



## Active MV

- Full Spectrum Vitamin & Mineral
- For the active male and female exercisers
- Antioxidant for Exerciser
- Vitamin D Supplement
- Controlled Release
- NSF Certified for Sport
- 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



## Superior Antioxidant

- For individuals interested in supporting healthy aging & cellular health
- Contains ideal forms and dosages of each ingredient
- NSF Certified for Sport
- 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
- NSF Certified for Sport
- Take 1-2 capsules in the morning and at night before a meal (2-4 total)



## 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
- NSF Certified for Sport
- 1 capsule w/food 1 time daily





### 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



### 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



### AminoXXXL

- 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



### Vegan AminoXXXL

- 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



### Creatine Monohydrate

- 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 Creapure- superior form of CM
- NSF Certified for Sport
- See dotFIT support material for proper loading dosages



### 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 Creapure- superior form of CM, Beta Alanine (buffering lactic acid) & Glutamine
- NSF Certified for Sport
- See dotFIT support material for proper loading dosages





### Muscle Defender

- 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
- NSF Certified for Sport
- Take .5 serving before workout and .5 after 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)



### 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



### Unflavored WheySmooth

- Everything the same as the original formula, but no artificial flavoring or sweeteners
- Utilize dotFIT's single serving flavor packets or use your own
- Perfect for baking your shake
- Have it your WHEY!

