



## ActiveMV

- Full Spectrum Vitamin & Mineral
- For the active male and female exercisers
- Antioxidant for Exerciser
- Vitamin D Supplement
- Controlled Release
- 1 tablet w/ food 1-2 times daily



## Women'sMV

- Full Spectrum Vitamin & Mineral
- For women with low to moderate activity levels
- Higher amounts of Boron, Iron, Folic Acid, Vitamins K1 & K2, Vitamin D and Magnesium
- 1 tablet w/ food 1 time daily



## Over50MV

- Full Spectrum Vitamin & Mineral
- For individuals over 50 years of age with low to moderate activity levels
- Higher amounts of Folate, Vitamins B6 and B12, Vitamin D, Beta Carotene and Magnesium
- 2 tablets with main meal



## VeganMV

- Vitamin & Mineral built to support the vegan diet
- Higher amounts of Iron, Vitamin B12, Vitamin D2, Iodine and Zinc
- Controlled Release
- 1 tablet w/ food 1 time daily



## KidsMV

- Full Spectrum Vitamin & Mineral
- For children ages 2-11
- Vitamin D Supplement
- Chewable tablets
- Includes Choline
- 1 tablet w/ food 1-2 times daily



## SuperCalcium+

- For individuals who do not consume RDA of CA (1000-1200 mg.)
- Calcium is necessary to maintain bone mass, muscular contractions and other functions
- SuperCalcium utilizes Calcium Carbonate, Magnesium, Vitamins K1 & K2, Boron, and Vitamin D
- Take 1 tablet per day with food



## SuperOmega-3

- For individuals who do not consume 2 servings weekly of fatty fish
- Optimal intake of Omega-3 supports cardiovascular health and healthy cholesterol levels and other functions
- Contains the ideal ratio of EPA to DHA with no mercury
- Take 1 tablet per day with food



## SuperiorAntioxidant

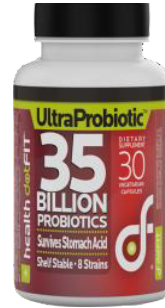
- For individuals interested in supporting healthy aging & cellular health
- Contains ideal forms and dosages of each ingredient
- Take 1 tablet per day with food





## JointFlexPlus

- For individuals looking to support skin and joint health, including mobility
- Ingredients include BioCell Collagen, Hyaluronic Acid and Chondroitin Sulfate
- Take 1-2 capsules in the morning and at night before a meal (2-4 total)



## UltraProbiotic

- Supports healthy intestinal bacteria which can aid overall health
- Shelf stable- does not require refrigeration
- Vegetarian friendly
- 1 tablet daily during meals



## Vitamin D-3

- For those interested in seeking overall health benefits from proper levels of Vitamin D, beyond simply bone health
- Compliments all dotFIT MV and SuperCalcium formulas
- 1 capsule w/food 1 time daily



## Advanced Brain Health

- Individuals over 45 who are looking to support brain health
- Contains Phosphatidylserine, Acetyl-L-Carnitine, Alpha Lipoic Acid and Vitamin B12
- 4-12 capsules w/food split through day



## DigestiveEnzymes

- For individuals to assist in food digestion and minor digestive problems
- Delivers a 5 digestive enzyme complex
- Take 3 capsules total daily. 1 capsule with each major meal



## LeanMR

- For individuals looking to lose weight/body fat, increase protein intake to help preserve lean mass and control calories
- Less than 200 calories per serving
- 1:1 ratio of carbohydrates to protein
- 6-7 grams of fiber per serving
- 1-2 servings per day



## Weight Loss & Liver Support

- For individuals with unwanted fat as a result of weight gain
- Contains ingredients that support weight loss, healthy fat utilization and promote healthy liver function
- Contains African Mango, which has been shown to curb hunger
- Take 1 tablet, 3 times daily approximately 30 minutes before meals with 8 oz. of water



## CarbRepel

- For those looking to lose weight/body fat and support appetite control
- Phase 2 has been shown to block the primary enzyme that breaks down carbohydrates in the body
- Take 2 tablets, twice daily 30 mins before 2 largest carb meals





## ThermAccel

- For individuals looking to lose weight/body fat (contains caffeine)
- Ingredients will enhance thermogenesis and help to control appetite
- Contains L-Theanine to reduce the “jitters” from caffeine
- Take 2 tablets up to 2 times daily 30 mins before breakfast or lunch



## First String

- For those looking to promote greater gains in strength, size and performance
- 290 calories per serving
- 2:1 ratio of carbohydrates to protein
- 21 grams of protein per serving
- 1<sup>st</sup> serving: 30-40 mins prior to workout, 2<sup>nd</sup> serving: immediately after training



## WheySmooth

- For individuals looking to add high quality protein to their diet for health, performance or body composition change
- 160 calories per serving, 25 grams of protein
- Add the needed servings to meet daily protein targets



## Best Plant Protein

- For individuals looking to add high quality protein to their diet for health, performance or body composition change
- 140 calories per serving, 21 grams of protein
- Non-GMO, Stevia sweetened, no dairy, no soy
- Add the needed servings to meet daily protein targets



## LeanPak90

- Includes the Weight Loss & Liver Support, CarbRepel and ThermAccel
- Can be taken one at a time for 30 days each or all together at the same time



## Pre/Post Workout

- For those looking to promote greater gains in strength, size and performance
- 240 calories per serving
- 1.5:1 ratio of carbohydrates to protein
- 21 grams of protein per serving
- 1<sup>st</sup> serving: 30-40 mins prior to workout, 2<sup>nd</sup> serving: immediately after training



## All Natural WheySmooth

- For individuals looking to add high quality protein to their diet for health, performance or body composition change
- 160 calories per serving, 25 grams of protein
- Grass fed, non-GMO, Stevia sweetened
- Add the needed servings to meet daily protein targets



## dotBARs

- For those looking for good source of carbohydrates and protein to fuel the body and support muscles
- Wide selection of flavors
- Bars range from 150-190 calories
- 12-15 grams of protein per bar
- Use the bars within your daily calorie plan





## dotWAFERs

- For those looking for good source of carbohydrates and protein to fuel the body and support muscles
- 240 calories
- 15 grams of protein per Wafer
- Use the wafers within your daily calorie plan



## Vegan AminoFormula

- For those Individuals looking for maximum recovery from training, especially during calorie restriction and fat loss
- Vegan, All natural, GMO Free, No Artificial Sweeteners, Flavors or Colors!
- 4 grams of Leucine, 70 calories, no stimulants
- Use 1 serving pre/intra-workout and 1 serving post-workout



## ExtremeCreatineXXXL+

- For those looking to take their training and performance to the next level. Recycles the body's immediate energy system and provides a cell volumizing effect
- Contains Beta Alanine (buffering lactic acid) & Glutamine
- See dotFIT support material for proper loading dosages



## AminoFormula

- For those Individuals looking for maximum recovery from training, especially during calorie restriction and fat loss
- Contains the 8 Essential Amino Acids required for triggering Muscle Protein Synthesis (MPS)
- 4 grams of Leucine, low calorie, no stimulants
- Use 1 serving pre/intra-workout and 1 serving post-workout



## CreatineMonohydrate

- For those looking to take their training and performance to the next level. Recycles the body's immediate energy system and provides a cell volumizing effect
- See dotFIT support material for proper loading dosages



## NO7RAGE3

- Adult exercisers looking for the ideal pre-workout booster to take their training and performance to the next level
- Contains L-Citrulline (nitric oxide producer), Creatine Monohydrate, Beta Alanine, Caffeine, Taurine and much more
- Consume between 1.5-2.5 scoops before your workout





## WorkoutExtreme

- Adult exercisers looking for a powerful pre-workout formula to boost energy levels & delay fatigue
- Contains Caffeine, Glucuronolactone and Taurine
- Take 2 capsules, 30 mins before the workout (do not consume within 5 hours of bedtime)



## MuscleDefender

- Intense exercisers looking for muscle protein synthesis and immune system support to aid recovery
- Contains 5 grams of L-Glutamine combined with Magnesium and Chromium
- Take .5 serving before workout and .5 after workout



## Recover&Build

- For intense exercisers, especially during calorie restriction to support muscle protein synthesis and potentially delay fatigue
- Contains 5.6 g of Leucine per serving with the optimal amounts of supporting Isoleucine and Valine
- Take 8 tablets 20-30 mins before exercise.  
**Optimal dose:** if over 175 lbs., take 8 tablets 20-30 minutes before workout and 2-4 tablets during activity (roughly midpoint)