



dotFIT
Your Fitness. Connected.

PRODUCT GUIDE



health dotFIT



weight loss dotFIT



performance dotFIT



nutrition dotFIT





Connect. Detect.
Succeed.

EXERSPY ACTIVITY AND CALORIE TRACKING SYSTEM

The innovative exerspy activity and calorie tracking system is designed to help you reach your fitness goals whether you want to lose weight, gain muscle, improve athletic performance or just live a healthier lifestyle. Patented multi-sensor technology found in the exerspy armband tracks total calories burned, steps taken, physical activity and sleep duration and efficiency. The data collected by the armband is then uploaded to the dotFIT Me Program, and the display allows you to see your data in real-time when you're on the go.

You also get access to :

- easy-to-use food logging system
- customizable menus written by registered dietitians
- healthy recipes
- science-backed dietary supplements
- a personalized supplement recommendation
- thousands of exercise videos
- one of the most extensive fitness libraries in the world along with a complete mobile experience from most PDA smart phones

These tools are used by top fitness clubs, fitness professionals, and millions of people worldwide. This is the only program approved by the prestigious National Academy of Sports Medicine.

Exact science. Uncompromising standards.

health dotFIT™

Multivitamin formulas for active lifestyles and general health supplements like Omega-3s, antioxidants, calcium with vitamin D and more.

weight loss dotFIT™

Cutting edge formulas proven to safely increase weight loss by decreasing calorie absorption, controlling appetite and increasing calories burned.

performance dotFIT™

Formulas containing high-end ingredients enhance athletic performance and strength gains or improve recovery from intense workouts. Includes delicious powdered drink mixes.

nutrition dotFIT™

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

PRODUCTS

Reach your fitness goals and live a longer, fuller life with dotFIT. Our products give you the boost you need to get healthy, lose weight, add muscle or perform better.

Clinical research All dotFIT product ingredients undergo thorough pre-development analysis including peer-reviewed, scientific research supporting ingredient use, dosage, and safety. Products are constantly re-evaluated and updated as necessary.

Best-in-class delivery systems By taking advantage of different absorption and receptor sites in the body, dotFIT products ensure that the proper amounts of the right ingredients get to the proper tissues at the right times.

Good manufacturing practices dotFIT supplements and powders are manufactured in an FDA-registered, drug-licensed facility, in compliance with Good Manufacturing Practices to ensure purity and potency. This includes rigorous product testing and validation, from raw materials to the finished product.

Synergistic formulas All dotFIT products can stand alone, but they are designed to work especially well together. You'll never be short of the nutrients you need, nor will you have to worry about taking too much.

Something for everyone dotFIT dietary supplements are designed for anyone interested in preserving health by improving daily nutrient intake, safely enhancing athletic performance, or losing weight.

Not sure which products are right for you? A personal trainer or club staff member can help you decide, or you can call dotFIT product support at

877.436.8348

†Statements found in this product guide have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before beginning any weight loss or supplementation program.



health dotFIT™

Designed for optimal health these products deliver essential nutrients to keep you in top form. Multivitamin and mineral formulas improve your daily nutrient intake without adding calories, and may help stave off chronic disease.

dotFIT™

FACT:

Before nutritional compounds become dotFIT products or are recommended for consumer use, all ingredients must survive rigorous legal and scientific review and testing.

ActiveMV™

This synergistic blend of vitamins, minerals and antioxidants is specifically formulated to support the nutritional demands of those between 12 and 65 years of age who are involved in sport, fitness and exercise. ActiveMV was developed to increase energy levels and help your body achieve its maximum potential. Recommended dose is two tablets daily.

- High antioxidant complex for an active lifestyle*
- 1200 IU of Vitamin D-3 (2 tablets)†
- Ideal for active teens and adults†
- Best-in-class delivery system*



Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Yeast, Artificial Coloring, Flavoring or Preservatives added.

	Amount Per Serving	% Daily Value*
Vitamin A (as Beta Carotene 4000 IU and Acetate 500 IU)	4500 IU	90%
Vitamin C (as Ascorbic acid)	450 mg	750%
Vitamin D (as Cholecalciferol)	600 IU	150%
Vitamin E (as D-Alpha Tocopheryl Succinate)	150 IU	500%
Vitamin K (as Phytonadione)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	5 mg	333%
Vitamin B2 (as Riboflavin)	5 mg	294%
Niacin (as Niacinamide)	15 mg	75%
Vitamin B6 (as Pyridoxine HCl)	6 mg	300%
Folic Acid	100 mcg	25%
Vitamin B12 (as Cyanocobalamin)	15 mcg	250%
Biotin	150 mcg	50%
Iron (as Ferrous Fumarate)	5 mg	28%
Iodine (from Kelp)	25 mcg	17%
Magnesium (as Magnesium Oxide)	150 mg	38%
Zinc (as Zinc Citrate)	7.5 mg	50%
Selenium (as L-Selenomethionine)	50 mcg	71%
Copper (as Copper Gluconate)	500 mcg	25%
Chromium (as Chromium Picolinate)	50 mcg	42%

health dotFIT

Women'sMV™

Formulated to provide bone-strengthening ingredients such as 1000 IUs vitamin D-3 and magnesium, and a heart healthy vitamin B complex to increase energy and support a strong cardiovascular system. Just one convenient daily serving supplies the extra nutrients needed for the development and maintenance of a woman's body.

- Formulated especially for women†
- Higher levels of magnesium, iron and folic acid†
- Supports strong hair & healthy skin†
- Best-in-class delivery system*



Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Yeast, Artificial flavors, Coloring or Preservatives added.

	Amount Per Serving	% Daily Value*
Vitamin A (as Beta Carotene 5000 IU and Acetate 1000 IU)	6000 IU	120%
Vitamin C (as Ascorbic acid)	300 mg	500%
Vitamin D (as Cholecalciferol)	1000 IU	250%
Vitamin E (as D-Alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K (as Phytonadione)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	6 mg	400%
Vitamin B2 (as Riboflavin)	6 mg	353%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	9 mg	450%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	12 mcg	200%
Biotin	100 mcg	33%
Pantothenic Acid (as Calcium Pantothenate)	15 mg	150%
Iron (as Ferrous Fumarate)	10 mg	56%
Iodine (from Kelp)	100 mcg	67%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Citrate)	12 mg	80%
Selenium (as L-Selenomethionine)	50 mcg	71%
Chromium (as Chromium Picolinate)	50 mcg	42%

Over50MV™

Get the essential vitamins, minerals and antioxidants needed by adults over the age of 50 to support daily wellness and healthy aging. Just one tablet daily provides 1000 IUs of the essential nutrients vitamin D-3 and magnesium to help maintain strong bones. Over50MV contains vitamins B-6, B-12 and folic acid to increase vitality and support a healthy heart.

- Increases vitality†
- Supports bone health†
- Promotes a healthy heart†
- Best-in-class delivery system†



Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial flavors, Coloring or Preservatives added.

	Amount Per Serving	% Daily Value*
Vitamin A (as Beta Carotene 5000 IU and Acetate 1000 IU)	6000 IU	120%
Vitamin C (as Ascorbic acid)	400 mg	667%
Vitamin D (as Cholecalciferol)	1000 IU	250%
Vitamin E (as D-Alpha Tocopheryl Succinate)	50 IU	167%
Vitamin K (as Phytonadione)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	6 mg	400%
Vitamin B2 (as Riboflavin)	6 mg	353%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%
Iron (as Ferrous Fumarate)	8 mg	44%
Iodine (from Kelp)	75 mcg	50%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Citrate)	15 mg	100%
Selenium (as L-Selenomethionine)	70 mcg	100%
Copper (as Copper Gluconate)	1 mg	50%
Chromium (as Chromium Picolinate)	100 mcg	83%

health dotFIT

KidsMV™

This chewable formula contains all the essential nutrients in just the right amounts to meet the needs and support the development of your growing child. Kids love the great taste of these small, easy-to-chew vitamins and parents trust them to help keep their children strong, healthy and active.

- Supports healthy growth and development†
- No artificial colors, flavors or preservatives†
- Great tasting orange and grape flavor†



Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Salt, Starch, Artificial Coloring, Flavoring or Preservatives added. Components in this product are derived from natural sources.

	Amount Per Serving	% Daily Value*
Beta Carotene (Vitamin A as Pantothenate)	2500 IU	50%
Vitamin C (as Ascorbic acid)	50 mg	83%
Vitamin D (as Cholecalciferol)	250 IU	63%
Vitamin E (as D-Alpha Tocopheryl Succinate)	20 IU	67%
Vitamin K (as Phytonadione)	30 mcg	38%
Vitamin B1 (as Thiamine Mononitrate)	1 mg	67%
Vitamin B2 (as Riboflavin)	1 mg	59%
Niacin (as Niacinamide)	6 mg	30%
Vitamin B6 (as Pyridoxine HCl)	1 mg	50%
Folic Acid	100 mcg	25%
Vitamin B12 (as Cyanocobalamin)	3 mcg	50%
Biotin	10 mcg	3%
Pantothenic Acid (as Calcium Pantothenate)	2 mg	50%
Iron (as Ferrous Fumarate)	5 mg	28%
Iodine (from Kelp)	50 mcg	33%
Magnesium (as Magnesium Oxide)	20 mg	5%
Zinc (as Zinc Oxide)	5 mg	30%
Selenium (as L-Selenomethionine)	20 mcg	29%

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

SuperCalcium+™

Get the precise amounts of calcium, vitamin D and magnesium needed to improve the development of strong, healthy bones and maintain bone density. May help reduce the risk of osteoporosis later in life. Use with a dotFIT™ recommended Multivitamin and Mineral formula.

- Helps improve bone density†
- May help reduce the risk of osteoporosis†
- Critical for teens, young women, postmenopausal women, and those who are lactose intolerant or vegan†



	Amount Per Serving	% Daily Value*
Vitamin D (as Cholecalciferol)	400 IU	100%
Calcium (as Carbonate)	1000 mg	100%
Magnesium (as Oxide)	500 mcg	125%

Serving Size: 2 tablets

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Flavors, Coloring or Preservatives added.

health dotFIT

JointFlexibilityPlus™

Limber up with JointFlexibilityPlus. This new formulation has been shown to support cartilage and joint and skin health. Additionally, the specific ingredients in this formula have been clinically proven to be more than twice as effective as using Glucosamine & Chondroitin Sulfate alone to improve joint flexibility and mobility, and may provide 100% drug-free relief from joint pain associated with moderate osteoarthritis. When used daily, JointFlexibilityPlus provides essential lubrication to support healthy connective tissue, keep joints flexible and provide joint comfort for an active lifestyle.

- Promotes joint mobility†
- Helps rebuild cartilage†
- Relieves sore joints†



	Amount Per Serving	% Daily Value*
Biocell Collagen II®	1,000 mg	**
Hydrolyzed Collagen Type II	600 mg	**
Chondroitin Sulfate	200 mg	**
Hyaluronic Acid (HA)	100 mg	**

Serving Size: 2 capsules

Contains No: Shellfish (crustacean), Fish, Dairy, Tree nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial colors, Flavoring, Sulphites, MSG (monosodium glutamate) or Preservatives added. Free of Titanium dioxide.

Biocell Collagen II® is a registered trademark of BioCell Technologies LLC, Anaheim, California, USA (US Patents 6,025,327; 6,740,841; other US and foreign patents pending.

SuperOmega-3™

Good for your heart and your head, SuperOmega-3 contains the essential fatty acids Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA.), shown in studies to support cardiovascular health and lower blood pressure and triglyceride levels. Each softgel is uniquely enteric-coated to withstand stomach acid and dissolve in the small intestine. The result is maximum absorption without “Fishy Burps.” Super Omega-3 Fish Oil Complex is mercury-free and contains no PCBs.

- Supports brain health†
- Supports cardiovascular health†
- Helps maintain healthy cholesterol levels†



	Amount Per Serving	% Daily Value*
Total Fat	1.3 g	2%
Saturated Fat	0.1 mg	<1%
Trans Fat	0 g	**
Polyunsaturated Fat	1.1 g	**
Monounsaturated Fat	0.2 g	**
Cholesterol	1 mg	<1%
Vitamin E (D-Alpha Tocopheryl)	2 IU	7%
Total Omega-3	600 mg	**
Polyunsaturates		
EPA (Eicosapentaenoic acid)	360 mg	**
DHA (Docosahexaenoic acid)	240 mg	**

Serving Size: 1 softgel

Contains No: Dairy, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Flavors, Coloring or Preservatives added. Purity tested for pesticides, herbicides, PCBs, and dioxins as well as heavy metals such as mercury. This fish oil is processed using molecular distillation to ensure purity

health dotFIT™

SuperiorAntioxidant™

Trigger your body's natural ability to protect cells against free radicals caused by poor dietary habits, pollution and stress that can damage healthy cells, potentially leading to chronic diseases and speeding up the aging process. Featuring OptiBerry®, a unique, proprietary blend of wild blueberry, strawberry, cranberry, wild bilberry, elderberry and raspberry extracts, which are known for their health-promoting properties. With Optiberry®, Lycopene, and Co-Q10.

- Supports healthy aging†
- May help reduce the risk of chronic† or age-related diseases†



	Amount Per Serving	% Daily Value*
Alpha Lipoic Acid	200 mg	**
Co-enzyme Q10 (CoQ-10)	100 mg	**
OptiBerry® (from Wild Blueberry, Strawberry, Cranberry, Wild Bilberry, Elderberry, Raspberry)	30 mg	**
Lycopene	10 mg	**
Lutein	6 mg	**
Zeaxanthin	4 mg	**
D. Salina natural mixed carotenoids	1.5 mg	**

Serving Size: 1 softgel

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, or Gluten. No Sugar, Salt, Starch, Artificial Flavors, Coloring or Preservatives added.

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

Advanced Brain Health™

Keep your wits about you with Advanced Brain Health, a combination of scientifically proven ingredients that naturally supports memory, focus, and concentration and may delay the decline in healthy brain function. This synergistic blend may help rebalance the age-related decline in the body's production or absorption of the essential nutrients for normal brain function.

- Helps promote memory function†
- Promotes mental clarity and focus†
- For healthy cognitive function†



	Amount Per Serving	% Daily Value*
Acetyl-L Carnitine	500 mg	**
Phosphatidylserine	100 mg	**
Alpha Lipoic Acid	100 mg	**
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%

Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten. No Salt, Starch, Artificial coloring or Preservatives added.

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



weight loss dotFIT™

These products are designed to make weight loss easier by controlling appetite, boosting metabolism, and blocking calorie absorption.



It's a fact that people can exercise all they want but if they don't control their nutritional intake, it's nearly impossible to reach their goals. The dotFIT Me Program combines the industry's leaders in exercise and nutrition to help members achieve success. Whether they want to lose weight, gain muscle, improve health or maximize athletic performance, dotFIT tailors a complete program specifically for them.

LeanPak90®

Our complete weight loss plan uses simple strategies to help you eat better, move more, lose weight and feel great. Includes menus written by Registered Dietitians. Your LeanPak90 contains:

- Weight Loss Planner
- CalorieKing™ Calorie, Fat & Carbohydrate Counter
- FatRelease® – 90 count
- CarbRepel® – 90 count
- ThermAccel® – 120 count



weight loss dotFIT™

FatRelease®

In a groundbreaking study the key ingredient in FatRelease decreased the body's absorption of dietary fat, leading to a reduction in the absorption of overall calories and subjects lost up to 300% more weight than those taking a placebo. FatRelease™ is scientifically developed to deliver a natural blend of ingredients to speed up the removal of fat from the liver, support and maintain healthy liver function and combat oxidative stress.

- Up to three times more weight loss†
- Increases calorie burning†
- Decreases absorption of dietary fat†
- Promotes healthy liver function†



	Amount Per Serving	% Daily Value*
Green Tea Extract (Leaf) Standardized for 98% Polyphenols (196mg) 75% Catechins (150mg) 45% EGCG (90 mg) 7% Caffeine (naturally occurring-14 mg)	200 mg	**
Choline (as Choline Bitartrate)	133 mg	**
N-Acetyl Cysteine (NAC)	50 mg	**
Milk Thistle Seed Extract (80% Silymarin)	166 mg	**
dotFIT™ Proprietary Herbal Complex (Rhododendron caucasicum and Engelhardtia chrysolepis)	133 mg	**

Serving Size: 1 tablet

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

CarbRepel®

Control hunger and feel fuller longer with CarbRepel. Our formula contains clinically tested Phase 2®, a proprietary standardized white kidney bean extract that works by blocking dietary starch from being absorbed. CarbRepel reduces the absorption of carbohydrates, increasing your weight loss and helping you achieve your goals.

- Stimulant-free formula supports weight loss and reduces appetite†
- Feel fuller longer†
- Helps control carbohydrates‡
- With clinically tested Phase 2®



	Amount Per Serving	% Daily Value*
Phase 2 Starch Neutralizer‡: White Kidney Bean Extract (Phaseolus vulgaris)	750 mg	**
Citrus Pectin	375 mg	**
Pomegranate Fruit Extract (Total Polyphenols 110 mg, Ellagic Acid 55 mg)	137.5 mg	**

Serving Size: 2 tablets

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

‡The trademark Phase 2 Starch Neutralizer® is being used under license.

weight loss dotFIT™

ThermAccel®

Turn your body into an all-day fat burning powerhouse. ThermAccel delivers a powerful combination of maximum strength thermogenic agents. Each ingredient is delivered via a proprietary Dual-Stage 8-Hour Delivery System. Each Thermo-Tab triggers an initial rapid release for enhanced alertness, intense energy and stimulation followed by a sustained release second wave that allows you to burn fat all day long!

- Decreases fat accumulation and regulates appetite†
- Dual-stage 8-hour delivery system†



Serving Size: 2 tablets

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

	Amount Per Serving	% Daily Value*
LumaThin™	520 mg	**
Caralluma Powder		
L-Theanine	100 mg	**
ThermAccel™ Thermogenic Complex - Green Tea Extract (providing 270 mg EGCG), Caffeine (providing 350 mg of caffeine), Yerba Mate Powder, Guarana Seed Powder and Cayenne Fruit (standardized for 150,000 Heat Units)	1000 mg	**

LeanMR™

LeanMR™ is a perfectly proportioned healthy meal replacement designed to be integrated into your daily meal planning. LeanMR will help you reduce your daily calorie intake, satisfy your appetite, and reach and maintain your weight and health goals.

Each convenient and great-tasting serving of LeanMR fuels your body with the optimal blend of high-quality whey protein isolate and sustained-release carbohydrates so you experience immediate and long-lasting energy levels. This unique energy blend contains Palatinose™ (Isomaltulose), a new low-glycemic carbohydrate providing longer lasting energy in the form of glucose.

Digestion-resistant maltodextrin Fibersol®-2 and glucomannan are natural soluble fibers that have been scientifically proven to promote healthy digestion, maintain normal blood sugar levels, and help you feel fuller longer, which will positively impact your health, weight control and appetite. Fiber helps you curb your hunger and control your daily calorie intake.

Use dotFIT™ LeanMR to control your daily calorie intake, as a snack between meals...or just as a delicious guilt-free dessert to help you achieve your weight-loss goals.



One serving of LeanMR features:

- 20 g high-quality whey protein isolate and 4,500 mg of anti-catabolic BCAA's
- 21.5 g of sustained-release, energy-fueling carbohydrates
- Contains scientifically proven Fibersol®-2
- Helps maintain lean muscle and promotes a healthy metabolism
- Satisfies your appetite and helps you feel fuller longer
- Zero sugars, super low in fats and aspartame-free

	Amount Per Serving	% Daily Value*
Sustained Release Carbohydrates Blend	21.5 g	**
Rice Oligodextrins, Digestion Resistant Maltodextrin (Fibersol-2), Isomaltulose, Glucomannan		
Lean Fats Blend	2.5 g	**
Flaxseed Powder, High Oleic Sunflower Oil, Conjugated Linoleic Acid		

Serving Size: 51 grams (2 scoops)

Contains No: Fish, Crustacean shellfish, Tree nuts, Peanuts, or Gluten. No Starch, Artificial Coloring or Preservatives added.

	Amount Per Serving	% Daily Value*
Calories	190	
Calories from Fat	15	
Total Fat	2 g	3%
Saturated Fat	.5 g	3%
Trans Fat	0 g	**
Cholesterol	10 mg	3%
Sodium	180 mg	8%
Total Carbohydrate	24 g	8%
Dietary Fiber	7 g	28%
Sugars	0 g	**
Protein	20 g	40%
Vitamin A (as Beta Carotene)	500 IU	10%
Vitamin C (as Ascorbic acid)	6 mg	10%
Calcium (from Calcium Lactate Gluconate)	200 mg	20%
Iron (as Ferrous Sulfate)	1.8 mg	10%
Vitamin D (as Cholecalciferol)	40 IU	10%
Vitamin E (as Succinate)	3 IU	10%
Thiamine (as Thiamin Hydrochloride)	.15 mg	10%
Riboflavin	.17 mg	10%
Niacin (Niacinamide)	2 mg	10%
Vitamin B6 (Pyridoxine Hydrochloride)	.2 mg	10%
Vitamin B12 (as Cyanocobalamin)	.6 mcg	10%
Biotin	30 mcg	10%
Pantothenic acid (as D-Calcium Pantothenate)	1 mg	10%
Iodine (as Potassium Iodide)	15 mcg	10%
Magnesium (as Magnesium Phosphate)	40 mg	10%
Zinc (as Zinc Sulfate)	1.5 mg	10%
Copper (as Copper Gluconate)	.2 mcg	10%



performance dotFIT™

All of our performance products are specifically formulated to promote muscle gain, enhance workouts and mental focus, and maximize recovery. As with every dotFIT product, purity and potency are guaranteed.

dotFIT™

FACT:

Recent research confirms that there are “metabolic windows” immediately post-workout when muscle building is at its peak. During these 60-90 minute periods, muscle cells are highly receptive to the incoming nutrients responsible for muscle building.

Combine and cycle CreatineXXL™, NO7Rage™, and AminoBoostXXL™ to create the Xtreme Muscle Stack, yielding maximum strength, size and performance outcomes.

Visit www.dotfit.com/stack for details.

AminoBoostXXL™

Developed for the sole purpose of increasing availability of essential amino acids to increase muscle protein synthesis, creating the perfect storm for superior gains in size, strength and muscle mass. AminoBoostXXL delivers a powerfully engineered blend of essential amino acids, including a greater fraction of the highly anabolic compound Leucine. New research confirms that consuming the precise amino acid profile, as found exclusively in AminoBoostXXL, immediately before and after exercise is a powerful weapon to counter the breakdown of muscle protein and maximally stimulates muscle protein synthesis.

- Increases muscle protein synthesis†
- Activates new muscle growth†
- Improves recovery from intense training†



- Serving Size: 1 scoop
- Contains Soy
- Contains No: Dairy, Fish, Crustacean, Shellfish, Tree Nuts, Peanuts or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

	Amount Per Serving	% Daily Value*
Calories	0	
Calories from Fat	0	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	**
Cholesterol	0mg	0%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	**
Protein	0g	0%
Amino Boost XXL	12g	**
Proprietary Blend		
L-Leucine		**
L-Phenylalanine		**
L-Lysine		**
L-Valine		**
L-Threonine		**
L-Isoleucine		**
L-Histidine		**
L-Methionine		**

performance dotFIT™

NO7Rage™

If you only use one supplement, and you're serious about transforming your body into a muscle-building powerhouse with dramatic increases in strength, then make it NO7Rage! It's a scientifically superior pre-workout formula powered by a revolutionary, proprietary complex of nitric oxide boosting ingredients and creatine monohydrate.

- Promotes maximum muscle pump and volumization†
- Powerful anti-catabolic and muscle activator†
- Explosive pre-workout stimulator†



- Serving Size: 1 scoop
- Contains No: Dairy, Fish, Crustacean, shellfish, Tree nuts, Peanuts, Soy, or Gluten.

	Amount Per Serving	% Daily Value*
Calories	38	
Calories from Fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Total Carbohydrate	9g	3%
Dietary Fiber	0 g	0%
Sugars	0 g	**
Protein	0g	0%
Vitamin C	250 mg	417%
Vitamin E (D-Alpha Tocopheryl Succinate)	50 IU	167%
Vitamin B6 (Pyridoxine HCl)	25 mg	1,250%
Vitamin B12 (Methylcobalamin)	166 mcg	2,767%
Magnesium (Gluconate)	5 mg	1%
Sodium chloride	118 mg	10%
Potassium (Citrate)	100 mg	3%
NO7Rage Proprietary blend	6800 mg	**
Taurine		**
Glycerol Powder		**
L-Citrulline L-Malate		**
Betaine Anhydrous		**
Creatine Monohydrate	2500 mg	**
Glucuronolactone	400 mg	**
Caffeine	175 mg	**

WARNING: Not intended for individuals under the age of 18.

CreatineXXL™

Generate superior strength gains and extraordinary high intensity workouts with CreatineXXL with beta alanine. Increases carnosine levels in the muscle which helps stop the burning in muscle associated with muscular fatigue from intense exercise. This means you can train harder and longer in the gym compared to when just using Creatine alone. The scientifically proven "Swell & Release" ultra fast nutrient delivery system works to supply a pulsating delivery of high performance ingredients, helping your body kick start explosive increases in size and strength.

- Significantly increases lean muscle mass[†]
- Increases muscular strength and endurance[†]
- Delays muscular fatigue[†]
- With beta alanine[†]



	Amount Per Serving	% Daily Value*
Creatine (as Creatine Monohydrate)	3000 mg	**
Beta-Alanine	1600 mg	**
dotFIT Proprietary Cell Hydration Complex (L-Glutamine, L-Glycine)	2100 mg	**

Serving Size: 8 capsules

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

WARNING: Not intended for individuals under the age of 18.

performance dotFIT

CreatineMonohydrate

Unleash an explosive energy source and increase muscle phosphocreatine stores resulting in as much as a 15% increase in strength and power with CreatineMonohydrate. Easy-to-swallow capsules allow rapid absorption and help eliminate stomach discomfort experienced with inferior Creatine products. Contains pure HPLC Certified Creatine Monohydrate, the only source of Creatine which has consistently shown positive effects on strength, lean mass and the development of raw power.

- Increases strength, power & muscle size[†]
- Improves recovery time from high intensity exercise[†]
- Natural athletic performance enhancer[†]



	Amount Per Serving	% Daily Value*
Creatine (as Creatine Monohydrate)	2,500 mg	**

Serving Size: 3 capsules

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

WARNING: Not intended for individuals under the age of 18.

Recover&Build™

Contains ultra high quality amino acids critical for muscle growth and repair during and after intense exercise. By increasing the levels of BCAAs in the body, Recover&Build spares muscle protein from being cannibalized and combats symptoms of overtraining. This can lead to increased energy for workouts, rapid recovery from intense training, and increases in lean, muscular mass. Unlike other, less sophisticated supplements that rely on stomach acids for dissolution, dotFIT's "Swell and Release" delivery technology speeds nutrient availability up to 65% over those delivered via capsules or tablets.

- Increases protein synthesis[†]
- Decreases muscle protein breakdown[†]
- Reduces overtraining symptoms[†]
- Unique leucine-spiked formula



	Amount Per Serving	% Daily Value*
L-Leucine	1800 mg	**
L-Isoleucine	360 mg	**
L-Valine	360 mg	**

WARNING: Not intended for individuals under the age of 18.

Serving Size: 3 tablets

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Yeast, Artificial Flavors, Coloring or Preservatives added.

performance dotFIT

MuscleDefender™

MuscleDefender introduces a new realm of anti-catabolic agents with the addition of the patented 'Magnesium Glycyl Glutamine' — the 'world's only stabilized glutamine.' Stabilizing glutamine and controlling the concentration and actions of other minerals (calcium, sodium, and potassium) within the muscle activates proper muscle contraction and relaxation, creating the perfect anabolic environment. MuscleDefender helps protect you from the devastating effects of catabolism and puts you back into the ultimate anabolic state.

- Significantly elevates plasma glutamine levels[†]
- Increases muscle protein synthesis[†]
- Contains the world's only stabilized glutamine[†]

	Amount Per Serving	% Daily Value*
L-Glutamine	7.6 g	**
Magnesium (from 400 mg Magnesium Glycyl Glutamine:‡)	34 mg	8.5%
Chromium (from 8 mg Chromium Nicotinate Glycinate Chelate***)	200 mcg	167%

WARNING: Not intended for individuals under the age of 18.

‡Magnesium Glycyl Glutamine is covered by Albion International, Inc. U.S. Patent 5,888,533 and patents pending.

***TRAAC is a registered trademark of Albion Laboratories Inc. U.S.

Serving Size: 1 scoop

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.



WorkoutExtreme™

Naturally accelerate your energy levels into overdrive for the gym or just to keep you going through the day. WorkoutExtreme uses an ultra-fast delivery system to release a synergistic combination of natural ingredients designed to increase energy, combat stress and reduce physical and mental exhaustion. Each serving features energy boosting and performance enhancing ingredients methylxanthine, glucuronolactone, taurine, and panax ginseng.

- Ignites energy and boosts metabolism†
- Increases focus and mental alertness†
- Relieves exhaustion†



	Amount Per Serving	% Daily Value*
Taurine	1000 mg	**
Glucuronolactone	600 mg	**
Panax Ginseng Root (8% Ginsenosides)	300 mg	**
Caffeine Anhydrous	300 mg	**

Serving Size: 4 capsules

Contains No: Dairy, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Soy or Gluten. No Sugar, Salt, Starch, Yeast, Artificial Flavors, Coloring or Preservatives added.

WARNING: Not intended for individuals under the age of 18.

performance dotFIT

FirstString™

This high performance pre- and post-exercise formula was developed to lead to greater gains in strength, size and performance, FirstString is NSF Certified for Sport and is 100% compliant with NCAA guidelines for collegiate athletes. FirstString provides optimal nutritional support with a precise balance of high-quality proteins, energy-releasing carbohydrates and healthy essential fats.

- Activates muscle strength, growth & recovery†
- With 250 mg of Aminogen® for increased protein absorption†
- Meets NCAA guidelines†
- NSF Certified for Sport

Vanilla Flavor	Amount Per Serving	% Daily Value*
Calories	580	
Calories from Fat	60	
Total Fat	6 g	9%
Saturated Fat	1.5 g	13%
Trans Fat	0 g	**
Cholesterol	120 mg	33%
Sodium	340 mg	7%
Total Carbohydrates	89 g	30%
Dietary Fiber	2 g	12%
Sugars	4 g	**
Protein	42 g	84%
Aminogen® (13 Units)	250 mg	**
Serving Size: 4 scoops		



Ingredients: Maltodextrin, Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein, Calcium Caseinate, Aminogen®), Dutch Processed Cocoa, Fat Blend (High Oleic Sunflower oil, Medium Chain Triglyceride oil, Safflower oil), Natural and Artificial flavors, Carboxymethylcellulose gum, Vitamin and Mineral blend (Calcium Lactate, Gluconate, Magnesium Phosphate, Ascorbic Acid, Vitamin E Succinate, Niacinamide, Ferrous Sulfate, Zinc Sulfate, Pantothenic acid, Beta Carotene, Pyridoxine HCL, Copper Gluconate, Riboflavin, Thiamin HCL, Biotin, Potassium Iodide, Cyanocobalamin, Vitamin D (Cholecalciferol), Salt, Sucralose, Acesulfame Potassium, Xanthan gum.

Allergen Warning: Contains Milk and Soy. Produced in a facility that also processes milk, peanuts, soy, eggs and shellfish. Contains ingredients derived from Milk and Soy.

No: Fish, Crustacean shellfish, Tree nuts, Peanuts, or Gluten. No Salt, Starch, Artificial coloring or Preservatives added.

Aminogen® is a Registered Trademark of Triarco Industries Aminogen® is protected by U.S. Patent No. 5,387,422.

WheySmooth™

Increase lean muscle and accelerate muscle recovery with WheySmooth™, featuring a unique matrix of “slow” and “fast” releasing proteins. You’ll experience both a rapid release and a slow, steady supply of amino acids into the bloodstream, ensuring positive nitrogen retention and protein synthesis. Whether you are an extreme endurance athlete or hardcore bodybuilder, use WheySmooth before or after exercise for development of strong, lean muscle and rapid recovery.

- Multi-protein complex†
- With anti-catabolic branched chain amino acids†
- With Aminogen® and PeptoPro®†
- Mixes instantly and tastes great†



Serving Size: 2 scoops

Aminogen® is a Registered Trademark of Triarco Industries. Aminogen® is protected by U.S. Patent No. 5,387,422. PeptoPro® is a trademark of DSM.

	Amount Per Serving	% Daily Value*
Calories	250	
Calories from Fat	35	
Total Fat	3.5 g	5%
Saturated Fat	1 g	5%
Trans Fat	0 g	**
Cholesterol	60 mg	20%
Sodium	250 mg	10%
Total Carbohydrates	14 g	5%
Dietary Fiber	3 g	12%
Sugars	2 g	**
Protein	40 g	80%
Vitamin A	0 IU	0%
Vitamin C	0 mg	0%
Calcium (from Milk Protein)	200 mg	20%
Iron	0.4 mg	2%
Proprietary Enzyme Blend		
Lactase 8,000 ALU	80 mg	**
Aminogen® derived from aspergillus niger and aspergillus oryzae	250 mg	**

Ingredients: Protein Blend (Whey Protein Concentrate, Calcium Caseinate, PeptoPro-Casein Hydrolysate, Whey Protein Isolate, Egg White Protein, Micellar Casein), Maltodextrin, High Oleic Sunflower oil, Natural and Artificial Flavors, Carboxymethylcellulose gum, Enzyme blend (Aminogen and Lactase), Salt, Pyridoxal 5' Phosphate, Sucralose, Acesulfame Potassium, Xanthan gum.

Allergen Statement: Contains milk and egg. Produced in a facility that also processes egg, soy and shellfish. Contains No: Fish, Crustacean shellfish, Tree nuts, Peanuts or Gluten. No Starch, Artificial coloring or Preservatives added.

performance dotFIT™

Pre/Post Workout Formula & Meal Replacement™

This satisfying and perfectly balanced nutrition shake was 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. Scientific studies show that consuming specific combinations and sources of protein and carbohydrates before and immediately after exercise can stimulate muscle protein synthesis and reduce muscle damage. This convenient and easy-to-digest formula contains 250 nutrient-dense calories for increased lean mass and recovery.

- Four-stage fast and slow protein complex†
- Only 250 calories per serving†
- With anti-catabolic branched chain amino acids†



Serving Size: 2 scoops

Allergen Statement: Contains Milk and Soy. Produced in a facility that also processes egg, soy and shellfish. Contains No: Fish, Crustacean shellfish, Tree nuts, Peanuts, or Gluten. No Starch, Artificial coloring or Preservatives added.

Vanilla Flavor	Amount Per Serving	% Daily Value*
Calories	240	
Calories from Fat	20	
Total Fat	2.5 g	5%
Saturated Fat	0 g	5%
Trans Fat	0 g	**
Cholesterol	30 mg	10%
Sodium	190 mg	11%
Total Carbohydrates	36 g	12%
Dietary Fiber	1 g	11%
Sugars	3 g	**
Protein	20 g	40%
Vitamin A (as Beta Carotene)	500 IU	10%
Vitamin C (as Ascorbic Acid)	6 mg	10%
Calcium (as Calcium Lactate Gluconate)	150 mg	15%
Iron (as Ferrous Sulfate)	1.8 mg	10%
Vitamin D (as Cholecalciferol)	40 IU	10%
Vitamin E (as Succinate)	3 IU	10%
Thiamine (as Thiamine Hydrochloride)	0.15 mg	10%
Riboflavin	0.17 mg	10%
Niacin (as Niacinamide)	2 mg	10%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.2 mg	10%
Vitamin B12 (as Cyanocobalamin)	0.6 mcg	10%
Biotin	30 mcg	10%
Pantothenic Acid (as D-Calcium Pantothenate)	1 mg	10%
Iodine (as Potassium Iodide)	15 mcg	10%
Magnesium (as Magnesium Oxide)	40 mg	10%
Zinc (as Zinc Sulfate)	1.5 mg	10%
Copper (as Copper Gluconate)	0.2 mcg	10%

Other Ingredients: Maltodextrin, Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein, Calcium Caseinate), Dutch Processed Cocoa, Fat blend (High Oleic Sunflower oil, Medium Chain Triglyceride oil, Safflower oil), Natural and Artificial flavors, Carboxymethylcellulose gum, Vitamin and Mineral blend (Calcium Lactate Gluconate, Magnesium Phosphate, Ascorbic acid, Vitamin E Succinate, Niacinamide, Ferrous Sulfate, Zinc Sulfate, Pantothenic acid, Beta Carotene, Pyridoxine HCl, Copper Gluconate, Riboflavin, Thiamin HCl, Biotin, Potassium Iodide, Cyanocobalamin, Vitamin D [Cholecalciferol]), Salt, Sucralose, Acesulfame Potassium, Xanthan gum.





nutrition dotFIT™

These delicious snacks offer instant portion control, healthier alternatives to fast food, and accurate calorie counts. They come in a variety of great tasting flavors, including Iced Oatmeal Strawberry, Iced Lemon Vanilla, Triple Chocolate and Creamy Peanut Butter. Yum!

dotFIT™ FACT:

Research shows that people who use meal replacements lose more weight and are more successful at keeping it off than those who don't. The continuous use of meal replacements may be the most effective means of maintaining weight loss.

By eating the ideal blend of carbohydrate and protein immediately before and after exercise, you reduce muscle damage, stimulate muscle growth, refill energy stores and ensure your body is prepared for the next workout or event.

Meal Replacement Bars

- Ideal Blend of Carbs and Protein
- Good Source of Calcium (60 mg of Calcium)
- Made with Real Peanut Butter and Chocolate Chips
- Low Cholesterol Food



	Amount Per Serving	% Daily Value*
Calories	190	
Calories from Fat	50	
Total Fat	5 g	8%
Saturated Fat	2 g	10%
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Sodium	90 mg	9%
Total Carbohydrates	23 g	8%
Dietary Fiber	1 g	4%
Sugars	14 g	**
Protein	12 g	24%
Calcium	60 mg	6%

Serving Size: 1 bar (45 g)

dotTREATs

- High Protein
- Good Source of Calcium (95 mg of Calcium)
- Low Cholesterol Food



	Amount Per Serving	% Daily Value*
Calories	230	
Calories from Fat	72	
Total Fat	8 g	12%
Saturated Fat	3 g	15%
Trans Fat	0 g	**
Cholesterol	20 mg	7%
Sodium	220 mg	9%
Total Carbohydrates	26 g	9%
Dietary Fiber	1 g	4%
Sugars	13 g	**
Protein	15 g	30%
Calcium	95 mg	10%

Serving Size: 1 treat (55 g)

nutrition dotFIT

Protein Sticks

- High Protein
- Good Source of Calcium (95 mg of Calcium)
- Provides ALA Omega-3 (140 mg of ALA from Flaxseed)
- Good Source of Fiber
- Low Cholesterol Food



	Amount Per Serving	% Daily Value*
Calories	190	
Calories from Fat	54	
Total Fat	6 g	9%
Saturated Fat	2 g	10%
Trans Fat	0 g	**
Cholesterol	10 mg	3%
Sodium	170 mg	7%
Total Carbohydrates	26 g	9%
Dietary Fiber	3 g	12%
Sugars	8 g	**
Protein	12 g	24%
Calcium	95 mg	10%
ALA (Omega-3)	140 mg	

Serving Size: 1 bar (50 g)

Breakfast Bars

- Made with real fruit
- Provides ALA Omega-3 (140 mg of ALA from Flaxseed)
- Contains Whole Grains
- Good Source of Calcium (100 mg of Calcium)
- Low Cholesterol Food



	Amount Per Serving	% Daily Value*
Calories	220	
Calories from Fat	45	
Total Fat	5 g	8%
Saturated Fat	2 g	10%
Trans Fat	0 g	**
Cholesterol	10 mg	3%
Sodium	170 mg	7%
Total Carbohydrates	29 g	10%
Dietary Fiber	3 g	12%
Sugars	9 g	**
Protein	15 g	30%
Calcium	100 mg	10%
ALA (Omega-3)	140 mg	

Serving Size: 1 bar (55 g)

dotFIT™

url

username

password



dotFIT[®] PURE PROMISE

dotFIT uses only quality ingredients that undergo rigorous testing, supported by scientific fact, not marketing hype. Through our exclusive delivery systems, our products provide your body with the right nutrients at the right time for maximum benefit.



dotFIT™
Your Fitness. Connected.



SKU 1608

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