

nutrition dotFIT™

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



nutrition dotFIT™

The name says it all: smart choices for snacking on the go, before and after workouts or athletic events, or for precise portion control during weight loss.

dotBAR High Protein

.....

A Top-Seller! Delivers 30g of protein, 5g of fiber and 5g of sugar in just 370 delicious calories. Enjoy it any time you need to boost your daily protein intake.†



dotFIT®
GROW STRONG.™

weight loss dotFIT™

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weight loss dotFIT™

Safely increase weight loss by decreasing calorie absorption and increasing calories burned.

LeanPak90®

Complete weight loss plan uses simple strategies to eat better and move more so you can lose weight and feel great. Includes a 90-day sequence of weight loss supplements and weight loss planner to support your 90-day transformation.†



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LeanMR™ Balanced Nutrition Shake

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Lose weight without going hungry. Research shows that using a meal replacement like LeanMR™ in place of 2 meals a day results in 200% more weight loss in 12 weeks. 20g of protein, low fat, zero sugar, and high fiber in under 200 calories.†



performance dotFIT™

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For more information visit: www.dotfit.com/nsf



performance dotFIT™

Enhance athletic performance and strength gains or improve recovery from intense workouts.

Amino Formula



Vital recovery aid which supplies the essential amino acids and optimal dose of Leucine to increase muscle protein synthesis, activate new muscle growth and improve recovery from intense training. † NSF Certified for Sport.



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performance dotFIT™

Enhance athletic performance and strength gains or improve recovery from intense workouts.

NO7Rage3™

Explosive pre-workout booster for adult exercisers looking to take their training and performance to the next level. The ingredients maximize muscle “pump” and volumization, help accelerate nutrient transport, remove lactic acid, and improve performance.†



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performance dotFIT™

Enhance athletic performance and strength gains or improve recovery from intense workouts.

FirstString™



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High performance pre- and post-exercise formula developed to deliver the ideal 2:1 ratio of carbs to protein, which leads to greater gains in strength, size and performance. FirstString is 3rd Party Tested and 100% compliant with NCAA guidelines for collegiate athletes.†



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Enhance athletic performance and strength gains or improve recovery from intense workouts.

WheySmooth™



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25 grams per scoop of high quality protein in a unique matrix of “slow” and “fast” releasing proteins to provide a steady supply of amino acids in the bloodstream to stimulate muscle protein synthesis, support lean tissue and boost recovery.†
NSF Certified for Sport.



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performance dotFIT™

Enhance athletic performance and strength gains or improve recovery from intense workouts.

Pre/Post Workout Formula & Meal Replacement™

Perfectly balanced nutrition shake formulated to be used pre/post exercise for maximum performance and muscular development, or simply as a meal substitute to reduce or increase daily calorie intake and fuel your body.†



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dotSTICK High Protein Sticks

Under 200 calories and high protein. These yumalicious snacks offer instant portion control, healthier alternatives to fast food, and accurate calorie counts in a variety of great tasting flavors.†



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dotBAR Meal Replacement Bars

Under 200 calories and high protein. With these delicious dotBARs you get the right nutrients at the right time to help reduce muscle damage, encourage muscle repair, refill energy stores and control your appetite.†



dotFIT[®]
GROW STRONG.™

VEGETARIAN dotFIT[®]

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VEGETARIAN dotFIT[®]

Vegetarian and Vegan Approved Protein Shake.



Best Plant Protein

21 g of protein from peas, cranberry, sacha inchi, and chia seeds. Enriched with over 6g of BCAAs and only 130 calories per serving. Gluten Free. No Dairy. No Soy. Hypoallergenic. Non-GMO. Vegan and Vegetarian friendly.†



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GROW STRONG.™

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Enhance athletic performance and strength gains or improve recovery from intense workouts.

All Natural WheySmooth™

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Provides 25 grams per serving of high quality protein to support health, performance or body composition change. Grass fed, non-GMO, rBGH free, gluten free, Stevia sweetened with no artificial colors or flavors.†



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dotCOOKIE High Protein

Under 200 calories and high protein. With these delicious dotCOOKIES you get the right nutrients at the right time to help reduce muscle damage, encourage muscle repair, refill energy stores and control your appetite.†



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nutrition dotFIT™

The name says it all: smart choices for snacking on the go, before and after workouts or athletic events, or for precise portion control during weight loss.

dotWAFER™

Delivers 15g of protein and only 4g of sugar in a delicious wafer treat. Enjoy it any time you need to boost your daily protein intake.†



performance dotFIT™

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performance dotFIT™

Enhance athletic performance and strength gains or improve recovery from intense workouts.

Vegan Amino Formula



Vital recovery aid which supplies the essential amino acids and optimal dose of Leucine to increase muscle protein synthesis, activate new muscle growth and improve recovery from intense training.† NSF Certified for Sport.



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