Supplement Dose Guide & Audit Tool

Compare labels against the research. Show them where they are underdosed, then match them to the right dotFIT dose.

How to Run the Audit

1. Invite: Ask the client to bring in what they currently take.

2. Line it up: Find each key ingredient in the left column. Compare their label amount to the human research range.

3. Show and match: Flag anything underdosed or hidden in a blend, then match them to the dotFIT product that hits the dose.

4. Size it to the client: Some doses scale with bodyweight. A larger client needs more, a smaller client less. Use the instructions on the label.

Effective Dose Thresholds (from published human research)

If a product lists less than the low end of the range, or hides the amount inside a proprietary blend, **treat it as underdosed and ineffective.**

Active ingredient	Research-backed effective dose	dotFIT product and dose	What to check on any label
Creatine monohydrate	3 to 5 g per day; ideally based on body weight	Creatine Monohydrate 5 g; Creatine Complex 5 g; NO7 5 g	At least 3 to 5 g per day; larger clients may need more to saturate muscles
Beta-alanine	3.2 to 6.4 g per day (split doses)	NO7 Preworkout 4 g; Creatine Complex 3.2 g	3.2 g or more per day, not a token 0.5 to 1 g
L-Citrulline (as citrulline malate 2:1)	6 to 8 g pre-workout	NO7 Preworkout 6 g	≥6 g of citrulline malate; beware pump blends
L-Leucine (muscle protein synthesis trigger)	2 to 3 g per dose	AminoFormula 4.2 g; WheySmooth 2.5 to 3 g/scoop	2 g or more per serving
Essential amino acids (EAAs)	Roughly 10 g is robust	AminoFormula about 12 g full EAA profile	Full EAA profile disclosed, not just BCAAs
Complete protein (whey)	20 to 40 g per serving	WheySmooth 25 g (whey concentrate and isolate)	20 g or more complete protein, high PDCAAS
EPA + DHA (omega-3)	250 to 500 mg per day general; 1 to 3 g targeted	Omega-3 600 mg per softgel (EPA 360, DHA 240)	Add the EPA and DHA lines; ignore total fish oil mg
Caffeine (ergogenic)	3 to 6 mg per kg (about 200 to 400 mg)	NO7 Preworkout 300 mg	Disclosed in mg; dose by bodyweight and tolerance.
Nitrosigine (inositol-stabilized arginine si)	About 1.5 g	NO7 Preworkout 2 g	1.5 g or more of the studied compound
L-Glutamine	About 5 g (recovery and gut support)	Creatine Complex 7 g (2 scoops) Glutamine Complex 5g	Amount disclosed, not buried in a blend
Vitamins and minerals (multi)	Stay under tolerable upper limits; may exceed %DV	ActiveMV, Women'sMV, Over50MV, Alln1 SuperBlend	None above the tolerable upper limit

Ranges are general guidance from published human research, not medical claims. Individual needs vary. Doses shown are the full-serving amounts noted below. Some are also bodyweight-dependent (see creatine and caffeine).

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dotFIT Product Quick Reference

Product	Key ingredients (per full serving)	Serving	Testing
Creatine Monohydrate	Creatine monohydrate 5 g	1 scoop (7 g)	NSF Certified for Sport
Creatine Complex	Creatine monohydrate 5 g, beta-alanine 3.2 g, L-glutamine 7 g, Careflow mango 200 mg (per 2 scoops)	2 to 3 scoops	NSF Certified for Sport
AminoFormula	Full EAA profile about 12 g, including leucine 4.2 g	1 scoop (17 g)	NSF Certified for Sport
Omega-3	EPA + DHA 600 mg per softgel (EPA 360, DHA 240), 3:2 ratio, GoldenOmega Alaskan pollock, mercury and PCB free	1 softgel (60 count)	NSF Certified for Sport
NO7 Preworkout	Citrulline malate 6 g, creatine 5 g, beta-alanine 4 g, glycerol 4 g, taurine 3.2 g, Nitrosigine 2 g, caffeine 300 mg (per 2 scoops)	1.5 to 2.5 scoops by bodyweight	Third-party tested by Eurofins
WheySmooth	Protein 25 g (whey concentrate and isolate), PDCAAS about 1.0	1 scoop (42 g)	NSF Certified for Sport
LeanMeal	Meal replacement: 21 g of whey isolate protein, 7 g of fiber, sustained-release carbs, plus 240 mg of calcium and 256 mg of potassium	2 scoops (51 g)	Third-party tested by Eurofins
Alln1 SuperBlend	Full day's vitamins and minerals within upper limits, 2 servings of vegetables, 6 g fiber, omega-3 330 mg, 10 B CFU probiotics, adaptogens (turmeric, ashwagandha, reishi, and chaga mushrooms)	2 scoops (21.5 g)	NSF Certified for Sport & Vegan Friendly
ActiveMV	Multivitamin and mineral, formulated to fill gaps and stay within upper limits + daily antioxidants, Vitamin D (600 IU per tablet)	1-2 tablets	NSF Certified for Sport
ThermAccel	Thermogenic for fat loss support: 200 mg caffeine + 270 mg EGCG and 100 mg of L-Theanine	2 tablets	Third-party tested by Eurofins

For use as an internal trainer tool only. It is education for fitness professionals, not a medical or treatment claim.