



Performance Supplementation

Safely Enhance Training Outcomes For
Experienced Athletes & Exercisers

*Nutrition is 100% Responsible for
Exercise-Induced Results*



Supplementing for Performance

Goal:

- Improve training-induced performance/size results and avoid plateaus when compared to a non-supplemented state

Objectives:

- Speed recovery from intense or prolonged training bouts
- Minimize protein breakdown while maximizing synthesis in order to produce continuing muscle/performance gains
- Supply known energy compounds/substrates to improve the training/event session



Supplementing for Performance

- Rationale for the use of nutritional strategies to avoid plateaus
 - Unaccustomed training always “opens the door” for the building process, thus something in the post exercise period is missing
 - You should never plateau until a combination of age & experience down regulate the building processes
- Specific supplement programs based on individuals can contribute:
 - **Bigger:** Increase results by at least 10-20%
 - **Faster:** Should allow you to beat all your personal records
 - **Stronger:** Increase strength results 10-30%

**All increases are when compared to not using supplements*



Supplementing For Performance

Mechanisms of muscle protein synthesis (MPS) and recovery within our control through exercise, diet and supplement modulations

- Unaccustomed properly structured exercise
- Energy substrate saturation
- Volumizing (cell swelling)
- Nutrient timing and composition
- Hormonal manipulation by diet
- Amino acid MPS signaling
- Training focus & capacity
- Vasodilation – blood flow in & out of muscles
- Better workout, strength & size reciprocation

New key takeaway:

- All are potentially unique, synergistic and additive contributors to MPS



YOUTH & COMPETITIVE HIGH SCHOOL ATHLETES

** Use Super Calcium & Super Omega 3 as necessary – i.e. not getting enough from food*

Minimum Program (SRP \$64.95)

- FirstString for pre/post and/or weight gain

Better Program (SRP w/ KidsMV \$74.90; Active \$80.90)

- Kids MV (ages 5-11) or ActiveMV (ages 12 & up)
- FirstString for pre/post and/or weight gain

Best Program – 16 years or older (SRP with ABXXL: \$137.85. Substitute with Rec&Build: \$102.85)

- ActiveMV
- FirstString for pre/post and/or weight gain
- AminoBoostXXL or Recover & Build (BCAA)
 - AminoBoostXXL best choice but R&B simple & economical

*** What about Creatine? Article on Creatine and Youth (from Fitness Vault)**

http://www.dotfit.com/sites/63/templates/categories/images/1292/Creatine_Supplementation_and_Youth.pdf



ALL ADULT ATHLETES (SIZE, STRENGTH & ENDURANCE GOALS)

** Use Super Calcium & Super Omega 3 as necessary – i.e. not getting enough from food*

Minimum Program (SRP \$64.95)

- FirstString for pre/post workout and/or weight gain – use as directed
 - Can also substitute other appropriate dF shakes/foods based on athlete's calorie limitations

Better Program (SRP \$82.90)

- ActiveMV Take 2 daily: 1 with first large meal and 1 with last
- FirstString (use as shown above)

Better Yet Program (SRP with ABXXL: \$137.85. Substitute with Rec&Build: \$102.85)

- ActiveMV
- AminoBoostXXL
 - 1-2 scoops 10 min before workout (may continue to drink into workout)
 - Take 1 scoop immediately following workout
- FirstString
 - Take 2 scoops 30-45min before workout. Option: Substitute favorite dotFIT bar for convenience in place of shake
 - Take 2 scoops ~20min after post workout AminoBoostXXL consumption
 - Can substitute any dotFIT bar/shake or use FirstString anytime throughout the day for necessary calories to maintain weight gain

Continue to Best Programs.....



ALL ADULT ATHLETES **BEST ENDURANCE PROGRAM** (SRP: \$157, or \$142 with Pre/Post MR)

ActiveMV

- Take 2 daily: 1 with first large meal and 1 with last meal
- *Use Super Calcium & Super Omega 3 as necessary – i.e. not getting enough from food*

AminoBoostXXL

- 1-2 scoops 10 mins before workout (may continue to drink into workout)
- Take 1 scoop immediately following workout

FirstString

- Take 2 scoops 30-45min before workout or use favorite dotFIT bar for convenience in place of shake.
Can also substitute other appropriate dotFIT shakes/foods based on athlete's calorie limitations
- Take 2 scoops ~20min after post workout AminoBoostXXL consumption
- Use anytime throughout the day to add calories as necessary to maintain weight gain

WorkoutExtreme

- Take 4 capsules 1 hour before exercise with 8 oz of water
- If this dose is too intense, reduce to 2 capsules. Base on caffeine tolerance

Professional Size and Strength Plan



ALL ADULT ATHLETES (BEST SIZE AND STRENGTH PROGRAM) (SRP: \$257, or \$242 with Pre/Post MR)

ActiveMV

- Take 2 daily; 1 with first large meal and 1 with last
- *Use Super Calcium & Super Omega 3 as necessary – i.e. not getting enough from food*

AminoBoostXXL

- 1-2scoops ~10-min before workout (may add to NO7Rage) and may continue to drink during 1st 20min of training
- Take 1-scoop immediately following workout

FirstString

- Take 2 scoops 30-45min before workout. Option: Substitute favorite dotFIT bar for convenience in place of shake
- Take 2 scoops ~20min after post workout AminoBoostXXL consumption
- Can substitute any dotFIT bar/shake or use FirstString anytime throughout the day for calories to maintain weight gain

NO7Rage

- Take 1-2.5 scoops (based on caffeine sensitivity: Start with 1 and adjust as desired) 10-min before workout with AminoBoost and may continue to drink during first 20min of training
 - Contains 175mgs of caffeine per scoop. *As a reference: a Starbucks Grande-drip coffee contains ~330mgs of caffeine, which is close to the same amount in 2 scoops of NO7Rage*

CreatineXXL

- Workout days: 8 caps with FS after workout and spit 8 caps (4 & 4) throughout the day with any carb-containing meal or shake
- Non-workout days: 16 caps split throughout the day with meals (e.g. 8 with breakfast and 8 with dinner)
- For best results, always take with a meal or shake containing carbohydrates





ADULT PROFESSIONAL SIZE AND STRENGTH PROGRAM

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Follow your pre- and post-workout feedings, as described in your Athletic Menu Plan, and include the following recommendations:

CreatineXXL™

- A supercharged creatine formula to improve upon the well-known size and performance enhancing effects of creatine-monohydrate. Designed to deliver increased strength-endurance, intensity (β -Alanine) and much greater cell volume effects (glycine and glutamine) than creatine alone, all leading to greater strength, size and performance gains

NO7RAGE™

- Contains a blend of compounds that increase muscle blood flow, cell volume (“the pump”) and mental focus. Greater blood flow to muscles increases the delivery of oxygen, energy and rebuilding nutrients as well as speeding up the removal of waste products. This leads to improved strength, less muscle breakdown and increased muscle size and performance
- Contains creatine, caffeine, β -Alanine, etc.

AminoBoostXXL™

- This product has the ideal mix of essential amino acids shown to enhance muscle gain and recovery
- Delivers the ideal blend of nutrients to take advantage of post-training “metabolic windows of growth” adding to the muscle building results produced by the pre- and post-exercise feedings
- The unique blend of AA are quickly assimilated into muscle tissues

Adult Professional Size and Strength Program



Performance Supplement Stack

Performance Stack:

- NO7Rage
- AminoBoostXXL (AB)
- CreatineXXL
- FirstString (FS)

Important Notes:

- Performance Stack coincides with periodized training intensity (last column)
- Follow ActiveMV, SuperCalcium & Omega guidelines
- Include pre & post-workout feedings (FS or other appropriate dF shake/food) as described: 30-45m before WO and ~20m after post WO AB consumption

Week	NO7Rage*	AminoBoostXXL**	CreatineXXL***	Training Intensity
1	1-2.5 scoops as directed 10min before WO			Med
2	1-2.5 scoops as directed 10min before WO			Med-high
3	1-2.5 scoops as directed 10min before WO			High
4	1-2.5 scoops as directed 10 min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post		High
5	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post		High
6	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post		High
7	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	High
8	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	High
9	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	High
10	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	High
11	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	High
12	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	Competition Week
13		1 scoop as directed with NO7 before WO & by itself immediately post	6 tabs, 2 after WO, split remaining throughout day with meals	Low/med or active rest
14	0	0	0	Off
15	0	0	0	
16	0	0	0	

- When mixing NO7 and AminoBoost and using ~10min before workout, you may continue to consume during first ~20min of training.
- On non-workout days take 16 caps split throughout the day with meals – e.g. 8 with breakfast and 8 with dinner. For best results, always take with a meal or shake containing carbohydrates