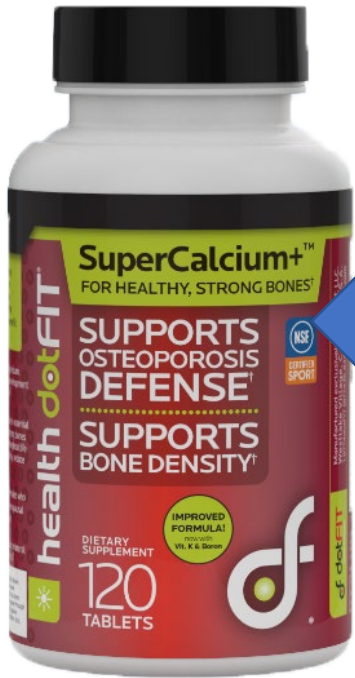
Choices for all ages, lifestyles & diet preferences with Cost savings on essential groceries: 12wks 2 healthy meals/d \$363-SRP (20%=\$288): 180meals



Grow and Stay Strong within your Ideal Body

The Essentials to Make Sure You Leave No Results in the Gym – Cont.....

AS NEEDED BASED ON WHAT YOU CAN SEE



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

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



Grow and Stay Strong within your Ideal Body

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



One for 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 why we use it for our families and clients – not available in stores

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

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

Contains the 20 known potential under-consumed VMs .Not optional because VM in food are invisible in foods and need to work synergistically with your best possible diet to fill unavoidable gaps to maximize VM activities at all stages of life.

Grow and Stay Strong within your Ideal Body

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

AS NEEDED BASED ON WHAT YOU CAN SEE

90% of Americans fall short

Consume fatty fish ≥ 4 Xs/week or add supplement

5-600mgs/day of omega 3 (EPA & DHA 3:2)^{[O-3](#)} minimum health requirement

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

0-4daily to achieve $\geq 8\%$ on O3I for added athletic recovery

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



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

A high-contrast, red-tinted photograph of a person's face and arm. The person's arm is raised, with their hand near their forehead, partially obscuring their face. The image has a strong, monochromatic red color scheme, giving it a dramatic and intense appearance. The text is overlaid on the lower half of the image.

INDIVIDUAL 3RD PARTY TESTED, ALL
LACTOSE FREE PROTEIN DESCRIPTIONS
AND PRESENTATIONS

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

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

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

3-Versions



[Many Healthy Delicious Recipes](#)

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

[Many Delicious Healthy Recipes](#)

SUPPLEMENT FACTS

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

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

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

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

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

TYPICAL AMINO ACID PROFILE

Amino Acid Per Serving

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

VEGETARIAN dotFIT

BEST PLANT PROTEIN

VEGETARIAN PROTEIN SHAKE

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

21g Protein per serving

<1g Sugar per serving

8g BCAAs & Glutamine per serving

CHOCOLATE

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

Manufactured exclusively for dotFIT LLC, World's Village, CA 91791 USA. | 1-800-464-FIT | 877-464-8246 | www.dotFIT.com

SUPPLEMENT FACTS

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

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

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

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

Glutamine 3.5 g **

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

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

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

TYPICAL AMINO ACID PROFILE

Amino Acid Per Serving

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

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

| Nutrition Facts | | |
|-----------------------------|--------|------------|
| 32 servings per container | | |
| Serving size 2 Scoops (77g) | | |
| Amount per serving | | |
| Calories | | 280 |
| % Daily Value* | | |
| Total Fat 3g | | 4% |
| Saturated Fat 1g | | 5% |
| Trans Fat 0g | | * |
| Cholesterol 45mg | | 15% |
| Total Carbohydrate 45g | | 10% |
| Dietary Fiber 0g | | 0% |
| Total Sugars 3g | | |
| Protein 21g | | 42% |
| Sodium 230mg | | 10% |
| | | |
| Vitamin D | 0 mcg | 0% |
| Calcium | 200 mg | 15% |
| Iron | 0 mg | 0% |
| Potassium | 200 mg | 4% |

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



| Nutrition Facts | | |
|-----------------------------|--------|------------|
| 20 servings per container | | |
| Serving size 2 Scoops (66g) | | |
| Amount per serving | | |
| Calories | | 250 |
| % Daily Value* | | |
| Total Fat 3 g | | 5% |
| Saturated Fat 1 g | | 5% |
| Trans Fat 0g | | ** |
| Cholesterol 55 mg | | 18% |
| Total Carbohydrate 34 g | | 11% |
| Dietary Fiber 2 g | | 8% |
| Total Sugars 3 g | | |
| Protein 20 g | | |
| Sodium 150 mg | | 6% |
| | | |
| Vitamin D | 0 mcg | 0% |
| Calcium | 200 mg | 15% |
| Iron | 0 mg | 0% |
| Potassium | 170 mg | 4% |

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



One Serving (2 Scoops):

- 170-180 Calories
- 21g Whey Protein Isolate
- 21-23g Sustained Release Carbs
 - Digestion resistant maltodextrin (Fibersol-2)
- No Sugar
- 7 g Fiber Including Beta-glucan
- 2.5 g Healthy Fats
- 235 mg Calcium
- 271 mg Potassium

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

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

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

Many Healthy [Recipes](#)

Meal replacements/substitutes are the #1 weight control solution

A close-up photograph of a man's face and arm, heavily tinted with a deep red color. The man is looking directly at the camera with a serious expression. His right arm is raised, with his hand near his forehead. The lighting is dramatic, highlighting the contours of his face and arm.

FAMILY ESSENTIAL PACKS

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

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

Kids Pack

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



dotFIT
GROW STRONG.

Women's Pack

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

Protein choices for all ages, lifestyles & diet preferences:



dotFIT
GROW STRONG.

Family Health & Fitness Packs

Achieving and Maintaining a Fit, and Active Lifestyle

Over50 Pack

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

Protein choices for all ages, lifestyles & diet preferences:



dotFIT
GROW STRONG.

Men's Pack

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

Protein choices for all ages, lifestyles & diet preferences:



dotFIT
GROW STRONG.

Vegan Pack

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

Protein choices for all ages, lifestyles & diet preferences:



dotFIT
GROW STRONG.

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**



5-11y, 2tabs



12-17y, 1tab

KIDS ESSENTIAL PACK

VMs are actuators of all human metabolism

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

All ages



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

VMs are actuators of all human metabolism

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



18-65y Very Active, 2tabs Females

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

100s of healthy recipes

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



Choices for all ages, lifestyles & diet preferences

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



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

VMs are actuators of all human metabolism

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

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

100s of healthy recipes

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

Choices for all ages, lifestyles & diet preferences

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



Grow and Stay Strong within your Ideal Body

THE ESSENTIALS TO FEEL AND STAY YOUNGER AND ACTIVE LONGER

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

OVER50 PACK



All Over50y, 2tabs

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

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



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

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

VMs are actuators of all human metabolism

100s of healthy recipes

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

Choices for all ages, lifestyles & diet preferences

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



Grow and Stay Strong within your Ideal Body

VeganMV - all goals

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



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

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

***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

VMs are actuators of all human metabolism

Many healthy recipes

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

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



Cost savings on essential groceries

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



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

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

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

A close-up, artistic photograph of a man's face and arm, heavily tinted with a deep red color. The man is looking directly at the camera with a serious expression. His right arm is raised, with his hand near his forehead. The lighting is soft, highlighting the contours of his face and arm.

MULTIVITAMIN & MINERAL PRESENTATIONS BY GOAL

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

ActiveMV for Bodyfat Reduction/Weight Control

Optimize all VM activities to help maximize energy & all fat loss mechanisms including burn more fat, less cravings, support immunity & reduce stress **without adding calories**



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

Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports – therefore, we use it for our families and clients – **not available in stores**

All life phases/genders



WEIGHT LOSS MVM SCRIPTS



Headline:

We will be feeding muscle while starving fat by incorporating nutrients with little to no calories & protect LBM

- Optimize all VM activities to help maximize all fat loss mechanisms including burn more fat, have less cravings, support immunity & reduce stress; **MVM Users facts vs non-users:**
 - ✓ **Leaner, burn more calories from fat, increased energy levels and total calories burned, reduced diet stress, and improved appetite control**
- Supply the micronutrients from a **complete** MVM to fill unavoidable gaps when losing weight
- Supply the micronutrients from a **complete** MVM to fill unavoidable gaps when losing weight
- Caloric Deficit not Nutrient Deficit –so let's get the nutrients without Calories
- I want you to think about your body like a house. The house wants a makeover. New painting on the walls, furniture, etc. But what's underneath the house? The foundation. I want to help you get your aesthetic results, but I also want to help you strengthen the foundation in order to maximize your recovery from workout to workout. Your next workout is only going to be as good as how well you recovered from the last.

ACTIVE MVM FAT LOSS/PERFORMANCE SCRIPT



MVM Headlines (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)

Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, etc.) including bodyfat loss mechanisms 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*

Active Presentation/script aimed towards fast bodyfat reduction

- *The Active MVM is a 4in1 complete MVM built specifically for athletes and exercisers, which is why it is NSF-CS and 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.*
- *This product is NOT available in normal consumer channels because those MVM are for anyone, meaning they are non-specific and notoriously incomplete as they must compete on price, thus under-formulated for our population*
- **MVM Users facts vs non-users**
 - ✓ **Leaner, burn more calories from fat, increased energy levels and total calories burned, reduced diet stress, and improved appetite control**

EXPERT SCRIPTS: MVM FAT LOSS



- *We will be feeding muscle while starving fat by incorporating nutrients with little to no calories so we can improve performance and not lose LBM*
- Optimize all VM activities to help maximize all fat loss mechanisms including burn more fat, reduce cravings, support immunity & reduce stress
- Supply the micronutrients from a **complete** MVM to fill unavoidable gaps when losing weight
- Caloric Deficit not Nutrient Deficit – so we add nutrients without calories
 - ✓ I want you to think about your body like a house. The house wants a makeover. New painting on the walls, furniture, etc. But what's underneath the house? The foundation. I want to help you get your aesthetic results, but I also want to help you strengthen the foundation in order to maximize your recovery from workout to workout. Your next workout is only going to be as good as how well you recovered from the last.
- Controlled Released Example: If you pour a bucket of water on a sponge, the sponge will only absorb a little bit of the water. If you have a small hole in the bucket and let the water drip onto the sponge over a 24 hour period, the sponge will absorb much more water.

Optimize all VM activities to help maximize all muscle building mechanisms, energy, burn more fat, support immunity, reduce stress and speed recovery. ***We need to make sure these systems are operating at 100% compared to 60-85% from diet alone***

ActiveMV for Muscle Building

Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports – this is why we use it for our families and clients –Not found in stores!



VMs are actuators of all human metabolism

Optimize all VM activities to help maximize energy & all muscle building mechanisms to maximize muscular development & performance

MVM MUSCLE GAIN PRESENTATION



Headline:

Exercise only breaks down muscle – nutrition repairs and builds it – so we will accelerate building muscle while starving body fat by incorporating extra muscle building nutrients with little to no calories

- Optimize all VM activities to help maximize all muscle building mechanisms, energy, burn more fat, support immunity, reduce stress and speed recovery
- Feed the Muscle Starve the Fat
- Ensure micronutrients are where they need to be, when they need to be, for maximum absorption to **accurately feed muscle**
- Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, etc.) **including muscle gain mechanisms 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**

MVM WELLNESS SCRIPT



Headlines:

- 1) *Micronutrient insufficiencies exist in virtually all diets and are exacerbated by the environment, lack of fruits and vegetables, and current diet plans (human choices are widening).*
- 2) *Fill nutrition gaps to support your ability to continue do the things you love - **getting your Play-span to equal your lifespan within calories that promote leanness.***

- Optimize all VM activities so that every body system operates at full capacity to support all aspects of human health including immunity, enhancing daily recovery, reducing stress, controlling appetite
- Taking your MVM is like getting 5G on your cell phone. Have you ever gone to a neighborhood with no service? I want you to have 5G so your apps are working effectively, quickly and efficiently just like what is happening internally in your body when you take your multivitamin and mineral
- Well rounded optimal supply of micronutrients to support all systems including a healthy immune system
- Get optimal amounts of the nutrients your body needs to support stress reduction and daily recovery, including maintaining a strong immune system
 - ✓ A daily multivitamin and mineral is nutritional insurance to fill the gaps in your diet

ActiveMV 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 why we use it for our families and clients – not available in stores

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

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

Contains the 20 known potential under-consumed VMs .Not optional because VM in food are invisible in foods and need to work synergistically with your best possible diet to fill unavoidable gaps to maximize VM activities at all stages of life. VM are the actuators of all human metabolism

Grow and Stay Strong within your Ideal Body



ALL THE ESSENTIAL
PRESENTATIONS/DESCRIPTIONS ON 1-PAGE

The Essentials to Make Sure You Leave No Results in the Gym

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



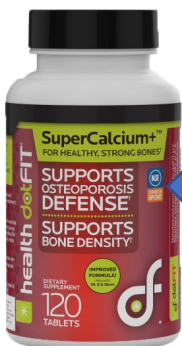
VMs are actuators of all human metabolism

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

Everyone during high health risk periods (e.g., flu/viral season/exposure, intense prolonged training, etc.) add 1-2 capsules to your daily MVM supplement intake. Athletes add 1-2 year-round. **Achieve 30-60ng/ml: (25(OH)D) test**



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



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



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

The background of the image is a semi-transparent red overlay on a photograph of a person. The person's face is visible in the center, looking slightly down and to the left. Their arms are raised, with hands clasped together above their head. The text is centered over the face and upper chest area.

WEIGHT/BODYFAT LOSS BUNDLES -BY EXPERTS

WEIGHT LOSS MVM SCRIPTS



Headlines:

- 1) *We will be feeding muscle while starving fat by incorporating nutrients with little to no calories to NOT lose LBM*
 - 2) Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, etc.) **including bodyfat loss mechanisms 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**
- Optimize all VM activities to help maximize all fat loss mechanisms including burn more fat, have less cravings, support immunity & reduce stress; **MVM Users facts vs non-users:**
 - ✓ **Leaner, burn more calories from fat, increased energy levels and total calories burned, reduced diet stress, and improved appetite control**
 - Supply the micronutrients from a **complete** MVM to fill unavoidable gaps when losing weight
 - Supply the micronutrients from a **complete** MVM to fill unavoidable gaps when losing weight
 - Caloric Deficit not Nutrient Deficit –so let's get the nutrients without Calories
 - I want you to think about your body like a house. The house wants a makeover. New painting on the walls, furniture, etc. But what's underneath the house? The foundation. I want to help you get your aesthetic results, but I also want to help you strengthen the foundation in order to maximize your recovery from workout to workout. Your next workout is only going to be as good as how well you recovered from the last.

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

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

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!

YOUR BODYFAT LOSS SUCCESS BUNDLE

Meal Replacement diet integration is the #1 weight control solution, and we have the best with many delicious recipes - **and** you will save on groceries!



Best tasting, high whey protein/fiber mix available to curb hunger, control calories, feed muscles & starve bodyfat. My clients go-to for achieving & maintaining their desired body composition

VMs are actuators of all human metabolism

Optimize all VM activities to help maximize energy & all fat loss mechanisms including burn more fat, less cravings, support immunity & reduce stress **without adding calories**



No Plateaus! Natural ingredients in this 4in1 product keeps your metabolism fired up, appetite under control to burn more bodyfat, not LBM, thru multiple actions to avoid plateaus

Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports – this is why we use it for our families and clients

WEIGHT LOSS SCRIPT



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

- 1) *We will be feeding muscle while starving fat by incorporating nutrients with little to no calories*
- 2) *A complete multi-pronged approach to help turn 12weeks of work into 6 and NOT lose LBM!*

- **MVM:** optimize all VM activities to help maximize all fat loss mechanisms including burn more fat, have less cravings, support immunity & reduce stress; **MVM Users facts vs non-users:**
 - ✓ **Leaner, burn more calories from fat, increased energy levels and total calories burned, reduced diet stress, and improved appetite control**
- **ThermAccel:** This *is* your plateau buster! Keep your metabolism fired to burn more bodyfat (not LBM) to avoid weight/fat loss plateaus and manage appetite to ease and speed the journey to make it pleasant!
- **LeanMR:** delicious whey/high protein and fiber to feed your muscles and control appetite
 - ✓ My clients go-to for achieving and maintaining their desired body composition
 - ✓ Meal Replacement diet integration is the #1 weight control solution, and we have the best [meal replacement/substitute program available](#) with many delicious recipes - **and** you will save on groceries!

WEIGHT LOSS BUNDLE– BRIAN



MVM:

- Supply the micronutrients from a **complete** MVM to fill unavoidable gaps when losing weight

LeanMR:

- Ground up food in a bottle. Quick easy great tasting meal for a time constricted schedule
- 1:1 ratio of carbs/proteins plus additional fiber to curb hunger and give you the essentials needed to keep the motor going

ThermAccel:

- Stimulated fat burner to also curb hunger cravings and binging
- Increase core temperature and make the fire burn hotter
- It's like pouring gasoline on a flame, when things get hot, they burn quicker

WEIGHT LOSS – EVE



MVM:

- Caloric Deficit not Nutrient Deficit –so let's get the nutrients without Calories
- I want you to think about your body like a house. The house wants a makeover. New painting on the walls, furniture, etc. But what's underneath the house? The foundation. I want to help you get your aesthetic results, but I also want to help you strengthen the foundation in order to maximize your recovery from workout to workout. Your next workout is only going to be as good as how well you recovered from the last.
- Controlled Released Example: If you pour a bucket of water on a sponge, the sponge will only absorb a little bit of the water. If you have a small hole in the bucket and let the water drip onto the sponge over a 24 hour period, the sponge will absorb much more water.

LeanMR:

- Food in a Canister
- There is 6-7g of fiber/serving so it's meant to hold you over meal to meal.
- It's great for that mid-afternoon snack or for the client who is on the go and doesn't have time to eat breakfast in the morning.

ThermAccel:

- Burn more calories than what you would on your own while suppressing your hunger.

WEIGHT LOSS - KAT



MVM:

- Supply the micronutrients from a **complete** MVM to fill unavoidable gaps when losing weight

LeanMR:

- Ideal formula to support weight loss
- Convenient way to increase protein and fiber to support muscle and manage hunger
- Research has shown that consuming 1-2 high protein meal replacements in place of normal meals can double weight loss and help maintain the weight off

ThermAccel

- The ultimate thermogenic to speed up metabolism, raise energy levels and manage hunger
- For those who can tolerate stimulants but don't want the "crash" feeling
- Can help overcome a plateau

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

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

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!

LEVEL-1 BODYFAT REDUCTION SUCCESS PACKAGE (NON- STIMULANT)

VMs are actuators of all human metabolism

Optimize all VM activities to help maximize energy & all fat loss mechanisms including burn more fat, less cravings, support immunity & reduce stress **without adding calories**

Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports – this is why we use it for our families and clients



Meal Replacement diet integration is the #1 weight control solution, and we have the best with many delicious recipes - **and** you will save on groceries!

Best high whey protein/fiber mix available to curb hunger, control calories, feed muscles & starve bodyfat
My clients go-to for achieving & maintaining their desired body composition

Natural ingredients (such as green tea) to target mobilizing liver (belly) fat to improve sugar & overall fat metabolism/burning. African Mango to curb hunger to make this fitness journey pleasant

Go fast – Results Paid in Full
We leave so much on the table
if we don't pickup where diet leaves off

Level-1 for Fast Results & Daily Recovery with Meal Replacement/Substitute Integration Program

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

Daily:

- [dotFIT Multivitamin & Mineral Active MVM](#)
 - Take as directed with meals
- [Weight Loss & Liver Support](#)
 - Take 3 daily as directed. 1- before each of 3 meals or evenly split throughout the day
- [LeanMR \(protein and fiber rich meal replacement formula\)](#)
 - Use as directed within daily meal planning (see below) and to **make sure you get ~1 gram of protein per pound of lean body mass** (or weight if not overweight) daily from all sources divided 4-5 times daily depending on preference
 - Can also be used as a supplement to a meal or by itself (or mixed with desired ingredients) to shore up total daily protein needs

Meal Replacement/Substitute Integration

You may also click [here](#) for a simple ready to go solution including sample menus with proper calories, foods and LeanMR meal replacement diet integration

Weight Loss Phase:

Meal Replacements (MRs) generally supply two small meals a day and allow freedom of choice from traditional foods for the remaining allotted foods/calories. Therefore, use as two small meals within any calorie restricted meal plan of 4-5 meals since frequent meals are often better for bodyfat/weight reduction than fewer larger ones especially as it relates to satiety, preservation of lean body mass (LBM) and energy levels. **LeanMR recipes are available** [here](#)

Maintenance Phase

Continue to consume 4-5 small meals daily within caloric allotment that includes 2 MRs for convenience and to help ensure overall diet quality while reducing food costs. **A wide variety of healthy recipes including meal replacement recipes are available** [here](#)



MUSCLE GAIN PRODUCTS, PACKAGES & PRESENTATIONS

LET'S TAKE YOUR RESULTS WELL BEYOND DIET & EXERCISE ALONE! WE WILL DIRECTLY FEED YOUR MUSCLES THEIR BUILDING BLOCKS, SO THEY GROW BIGGER FASTER WITHOUT ADDING BODYFAT AND OPTIMIZE DAILY ENERGY LEVELS AND WORKOUT INTENSITY – GET BIGGER, STRONGER & FASTER - AND KEEP GOING



***Level 1- Build Fast
Results Paid in Full***



***Level-2 Build Faster
Results Paid Overtime***



***Competitor Level - Build Fastest
Results Paid Double Time***

Results Paid in Full – **Level-1**

Let's take your results well beyond diet & exercise alone! We will directly feed your muscles their building blocks, so they grow bigger faster without adding bodyfat and optimize daily energy levels and workout intensity – get bigger, stronger & faster - and keep going

YOUR ESSENTIAL MUSCLE & PERFORMANCE BUILDING SUCCESS BUNDLE

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 & NSF-CS – **not available in stores**



Optimize all VM activities to help **maximize energy & all muscle building mechanisms to optimize muscular development & performance- make sure these actions are operating at 100% compared to 60-85% from diet alone**

VMs are actuators of all human metabolism



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

~60% carbs, 30% protein, 10% fat= current science recommendation that supports maximizing muscle building, energy & performance for athletes of all ages. Especially for increasing size, strength & speed

Get big and strong fast

Optimize all VM activities to help maximize all muscle building mechanisms, energy, burn more fat, support immunity, reduce stress and speed recovery. ***We need to make sure these systems are operating at 100% compared to 60-85% from diet alone***

ActiveMV for Muscle Building

Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports – this is why we use it for our families and clients –Not found in stores!



VMs are actuators of all human metabolism

Optimize all VM activities to help maximize energy & all muscle building mechanisms to maximize muscular development & performance

ALL MVM MUSCLE GAIN PRESENTATION



Headline:

Exercise only breaks down muscle – nutrition repairs and builds it – so we will accelerate building muscle while starving body fat by incorporating extra muscle building nutrients with little to no calories

- Optimize all VM activities to help maximize all muscle building mechanisms, energy, burn more fat, support immunity, reduce stress and speed recovery
- Feed the Muscle Starve the Fat
- Ensure micronutrients are where they need to be, when they need to be, for maximum absorption to accurately feed muscle
- Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, etc.) including muscle gain mechanisms 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

ESSENTIAL MUSCLE GAIN PRESENTATION



Headlines:

1) Exercise only breaks down muscle – nutrition repairs and builds it – so we will accelerate building muscle while starving body fat by incorporating extra muscle building nutrients with little to no calories

2) Let's double your strength and muscle size gains through a complete multi-pronged approach

- **MVM:** optimize all VM activities to help maximize all muscle building mechanisms, energy, burn more fat, support immunity, reduce stress and speed recovery
- **FirstString:** delicious whey/high protein shake with proper carbs to support hormone levels needed to build more muscle faster
 - ✓ Ideal food formula to maximize your child's growth & development and sports performance including calcium and potassium fortification – my kids grew up on it and still love it!

ESSENTIAL MUSCLE GAIN PRESENTATION



Eve:

Multivitamin & Mineral

- Feed the Muscle Starve the Fat

First String

- Take what the Athletes take...the fuel for your Muscle Growth
- This will maximize Muscle Protein Synthesis, Glycogen, and Performance to help increase Size, Strength, and Speed

Brian

Multivitamin & Mineral

- Ensure micronutrients are where they need to be, when they need to be, for maximum absorption to accurately feed muscle

First String

- Dense in carbohydrate to help feed mass
- Feed and refuel the muscle to maximize growth potential
- Great for athletes or high-level exercisers looking to build muscle and/or performance faster!



ESSENTIAL MUSCLE GAIN PRESENTATION



Kat

MVM (NSF-CS):

- Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, etc.) including muscle gain mechanisms 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

First String

- Ideal formula for muscle gain, athletic performance and youth athletes
- Higher calories and carb to protein ratio fuel muscle and help replenish and repair after exercise
- NSF Certified for Sport – third party tested for purity (no banned substances) and potency

Sport, Health, Activity Recovery, Muscle Gain & Performance Baseline (Level1) Program

Links will take you to a brief product description including video

Daily:

- [ActiveMV](#)
 - Take 2 daily, one with AM meal and one with PM meal (**12-17yr take 1 daily with a meal; age 5-11yr take Kid's MV as directed**)

Daily as needed:

- [FirstString*](#)
 - 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

Workout days

- [FirstString- 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**

Meal Timings

- As possible eat every 4-hours
- Large pre-training/event meal 2-3Hr before training
- Large post meal ~30-60min after last post workout supplement

Early morning training

- Eat a large pre-training type meal the night before
- Consume only the pre-workout snack/shake before & follow workout day supplement schedule above

Tournament play (multiple games)

- <1.5Hr break: bars and hydration/electrolyte recovery drink
- 1.5-2.5Hr: small pre-training-type meal
- >2.5Hr: normal pre-training meal

Fluid Recommendations*

- 16 oz 2Hr before activity (extra 8-16 oz 1hr before on hot days)
 - 4-8 oz every 20 minutes during activity
 - 20 oz for every pound of weight loss post-activity
- *Use electrolyte formula (e.g., Gatorade) and water as directed

Results Paid Overtime – **Level 2**

Let's take your results well beyond diet & exercise alone! We will directly feed your muscles their building blocks, so they grow bigger faster without adding bodyfat and optimize daily energy levels and workout intensity – get bigger, stronger & faster - and keep going



YOUR NEXT LEVEL MUSCLE & PERFORMANCE BUILDING SUCCESS BUNDLE ADD CREATINE MONOHYDRATE

Directly feeds your explosive energy system to improve/prolong strength & power movements and training intensity so you can make every workout & game day a PR!

Cr leads to stronger workouts and faster recovery generating rapid increases in muscle size and/or performance so you avoid plateaus and can't wait to train



Get bigger & stronger faster

CREATINE PRESENTATIONS



Headlines:

- 1) Take your workout and game day to the next level*
- 2) Be bigger, stronger, faster and more focused longer – make every day a PR!*

- Cr provides an immediate and prolonged energy source (PCr) for brain and muscles and therefore, by supplementing you will improve motivation, strength & performance each workout so they build on each other to grow muscle much faster and avoid plateaus.
- Cr is the most safe and effective muscle building supplement available and ours is NSF-CS - and a pure creatine source from Germany –so you get more for less – and it's not available in stores
- Cr supplementation is especially helpful for older athletes trying to maintain or build muscle

Improve size & performance to maximize every training session and results and transfer to your field of play (activities that include weightlifting, sprinting, jumping, etc.) - be better than the best you can be

CREATINE PRESENTATIONS



Eve

Creatine (PC) is an energy system in our body. The creatine phosphate is your body's simplest, most immediate energy source. However, your body only uses this system for a short period of time (usually 10 seconds or less depending on our fitness). Using creatine allows us to open that window for an extended time frame, thus allowing us to stay under load for an extended period which in turn stimulates a greater response from your muscles and promotes growth. BASICALLY, it's like adding a fuel booster to your car to get the most out of it.

Brian

- Creatine recycles your immediate energy system (your ATP system) which is great for athletes with more explosive movements and weight training.
- Mr/Mrs/Miss Jones, creatine will...
 - Enhance your anaerobic system. It will let you go LONGER and STRONGER in your first immediate energy system.
 - Creatine volumizes the cells by driving more water and nutrients into the muscle cells

Kat

- The most effective supplement to help build muscle, strength, and power
- Raises your body's natural level of creatine so you have more fuel for high-intensity activities
- Vegan friendly and safe and effective for women

General Sport Health, Activity Recovery, Performance & Muscle Gain/Maintenance Program - CM In Baseline/AF (no protein stacking)

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

Daily:

- [dotFIT Multivitamin & Mineral](#) for your age and gender. If 50yrs or older use [Over50](#) unless noted below; if female under 50 use [Women's](#); Males and very active females (competitive training protocols) under 50 use 2-[Active](#), with both genders continuing use till 65yrs if still training competitively at which time every person will use Over50; children under 12yr use [Kids](#); children 12-17yr use 1-Active).
 - Take as directed with meals
- [Creatine Monohydrate](#) **Loading & Maintenance Strategy (if you are under 175LBS you can cut the daily maintenance dose in half* - i.e., after loading period, take a total of 5gms daily and split as described below)**
 - Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
 - Training days: take 1-dose before workout & 1 after with meals/drinks. May mix with your pre & post training formula
 - Non-training days* take 1-dose with AM meal and 1-dose with PM meal

**Programs total daily creatine first 5 days: 20gms/d. Maintenance phase: all days 5-10gms. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day with some protein and/or carb containing meals or shakes.*

Daily as needed:

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

Workout days

- [AminoFormula](#)
 - Take 1-scoop ~5-10min before and may continue to drink during workout
 - Take 1 scoop immediately following workout
- [Creatine Monohydrate](#)
 - On training days, use one dose before workout and one after with meals/drinks. May mix with your pre & post training formula

Results Paid Double Time – **Level 3**

Let's take your results well beyond diet & exercise alone! We will directly feed your muscles their building blocks, so they grow bigger faster without adding bodyfat and optimize daily energy levels and workout intensity – get bigger, stronger & faster - and keep going



YOUR COMPETITOR LEVEL MUSCLE & PERFORMANCE BUILDING SUCCESS BUNDLE ADD AMINO FORMULA

Build muscle better & longer – beyond protein. Amino acid blend that takes muscle building & performance, energy levels, and daily recovery to the next level, giving you the ability to control body composition while enhancing recovery, muscle, and performance gains – premier plateau buster! Maximum anabolic effect with lowest calories.

Get to your biggest & strongest – and keep going

Expert Presentations: AminoFormula – for Muscle Gain

Build and/or maintain muscle better & longer – beyond protein. Amino acid blend that takes muscle building & performance, energy levels, and daily recovery to the next level, giving you the ability to control body composition while enhancing recovery, muscle, and performance gains – premier plateau buster! Maximum anabolic effect with lowest calories.



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

Results Keep Coming!

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

Flavors (in order of sales)

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

EXPERT PRESENTATIONS: AMINO FORMULA-MUSCLE GAIN



- It's like a "Gatorade" for muscles without the junk in it. These specialized aminos are going to come in and get the muscle party moving faster by stimulating protein synthesis and telling the body, "Hey, lets start making muscle." This in turn will speed up the process and allow the muscle making factory to produce beyond protein.
- Added recovery support from EAAs to decrease muscle soreness and ensure you can maintain high quality workouts as long as you desire!
- Ultimate blend of EAAs to decrease muscle soreness and speed up muscle repair
- I can't imagine working out without using AX, and I know that you will agree once you start drinking this as well! It is your ultimate recovery drink. And making sure you properly recover, means it's easier to stay consistent with killer workouts and that means...faster Results!

Level 3 Sport, Health, Activity Recovery, Performance & Muscle Gain Program

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

Daily:

ActiveMV

- Take 2 daily, one with AM meal and one with PM meal

CreatineMonohydrate Loading & Maintenance* Strategy

- Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
- Training days: 1 dose before workout & 1 after with meals/drinks. May mix with your pre & post training formula
- Non-training days take 1-scoop with AM meal and 1-scoop with PM meal

Daily as needed:

FirstString

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

Workout days

- AminoFormula
 - Take 1-scoop ~5-10min before and may continue to drink during workout
 - Take 1-scoop immediately following workout
- **FirstString**
 - **Take as directed (25-35gm protein) 30-40min before workout & repeat same dose 30 minutes following post exercise AminoFormula dose**
- **Creatine Monohydrate**
 - On training days, use one dose before workout and one after with meals/drinks. May mix with your pre & post training formula

*** If you are under 175LBS you can cut the daily maintenance dose in half - i.e., after loading period, take a total of 5gms daily and split as described**

LET'S TAKE YOUR RESULTS WELL BEYOND DIET & EXERCISE ALONE! WE WILL DIRECTLY FEED YOUR MUSCLES THEIR BUILDING BLOCKS, SO THEY GROW BIGGER FASTER WITHOUT ADDING BODYFAT AND OPTIMIZE DAILY ENERGY LEVELS AND WORKOUT INTENSITY – GET BIGGER, STRONGER & FASTER - AND KEEP GOING

SUMMARY PAGE

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

~60% carbs, 30% protein, 10% fat= current science recommendation that supports maximizing muscle building, energy & performance for athletes of all ages. *Especially for increasing size, strength & speed*

VMs are actuators of all human metabolism

Optimize all VM activities to help **maximize energy & all muscle building mechanisms to optimize muscular development & performance-NSF-CS**

Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports

Directly feeds your explosive energy system to improve/prolong strength & power movements and training intensity so you can make every workout & game day PR!

Build muscle better & longer – beyond protein. Amino acid blend that takes muscle building & performance, energy levels, and daily recovery to the next level, giving you the ability to control body composition while enhancing recovery, muscle, and performance gains – premier plateau buster! Maximum anabolic effect with lowest calories.

Cr leads to stronger workouts and faster recovery generating rapid increases in muscle size and/or performance so you avoid plateaus you can't wait to train



No Results Left in the Gym

A close-up photograph of a man's face and arm, heavily tinted with a deep red color. The man is looking directly at the camera with a serious expression. His right arm is raised, with his hand near his forehead. The lighting is dramatic, highlighting the contours of his face and arm.

EXTRAS – TOP SELLERS

LIVE, LOOK & MOVE BETTER LONGER

Keep new skin and joint building blocks flowing daily



A must for anyone trying to maintain or help restore their youthful skin appearance including reducing lines, wrinkles and improving skin hydration and circulation (**beauty from within**)

Perfect collagen, hyaluronic acid & chondroitin supplement to complement your MVM to help restore and protect your skin and joints. Helps with minor joint discomfort and supports improved mobility.

Supports active athletes' joint recovery to help protect against common injuries

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