



dotFIT Dietary Supplements

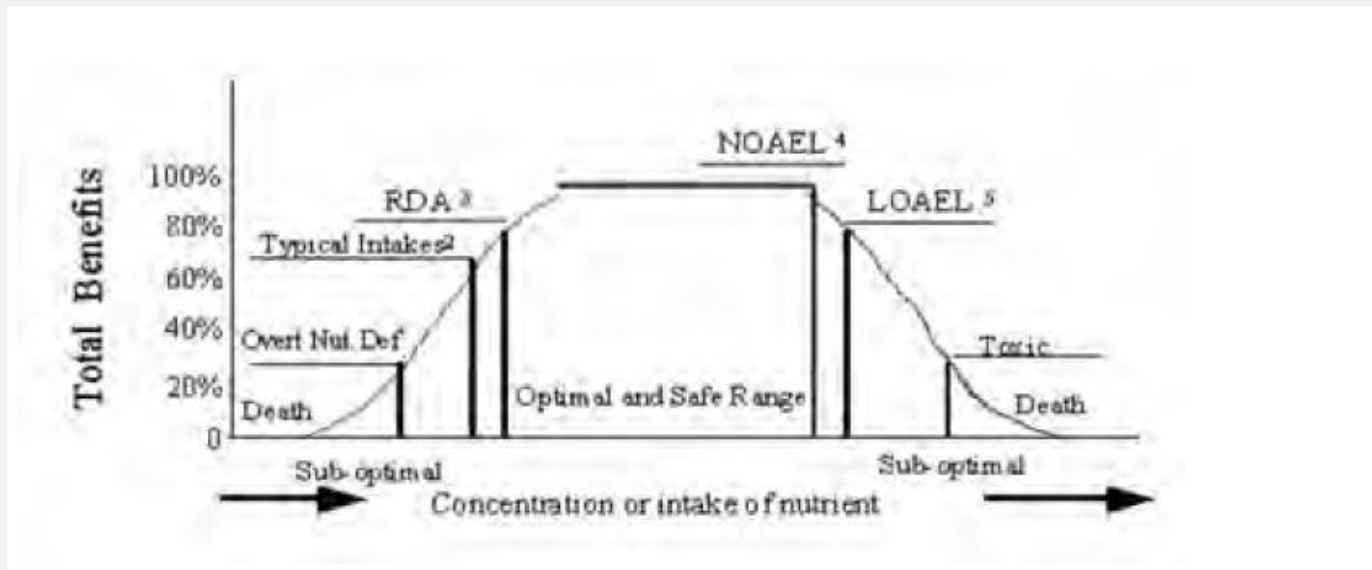
dotFIT products are for athletes, exercisers and their families, which is why we offer them in our professional facilities.



1. Scientifically-proven Formulas
2. Ingredient Safety & Screening
3. Tested for Purity & Potency
4. Nutrient Delivery Systems
5. Truth in labeling

All dotFIT Products work together

- Never too much, never too little. Always “safe and optimal”
- All dotFIT products are formulated to work together synergistically, which means that as long as pre-screening and product use directions are followed, you will always be within the **Safe and Optimal Nutrient Range**





Multivitamin & Mineral

- There are 4 unique formulas to meet the needs of everyone in your family throughout all stages of their lifetime
 - **ActiveMV** – 1-2/day
 - *Most of our members use this formula, as it meets the nutrient needs of exercisers and athletes*
 - **Women'sMV** – 1/day
 - **Over50MV** – 1/day
 - **KidsMV** – 1-2/day; *In proven chewable tablet form. Gummies and liquids are not stable environments to deliver vitamins and minerals*

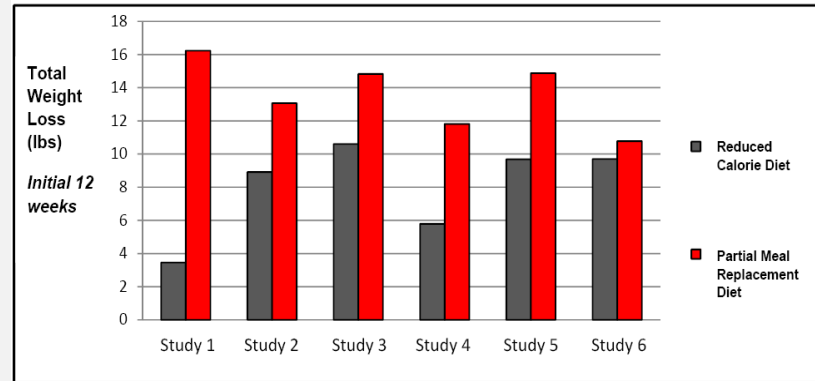


*Take as directed on the label

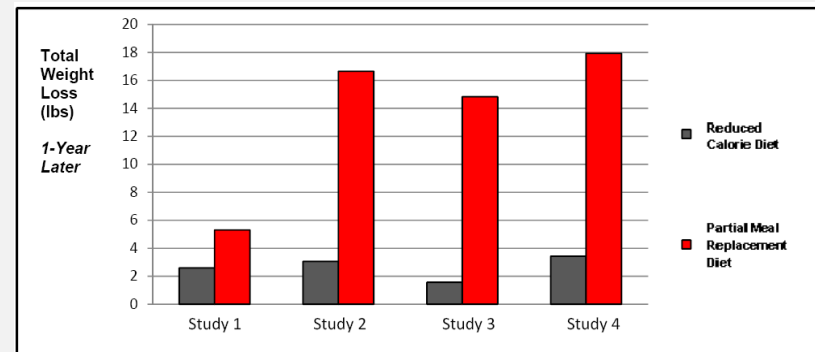
Meal Replacements

Why should I use them?

- Those that use 2 meal replacements per day in place of regular meals **lose 169% more weight in 12 weeks and are 2-9x more successful at keeping it off**
- Why? MRs are convenient, portion-controlled and cost-effective ways to achieve your daily calorie balance and maximize your energy levels
- MRs are not an extra expense because they replace part of a monthly food bill (50% of meals are eaten “out”)

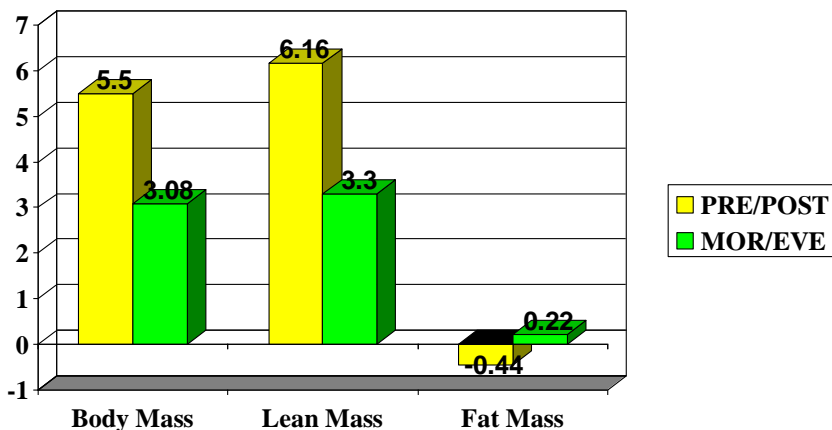


12-weeks: 169% more weight lost

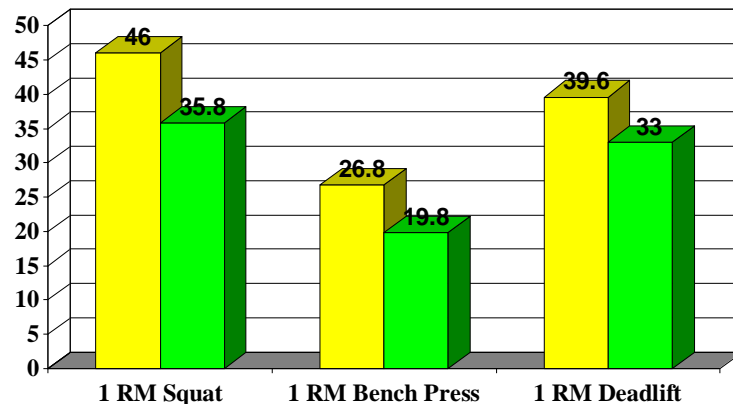


1-year later: 2-9X more weight kept off

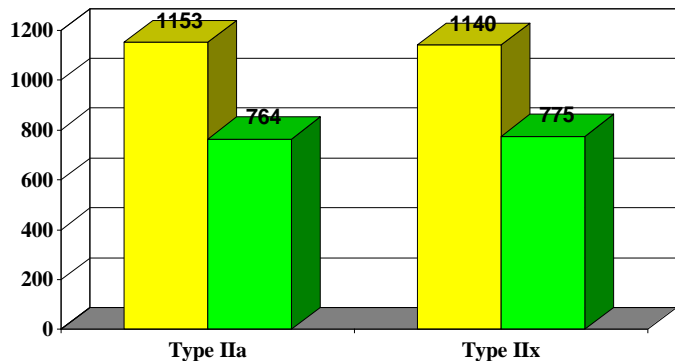
Double Your Gains with Pre- and Post-Workout Nutrition



Pre/Post Group Gained More Total Mass



Pre/Post Group Gained More Total Strength



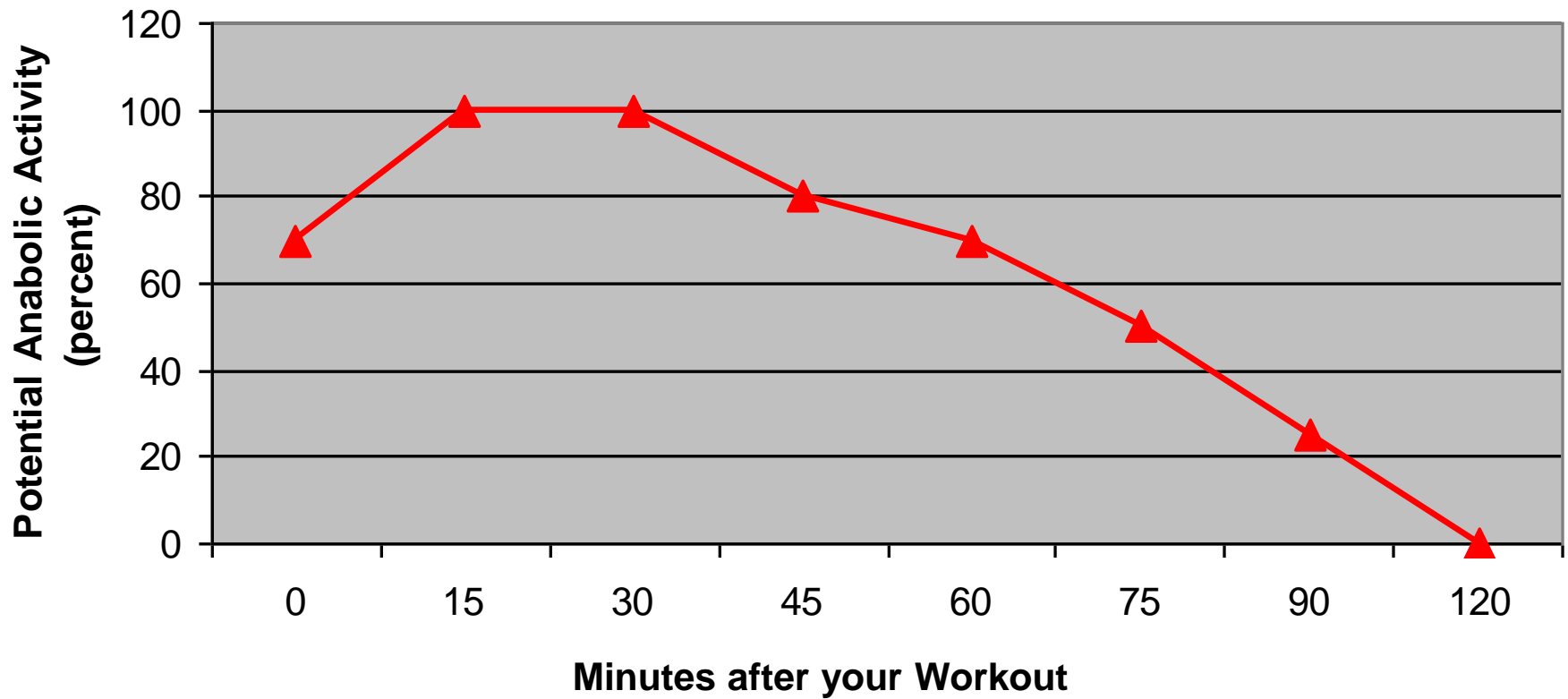
Pre/Post Group experienced larger gains in Muscle Fiber Size (Cross-Sectional Area, micrometers²)

Study Details

23 experienced recreational bodybuilders resistance training for 10 weeks . **All things in study equal except timing of nutrition.** The PRE/POST Group consumed their shakes before and after workouts, the MOR/EVE Group consumed their shakes far away from their workouts. Each shake contained ~5/5g creatine monohydrate
 PRE/POST Group experienced greater gains in all areas (fiber size, LBM, body mass, strength, reduction in fat mass)
 Cribb et al Nov 2006



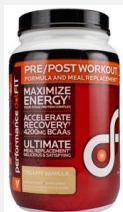
Closing of Metabolic Window



Source: *Nutrient Timing* (2004)

Meal Timing for Great Workouts

Approx 1 hour
Hours Before



Pre-Workout Snack

- dotFIT Shake or bar
- CHO higher than P (2:1 – 4:1)
- Low fat and fiber

10-15 Min
Before



Workout!

Immediately
After



20-40 Min
After



Post-Workout Snack

- dotFIT Shake or bar
- CHO higher than P (2:1 – 4:1)
- Low fat and fiber

Approx 2
Hours After



Consume
Balanced
Whole Food
Meal

*Keep ratios and timelines as listed, but adjust calorie content based on individual caloric needs



dotFIT Powders



WheySmooth

- **0.3:1 ratio of CHO:Pro**
- Premier High-Protein Blend
- 40 grams of protein from five high quality sources
- Fast and slow release rates deliver steady supply of amino acids
- NSF Certified



LeanMR

- **1:1 ratio of CHO:Pro**
- Ideal for weight loss
- 190 Calories
- 20g of high quality protein
- Sustained-release carbohydrates for long-lasting energy and appetite control
- Fiber
- No sugar



Pre/Post Workout

- **1.5:1 ratio of CHO:Pro**
- Ideal ratio of carbs and protein for most gym-goers
- 20 grams of protein from four high quality sources
- Low sugar content



FirstString

- **2:1 ratio of CHO:Pro**
- Ideal ratio of carbs and protein for athletes
- Compliant with NCAA guidelines
- NSF Certified
- 42 grams of protein from four high quality sources
- Contains Aminogen® for optimal absorption
- Low sugar content





dotFIT Bars

Why should I take it?

- The bars are quick, convenient, portion-controlled meals specially formulated to deliver ideal ratios of carbohydrates, protein and fat for long-lasting energy. Keeping the bars handy will help you stay on track in today's fast-paced world
- Use as a pre- and post-workout snack to maximize your energy and recovery
- Unlike mass market bars, dotFIT bars are not spiked with nutrients, but are designed to work synergistically with all other dotFIT products no matter how many you eat per day
- Choose the right bar for you based on your calorie needs and flavor preferences. Calories range from 160 to 190 calories per bar, and contain multiple high quality protein sources





Supplement Reference Guide

A Professional's Guide

- Get a complete breakdown of every product formulation and the exact research that support it. Including:
 - Goal
 - Rationale
 - Typical Use
 - Dosage and Definitions
 - Precautions and Contraindications
 - Adverse Reactions, Upper Limits and Toxicity
 - Over 1,360 References



www.dotFIT.com/SRG

