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R&D for Nutrition Programs & Products

- Over 1,700 sport and fitness facilities
- Over 50,000 fitness professionals
- Trusted & Used by MILLIONS of Households
- Largest provider of 3rd party tested nutrition programs and products in the sport and fitness channels including collegiate and professional sports





CHIEFS

dotFIT
GROW STRONG.™



SVG - PNG DESIGN HIGH QUALITY



Supporting Over 250 College & Pro Sport Teams

dotFIT Custom Group Previous Supplements of the Month -all available in your dotFIT U-TUBE Channel

Note: all products have extended video education found in your trainer console and dotFIT U-TUBE

- Feb 18 (2022), Intro, history, why nutrition, dF diff, play-span (Baseline supp)
- Mar 18 – All Proteins, Protein Intro, Updated Stats FAQs & Summaries
- April 8 – AminoFormula - Perf Cat 2, Updated Practitioner Notes/FAQs,
- May 6 – Fat loss intro review, ea. product sum w script & pack script
- June 3 – Essentials (MVM [Ca, V-D], SO-3, Protein) in Play-span
- July 8 – JointFlexPlus with Collagen intro & Photo-aging/skin Note
- Aug 5 – All Nutrition Bars, FAQs, Updated
- Sept 2 – Family Essential Packs (MVM, SO3, Ca, Protein)
- Oct 14 – UltraProbiotic Full; Scripts/collaterals, FAQs
- Nov 4 – MR Powders & Bars, Save Calories for The Holiday – LeanMR
- Dec 9 – Immune Bundles, Presentations, Collaterals & Holiday displays
- Jan 6 – (2023)Popular Diets and New Year Resolution Bundles
- Feb 3 – Popular Gym-Goer Products for The New Year with all collaterals
- Mar 3 – Playspan®, Self-Care & Future of Fitness
- Oct 6 –Alln1 SuperBlend™ Launch:
- Nov 10 – Holiday/New Year weight solution & Nutrition Hack with SB with protein
- Dec 8 – Optimizing BodyComp Part 1 - Weight Loss vs. Fat Loss, Beyond Calorie
- Jan 5 – Optimizing body comp Part 2 – Maximizing Gainz, Minimizing Bodyfat
- Feb 2 (2024) – Part 3 Opt Body Comp, Recap 1&2, monitoring, myths & Contest Prep
- April 19 – dotFIT difference review and product price comparisons
- May 24 – Weight loss drugs (GLP-1RAs,) nutrition companion and more
- Sept 20 – CreatineMonohydrate Beyond Muscle, in Brain/Mental Health/Concussions, Aging & Females
- Nov8 – SuperOmega-3 with Play-span Finish -Updated

Feb 20 – ExtremeCreatineXXXL+, Updated with the premium vasodilator Careflow™

Support Recordings containing the full science of all products is in your trainer console under “dotFIT Tools” then “Supplement Education”



Multi-Ingredient Pre/Post Workout Supplement (MIPS)

Now updated with a premium vasodilator - Careflow™

**Takes creatine to the next level, with Beta-alanine, Glutamine & the PUMP!
Increased strength/power & muscle endurance with better recovery and blood flow. Delay fatigue and reduce RPE/pain to work harder longer, while increasing force production**

GROW STRONG & STAY STRONG EXTREME CREATINE XXXL+ JUST GOT ANOTHER X!

EXTREME CREATINE XXXL+: CREATINE MONOHYDRATE COMBINED WITH BETA-ALANINE, GLUTAMINE & THE VASODILATOR Careflow™ – A MULTI-INGREDIENT PRE & POST WORKOUT PRODUCT

- GOAL
- RATIONALE
- KEY POINTS
- TYPICAL USE

ExtremeCreatineXXXL+

International Society of Sports Nutrition (ISSN) Position on Creatine Supplementation



EXTREME CREATINE XXXL+



Multi-Ingredient Pre/Post Workout Supplement (MIPS)

Now updated with a premium vasodilator - [Careflow™](#)

Creatine to the next level, with **Beta-alanine, Glutamine & the PUMP!**

1. Increased strength/power & muscle endurance with better recovery
 - A. Delay fatigue and reduce RPE/pain to work harder longer –increasing force production
2. **Increase MPS (reduce breakdown) with immune & gut health support**
3. **Improved muscle vasodilation and blood volume** causing greater muscle swelling, nutrient delivery and metabolism, work production, and speeds removal of the waste products of muscle metabolism. [Careflow™](#) health benefits shown to include better glucose management & reducing risks of age-related metabolic decline
4. Enhanced anabolic environment, especially in support of dieting and/or intense training: faster, more efficient recovery for continuous gains
5. Better workouts + better recovery = more gains
6. Non-stimulant formula – allows freedom to add as desired



Non-stimulant pre workout supplement to enhance motivation, training session, anabolic environment & overall results



EXTREME CREATINE XXXL+



Goal

- Supply a non-stimulant NSF-CS pre-workout/activity product containing safe and effective clinical doses of creatine monohydrate (CM), beta-alanine (BA), glutamine (GN) and the vasodilator Careflow, to work synergistically to **improve the desire to train and deliver additive performance benefits in individual training sessions or competition outcomes**. Regular usage would create long-term benefits by maximizing each training bout via **continuous stronger workout sessions that would build on each other helping to avoid training plateaus** and deliver continuous exercise-induced gains.

Rationale (besides convenience) of the Multiple Ingredient Pre-Workout Supplement (MIPS)

Ingredients are individually known to accomplish size, performance and nitric oxide increases

- The **ergogenic effect of creatine** for size and strength & **beta-alanine** for force production and training endurance. Combined, CM & BA significantly delay muscular fatigue and reduce ratings of perceived exertion (RPE/pain).
- The added recovery benefit of glutamine to **defend muscle/performance gains and support health and recovery during demanding stresses**

Combined with the effects of:

- Careflow (specialized, 100% fruit powder) to enhance nitric oxide (NO) production increasing blood flow and vasodilation to amplify the training session and response,³⁷⁻⁴¹ including the effects of creatine and beta-alanine³⁶² = **muscle pump improving all cellular activities, vascular health and glucose management**
- Based on unique and complimentary mechanisms of actions, the ingredients co-ingested, may have individually additive positive effects immediately on the “field of play” and setting the stage to maximize each training session’s contribution to various desired muscular adaptations^{216-221,363-365}

A non-stimulant MIPS to deliver improved training performance, triggering enhanced muscular and cardiovascular adaptations, and avoid common training plateaus

Can be used as a standalone or incorporated in stacking programs



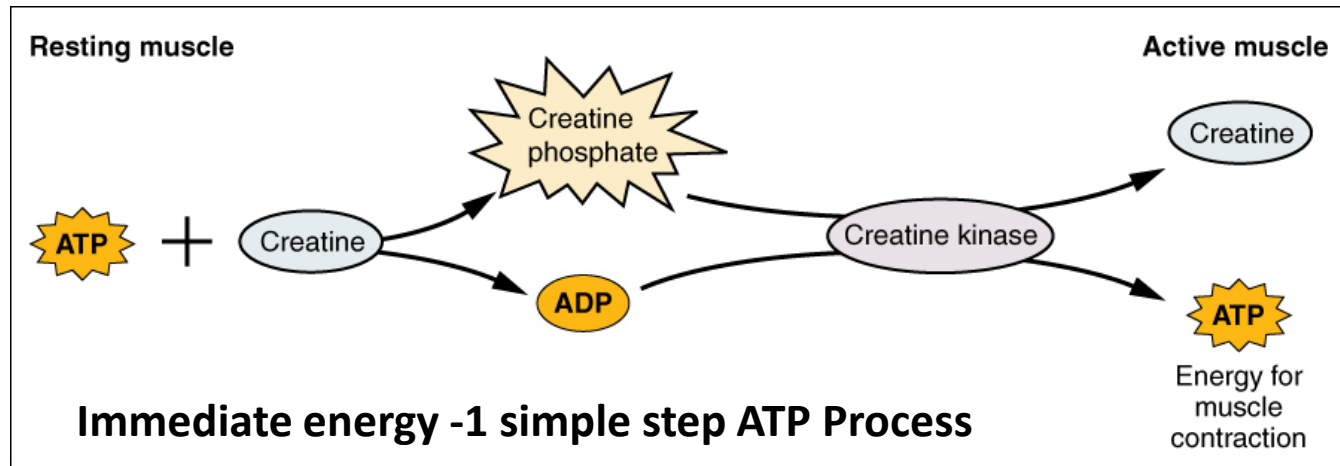
CREATINE MONOHYDRATE



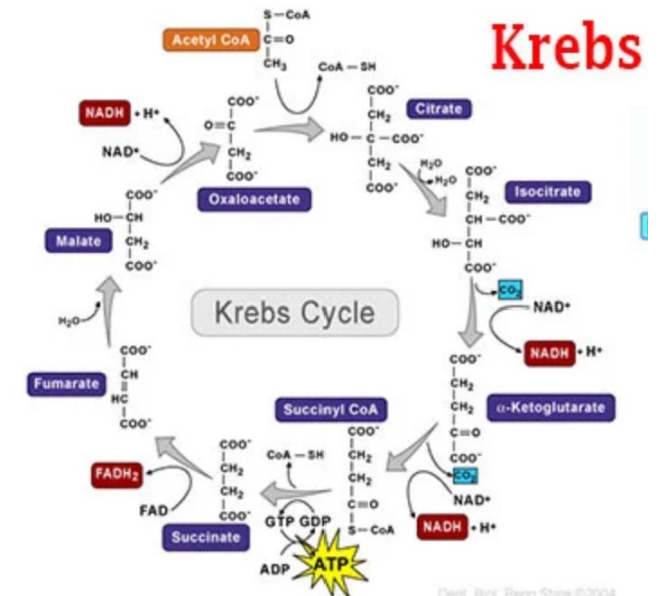
Creatine Monohydrate

Goal of Creatine Supplementation (CS)

1. Increase muscle (and brain) levels of creatine (Cr) and speed regeneration of creatine phosphate (PCr) to benefit strength and power activities that are dependent on PCr as an energy source (Cr supplies the majority of energy for the first few seconds of vigorous activities)
 - ✓ Sprinting, jumping, weightlifting and carry over (e.g., size/strength gains) to a specific activity
 - ✓ Sports requiring repetitive bursts of speed & power interrupted by periods of rest or low-intensity movements – e.g., intermittent athletes in team sports such as football, baseball, rugby, hockey, lacrosse, soccer etc.



Buffer/bridge to next energy source



Creatine + ATP \rightleftharpoons creatine phosphate (PCr) + ADP. This way creatine can serve as an ATP buffer. Creatine acts as an ATP buffer by converting to phosphocreatine, which can rapidly donate a phosphate group to ADP to regenerate ATP when energy demands are high, effectively maintaining a stable ATP concentration within muscle cells during intense exercise, preventing rapid depletion of ATP and delaying muscle fatigue; this process is facilitated by the enzyme creatine kinase.

CREATINE MONOHYDRATE



[CreatineMonohydrate](#)

Goal of Creatine supplementation (CS)

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2. Often used to support aging muscle (delay the inevitable) and brain health
3. Support activity recovery

Rationale

- ✓ CS can increase SM total creatine content >15% and up to 24%, and >9% in the brain^{1,15,17,18}

Increasing Cr/PCr availability in respective tissues to enhance their related activities, to also translate to the “field of Play”



Mechanisms of action for **performance & hypertrophy**

- CS increases anaerobic capacity²⁰⁻⁴⁶
 - ✓ Increases intracellular levels of PCr allowing intracellular levels of ATP to be maintained at higher levels for longer periods of time, permitting athletes to maintain a greater training intensity and quality of each workout throughout an entire training period leading to greater overall performance gains^{25,29,Ref}
 - ✓ Delay fatigue by attenuating exercise induced decreases in muscle pH –buffering lactate and/or less reliance on glycolysis^{30,45}
- CS shown to ([CS and hormone levels – 2024](#))
 - ✓ Increase satellite cell proliferation (**responsible for the further growth and development of skeletal muscle**)²⁷
 - ✓ Enhance insulin-like growth factor signaling⁴¹
 - ✓ Increase growth hormone²⁷
 - ✓ Alter myogenic transcription factors leading to a **reduction in serum myostatin** (muscle growth inhibitor)⁴³
 - ✓ Improve neuromuscular function (facilitating the reuptake of Ca²⁺ into sarcoplasmic reticulum)⁴⁴
 - ✓ Reduce muscle damage from high intensity training and endurance exercise⁴⁶

CS increases the metabolic capacity of the target tissues- e.g., the capability of a muscle to contract more powerfully longer & heal faster

CREATINE MONOHYDRATE IT WORKS!!



CS Effects for anaerobic activities (performance & hypertrophy) –all creatine monohydrate (CrM) & vs Placebo (P)

Meta-analysis (regardless of protocol)

- Muscle strength & performance: 8% increase in performance in 1rep max (RM) & 14% in reps per set³³
- Body composition & performance³²
 - ✓ Overall effect size (ES) 0.24. **Studies showed a 7.5% improvement from baseline vs. 4.3% P**
 - ✓ ES on body composition of 0.17-0.26
- Lower limb strength performance⁵⁰
 - ✓ ES: squat 0.336, leg press 0.297; 0.266 for overall quadriceps
- **Upper limb strength performance⁶⁸**
 - ✓ ES bench 0.265, **chest press 0.677**
 - ✓ Overall, pectoral ES 0.289, global upper limb ES 0.317

Other studies

- Hypertrophy results during **6-12wks training: 1-6LBS increases over Placebo** in all age groups,^{25,32,36,69,70,75,79}
- CS also demonstrates performance and lean mass increases in older male and female adults^{51,52,66,67} with no change in kidney function^{25,32,36,69,70}

CS works to improve performance in specific activities and hypertrophy outcomes – quality of workouts for compounding results

effect size of 0.2 judged to be small effect; 0.4 medium; 0.6 a large effect on outcomes

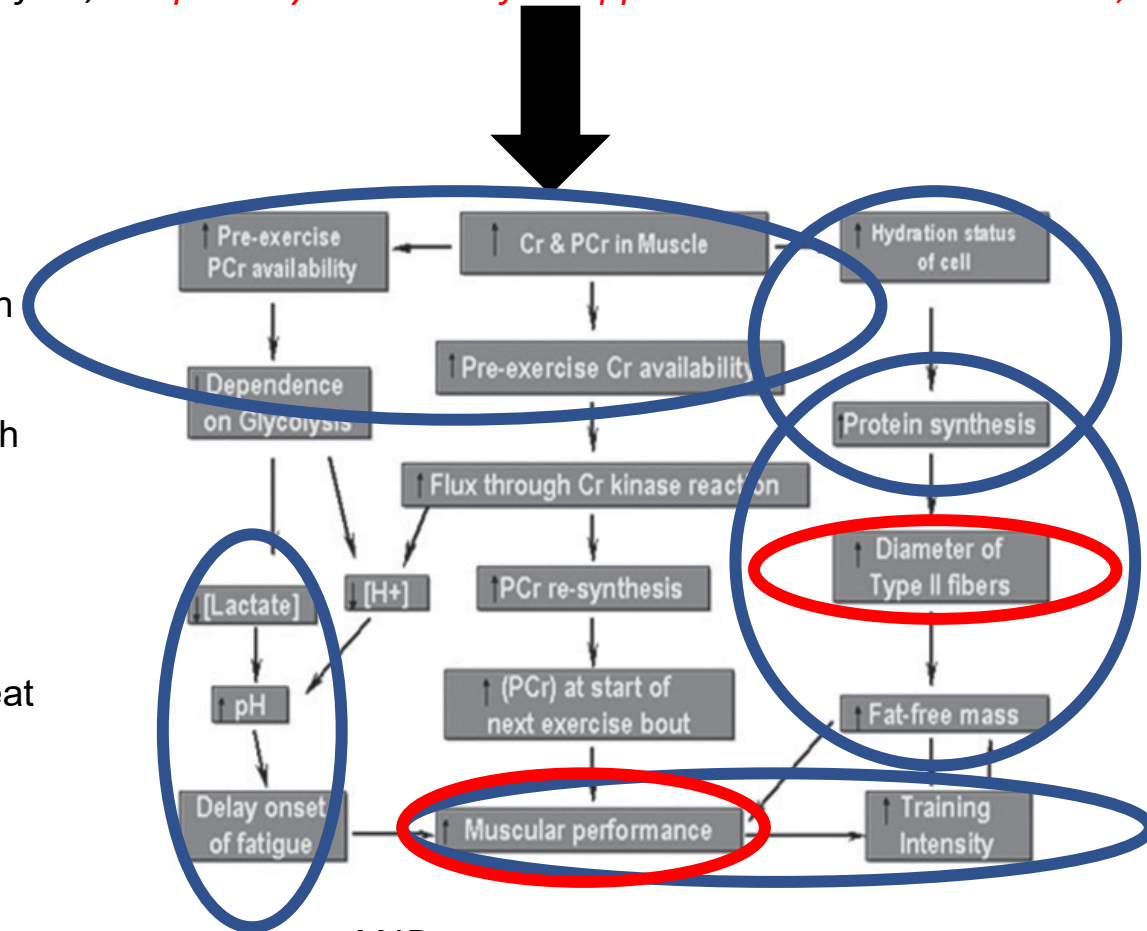
Creatine Monohydrate Summary

Purpose

Supply an NSF-CS superior creatine supplement in its most **clinically successful monohydrate form** to maximize creatine supplementation's size & performance enhancing effects. The goal of CS is to **increase the muscle levels of creatine and speed the regeneration of creatine phosphate**. **CM provides an immediate energy source (PCr) for brain and muscles and therefore, the primary rationales for supplementation are to increase, replete and prolong this energy source.** [CreatineMonohydrate](#)

Potential Beneficiaries (compared to non-supp state)

- Adult athletes to improve training outcomes **related to increasing LBM and improving strength & power activities such as sprinting, weightlifting, and jumping. Benefits may translate to sports ("field of play") requiring repetitive bursts of speed and power** – i.e., specific intermittent athletes (team sports such as football, baseball, soccer, rugby, hockey, lacrosse, etc.)
- Athletes with low creatine intake (esp. vegans) or biosynthesis who perform high intensity activity
- Any exerciser desiring to break a performance plateau in any related activity (may improve motivation and activity longevity)
- Aerobic/endurance athletes to potentially delay fatigue especially under high heat conditions and assist post exercise glycogen re-synthesis & other recovery processes
- Older adults seeking healthier aging and improved daily living



AND.....

Supports **recovery thru satellite cell proliferation, volumization, etc.**

Effective Creatine dosing: load 5g 4xd for first 5-7d; 5-10g/d (.045g/lb) maintain till end of training phase cycle

CREATINE IN AGING MUSCLE AND BONE



Accumulating research on CS, primarily when combined with resistance training (RT), has some favorable effects on muscle accretion and bone mineral density, bone and muscle strength, and tasks of functionality in older adults

Effects of CS shown in multiple meta-analysis on aging muscle & bone in older adults (50-85yrs) include*:

1. **Muscle Accretion:** particularly when combined with resistance training (RT), has been shown to increase muscle mass .
2. **Muscle Strength:** improving muscle strength including enhancing muscle power and force production, allowing older individuals to maintain or increase strength levels.
3. **Muscle Quality:** improving muscle quality (architecture and composition of muscle tissue), Including enhancing the structural integrity of muscle fibers while promoting the growth of healthier muscle tissue.
4. **Muscle Function:** improving tasks of physical performance, including improvements in functional movements, such as walking, stair climbing, and sit-to-stand transitions. Enhanced muscle function can contribute to better mobility and overall physical performance in daily activities.
5. **Muscle Protein Metabolism:** influencing muscle protein metabolism by enhancing MPS and reducing muscle protein breakdown, helping to maintain or increase muscle protein content, longer lasting muscle health
6. **Bone health:** may increase bone mineral density (BMD), improve bone strength, stimulate bone formation, regulate bone resorption, and influence hormonal factors important for bone health
7. [Improvements in flow-mediated dilation, microvascular reperfusion, fasting glucose and triglycerides versus placebo](#)

All benefits came with no effects on kidney or liver functions

CS Goal: help counteract the inevitable age-related decline in the musculoskeletal system (characteristic of sarcopenia) to stay independently active – i.e., a Playspan® equal the lifespan

Summary on CS and brain health*

CS can increase brain creatine content over time and because Cr is involved in brain energy metabolism, CS can play a role in maintaining optimal brain function when levels are compromised for any reason.

CS in brain health:

- Found to increase brain creatine levels, which can **enhance brain energy metabolism** to improve brain health
- **Improve measures of cognition and memory**, primarily in aging adults, and learning
- **Decrease symptoms of sleep deprivation.**
- Show promise for **alleviating some symptoms of traumatic brain injury (TBI)**, including concussion.
- Encouraging evidence demonstrates it may **alleviate symptoms of depression, anxiety and chronic fatigue syndrome.**
- Have **benefits in muscular dystrophy** and yield potential neuroprotective effects
- Studied as a potential **treatment for neurodegenerative diseases** such as Alzheimer's Parkinson's, and Huntington's diseases.
- CS is generally **safe and well-tolerated**, with few reported side effects including in youth.

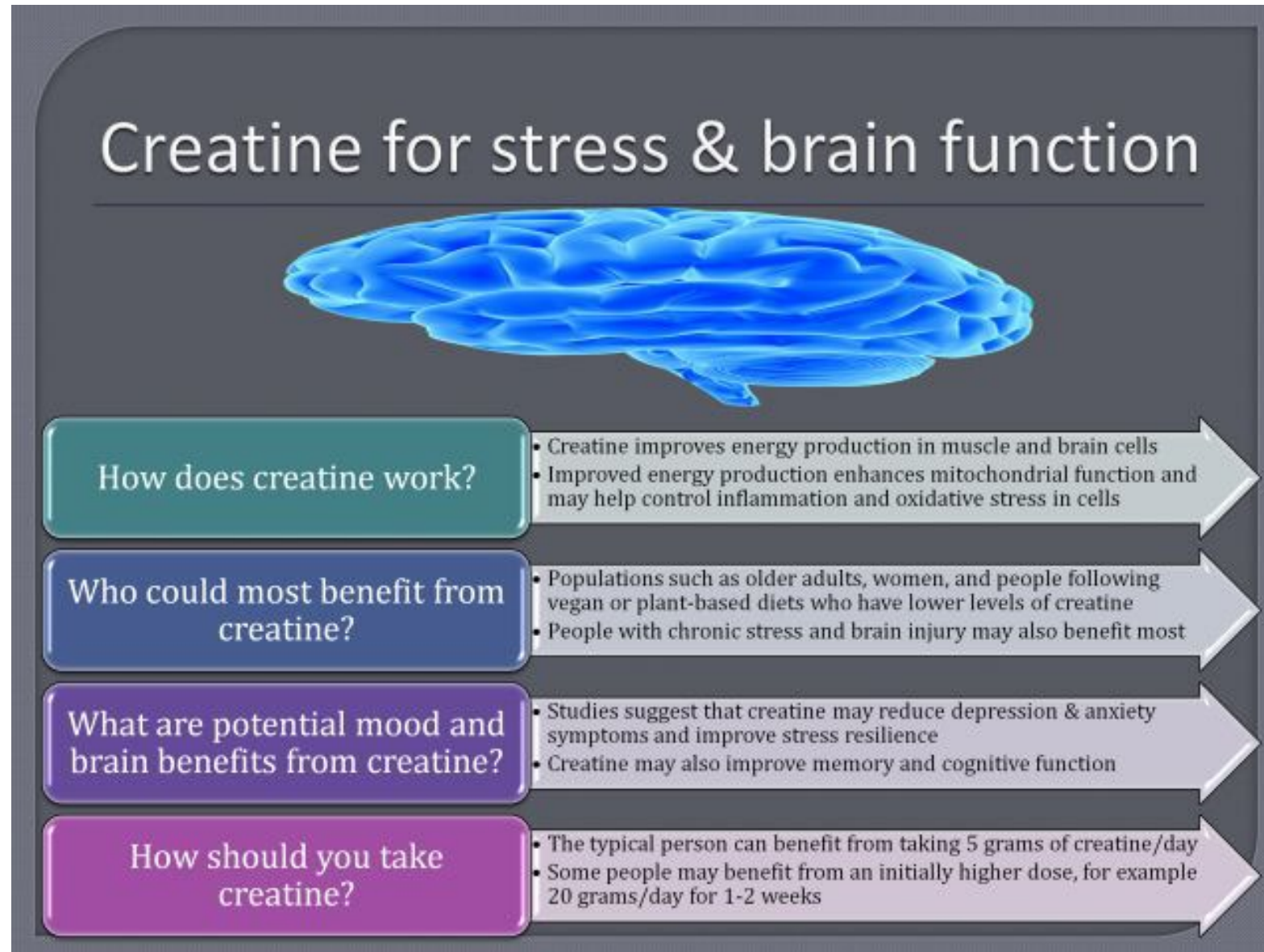
Under further investigation

- Exact mechanisms by which creatine exerts its neuroprotective and cognitive/mood-enhancing effects
- Variables in response to CS including sex and age-related differences.*
- Ideal dosing to maximize the brain creatine pool based on individuality and disorder/condition studied

***Effects of CS on all aspects of brain health may vary among individuals and depend on factors such as dosage, duration of supplementation, testing protocols, overall health (including degree of disorder or injury), individual physiology/genetics, sex and/or diet**

With nearly two decades of creatine research on brain function now complete, the initial results appear promising

Summary diagram



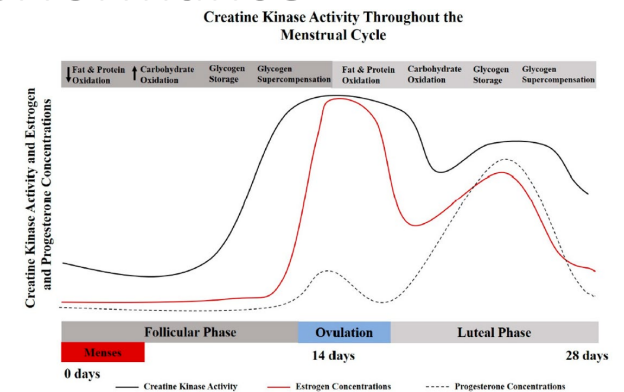
CREATINE IN FEMALES



The primary benefits of CS for females are similar to males

Females have lower Cr stores and consume less dietary creatine compared to males. Further, because of changes in Cr homeostasis across the female lifecycle, particularly as it relates to estrogen, CS at normal recommended dosing appears to provide many safe and potential benefits including:

- Improved strength & sports performance including increased anaerobic capacity
- Increased muscle size and function
- Positive effects on bone health including BMD
- **Enhanced body composition while improving** exercise performance
- Enhanced recovery and possibly aerobic performance
- **Mood and cognition enhancement**
- **Support during hormonal changes**
 - ✓ CS may be most effective during the luteal phase due to highest estrogen



CREATINE MONOHYDRATE SAFETY



Safety is Well Established^{25,35,132,133*} [Ref](#) [Ref1](#),[Ref2](#),[Ref3](#)

30yrs successful safe use in performance, recovery time and recently brain/health including in youth/adolescence

- No progressive effect to cause negative consequences to renal function and health in already healthy individuals with proper dosage¹³⁵⁻¹⁴⁰
- No negative renal effects found in any age group^{25,35,132,133,141}
- Long-term clinical therapies including in children and older adults (e.g., 10g/day for over 5yrs) have yielded no significant detectable adverse effects¹³³ [Ref](#) [Ref1](#),[Ref2](#),[Ref3](#)
- Blood test note: spontaneous normal conversion of Cr into creatinine from diet (e.g., high in animal protein), proper use of CS and/or vigorous exercise, may lead to a creatinine level reading at or above the normal (>1.5 mg/dL), which in healthy persons, is generally a harmless temporary result
 - ✓ Exercisers avoid or lightly train day before, and **CS users cease use ~2-4days before test**

Summary of common questions & lingering myths

“Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?” [Ref1](#) Antonio et al. ISSN

From ISSN 2021 on Creatine supplementation:

1. Does not always lead to water retention (i.e., proportionate to skeletal muscle gain)
2. Not an anabolic steroid.
3. Recommended dosages do not result in kidney damage and/or renal dysfunction in healthy users
4. No link between creatine supplementation and hair loss/baldness.
5. Does not cause dehydration or muscle cramping.
6. Appears generally safe and potentially beneficial for children and adolescents.
7. Does not increase fat mass.
8. Smaller, daily dosages of creatine supplementation (3-5g or 0.1 g/kg of body mass) are effective. Thus Creatine ‘loading’ phase may be not required depending on desired ergogenic effect timing needs
9. Combined with resistance training, CS produces the vast majority of musculoskeletal and performance benefits in older adults. Alone CS can provide some muscle and performance benefits for older adults.
10. Can be beneficial for a variety of athletic and sporting activities.
11. Provides a variety of benefits for females across their lifespan.
12. Other forms of creatine are not superior to creatine monohydrate.

Creatine Component Summary

Take your workout and game day to the next level and get bigger and stronger faster especially important for experienced and/or older athletes both male and females that desire to remain active



Healthy aging

Help counteract the inevitable age-related decline in the musculoskeletal system to help stay independently active or help your Playspan® equal your lifespan

With nearly two decades of creatine research on brain function now complete, the initial results appear promising

Brain energy/functioning

Directly feeds the brain's immediate energy system. When brain energy levels are stressed/compromised, CS has been shown to improve overall brain health and functioning, including positively managing mood

Directly feeds your explosive energy system to improve/prolong strength & power movements and training intensity so you can make every workout & game day a PR!

PURE NSF-CS CREATINE

Cr leads to stronger workouts and faster recovery generating rapid increases in muscle size and/or performance so you avoid plateaus and can't wait to train

Supplement Facts

Serving Size: 6.8g (1 heaping scoop) Servings Per Container: 60

	Amount Per Serving	% Daily Value*
Calories	5	
Total Carbohydrate	1g	<1%*
Creapure® Creatine Monohydrate	5g	**

**Helping stay forever young and active
Keep thinking and moving better throughout a lifespan**

Beta-Alanine

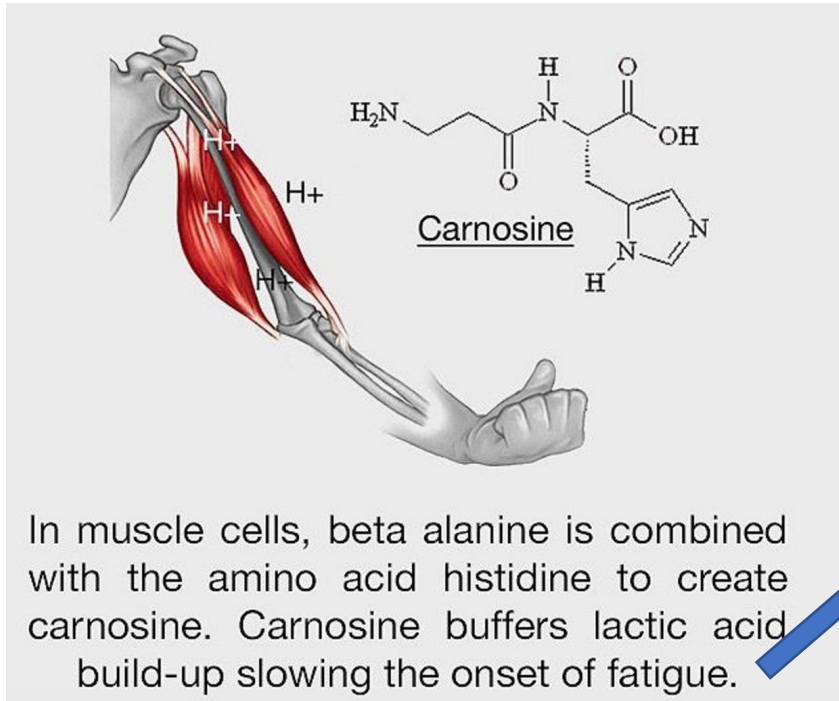
Goal: Increase muscle carnosine to reduce exercise-induced acidosis to **prolong time to exhaustion and increase training intensity** NO7Rage (4th Ed) (buffer "the burn" thru different mechanism than creatine –thus additive)

Additional benefits associated with elevated carnosine is noted to include greater force production. Carnosine binds both H⁺ and Ca²⁺, the increase in H⁺ binding to carnosine may induce Ca²⁺ unloading at the level of the sarcomere, increasing cross-bridge formation and enhancing muscle force production.

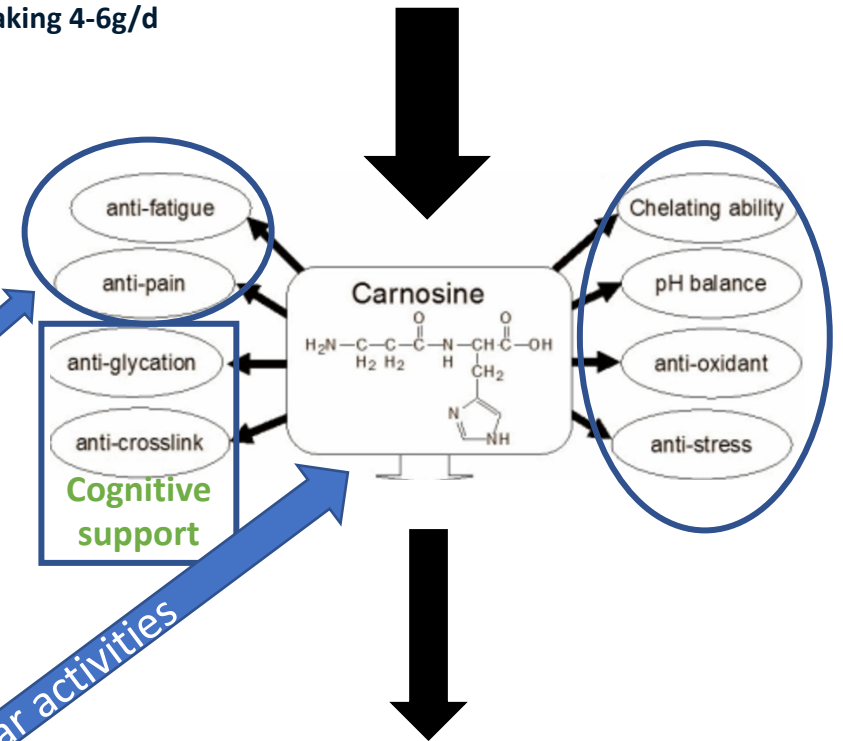
BAS can increase muscle carnosine up to 80% with consistent use; 20-30% increase after 2wk;40-60% after 4wk taking 4-6g/d

Potential Beneficiaries (compared to non-supp state)

- Same majority group as creatine users but delivers an incremental contribution



In muscle cells, beta alanine is combined with the amino acid histidine to create carnosine. Carnosine buffers lactic acid build-up slowing the onset of fatigue.



Increases muscle buffering capacity to improve performance in high-intensity exercise and/or **enhance the quality* of training** in strength and power athletes^{14,124,125,140,141}

*Maximum amount of exertion a subject can sustain

Effective β-alanine dosing: 3.2-7g/d (4wk min); 38mg/lb

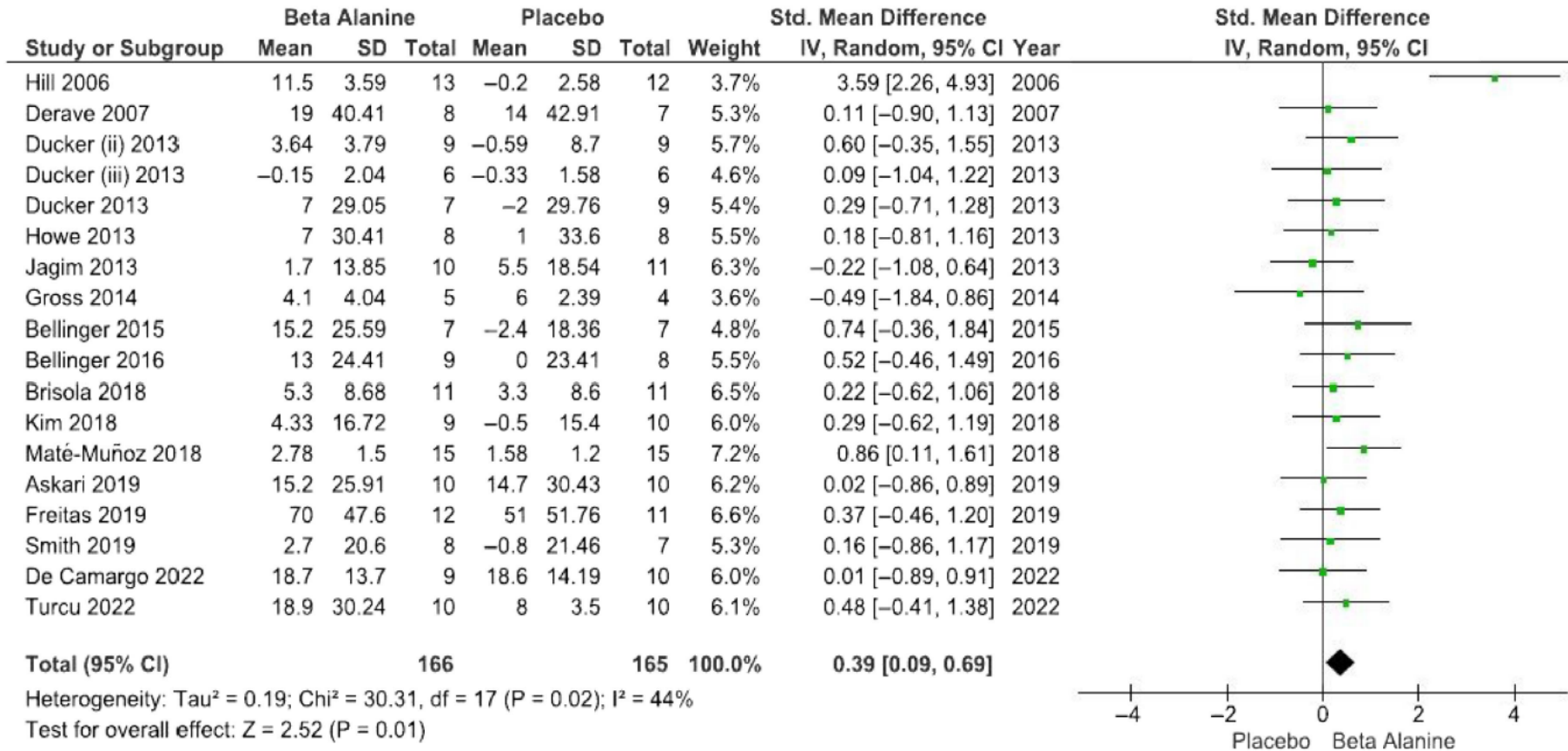
BAS can increase muscle carnosine up to 80% with consistent use; 20-30% increase after 2wk;40-60% after 4wk taking 4-6g/d

Additive performance benefits to Creatine supplementation

Effect of Beta-Alanine Supplementation on Maximal Intensity Exercise in Trained Young Male Individuals:

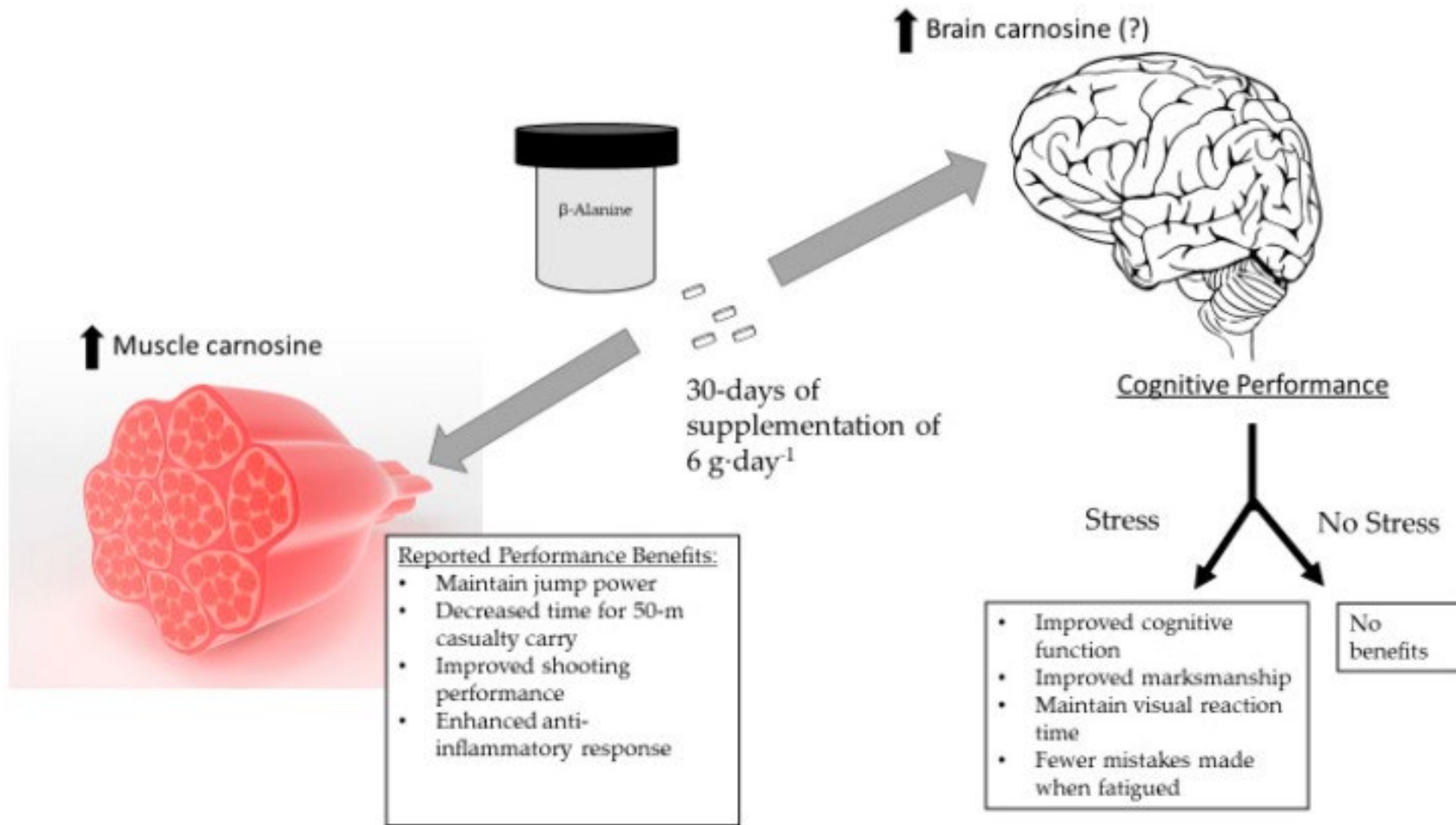
A Systematic Review and Meta-Analysis

International Journal of Sport Nutrition and Exercise Metabolism, 2024, 34, 397-412



14 of 18 studies showing supplementation with beta-alanine (BAS) compared with placebo yielded significant positive effects on maximal intensity exercise (performed as 'all-out' and sustained by an anaerobic ATP yield). Dosages, test duration and protocols along with activity/exercise modality measured, were all factors in successful usage. In line with previous systematic reviews, the duration of BAS showing the greatest ergogenic benefits was at 4wks using 4-6.4g/day. BAS was most effective for exercise lasting 4–10 min. i.e., maximal exercise protocols, which includes the intermittent athlete's activities, such as jumping, running, etc., and high intensity activities lasting 60–300 seconds.

The Effect of β -Alanine Supplementation on Performance, Cognitive Function and Resiliency in Soldiers



Physical performance and cognitive function changes subsequent to β -alanine supplementation in soldiers. Data from [\[52,53,54,58,61\]](#)
BAS appears beneficial for tactical athletes for both physical and cognitive function, but particularly when stressed

Role of β -Alanine Supplementation on Cognitive Function, Mood, and Physical Function in Older Adults

BAS enhanced cognitive performance in older adults whose baseline cognitive levels were borderline to below normal.
Additionally, BAS was able to reduce symptoms of depression (2.4gm/day)

GLUTAMINE (GN)

BETTER RECOVERY & IMMUNE SUPPORT



(References from [ExtremeCreatineXXXL PDSRG doc.](#))

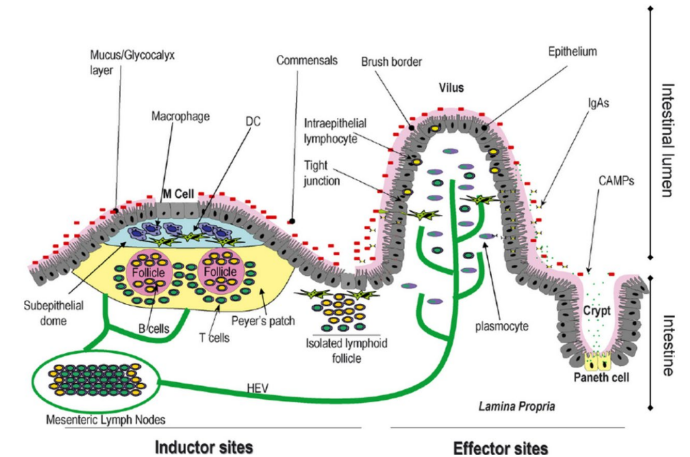
Goal

- Glutamine functions as an effective immuno-nutrient; serves multiple important roles in cell growth & survival during times of depletion brought on by demanding stresses, all aspects where supplementing GLN can benefit

Rationale

- Replenishing glutamine during times of **depletion caused by rapid growth, tissue repair or other high metabolic demands, particularly when combined with prolonged energy restriction, may protect the loss of muscle and maintain health (immune support*)** including the integrity of the intestinal tract and enhance recovery as compared to a non-supplemented state.^{2,41,47}
 - ✓ *70% of immune system resides in the gut. Glutamine feeds the intestinal wall/cells to maintain it's integrity/health and activated immune cells consume large amounts of glutamine
 - ✓ Skeletal muscle (SM) releases AAs to produce extra GLN as needed, and operates as a GLN factory
 - ✓ GLN also acts as a cell volumizer, which plays a unique role on protein synthesis

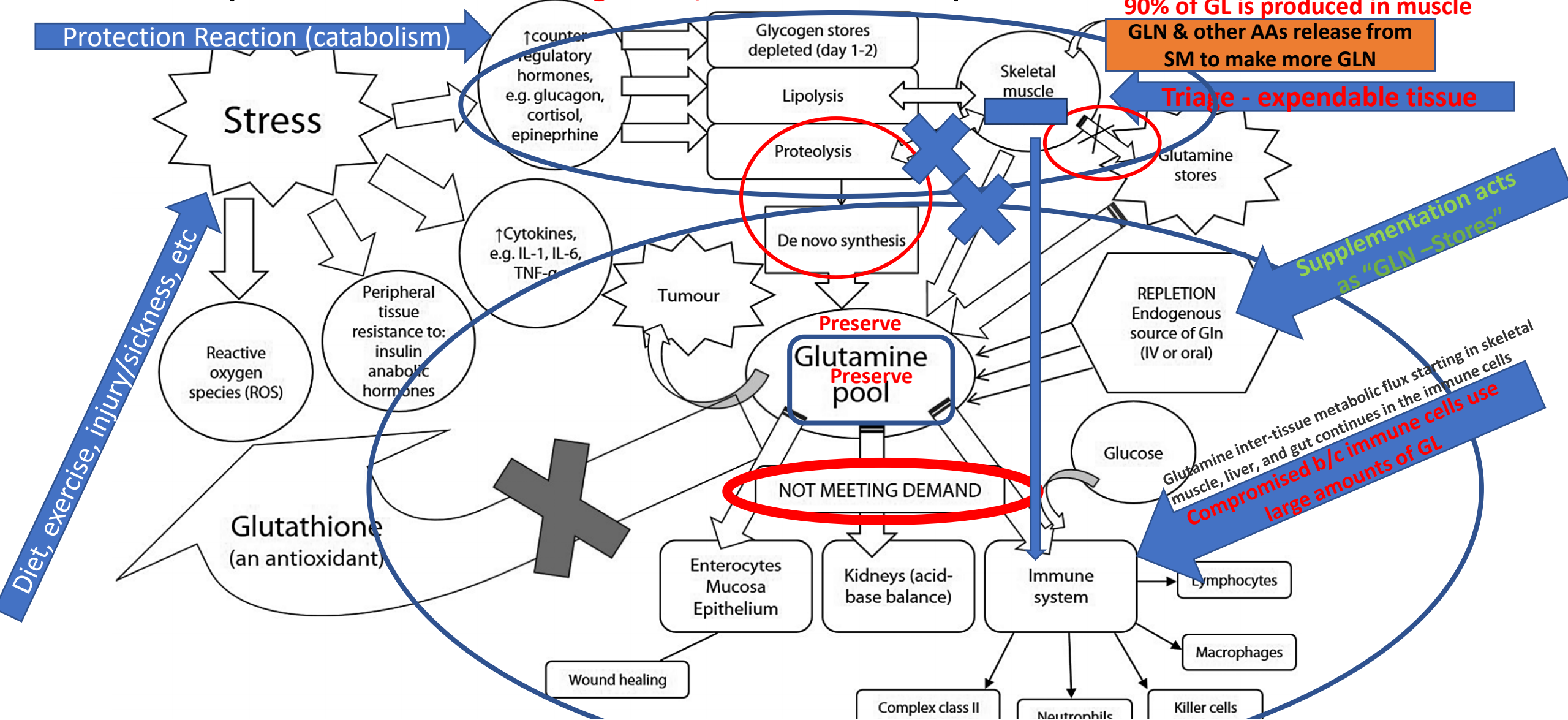
Glutamine feeds the intestinal wall/cells to maintain it's integrity/health and activated immune cells consume large amounts of glutamine



Under stress, the body cannot keep up with the ubiquitous demand so something must be sacrificed including SM to support the glutamine needs – thus GLN supplementation can defend muscle. Support health and recovery during demanding stresses

*See [MuscleDefender](#) for current complete details on goal, rationale, mechanisms of actions, clinical trial results, safety, effective use, myths, precautions, contraindications, etc.

Depletion of Glutamine During Stress/Sickness & Consequences



Blood GLN concentration can fall up to 30–50% under catabolic conditions, while simultaneously muscle GLN concentration may fall by up to 50%.

Therefore, the goal is to Increase the body's glutamine pool so there is enough/more to go around as needed to support immunity while defending muscle/performance gains

Figure 1. The depletion of GLN during stress, and its consequences^{1,2,13}.

[10.1080/16070658.2017.1371467](https://doi.org/10.1080/16070658.2017.1371467)

Enzyme glutamine synthetase, in skeletal muscle, responds to the increase in cortisol by up-regulating GLN release from skeletal muscle. Normally, GLN will be released to the glutamine pool, but, in catabolism, proteolysis leads to the *de novo* synthesis of GLN from other amino acids. When demand exceeds supply, the GLN pool is depleted and normal GLN dependent biological functions are compromised, leading to poor wound healing, acid-base imbalance, and compromised immunity.^{2,13}

Glutamine Mechanisms

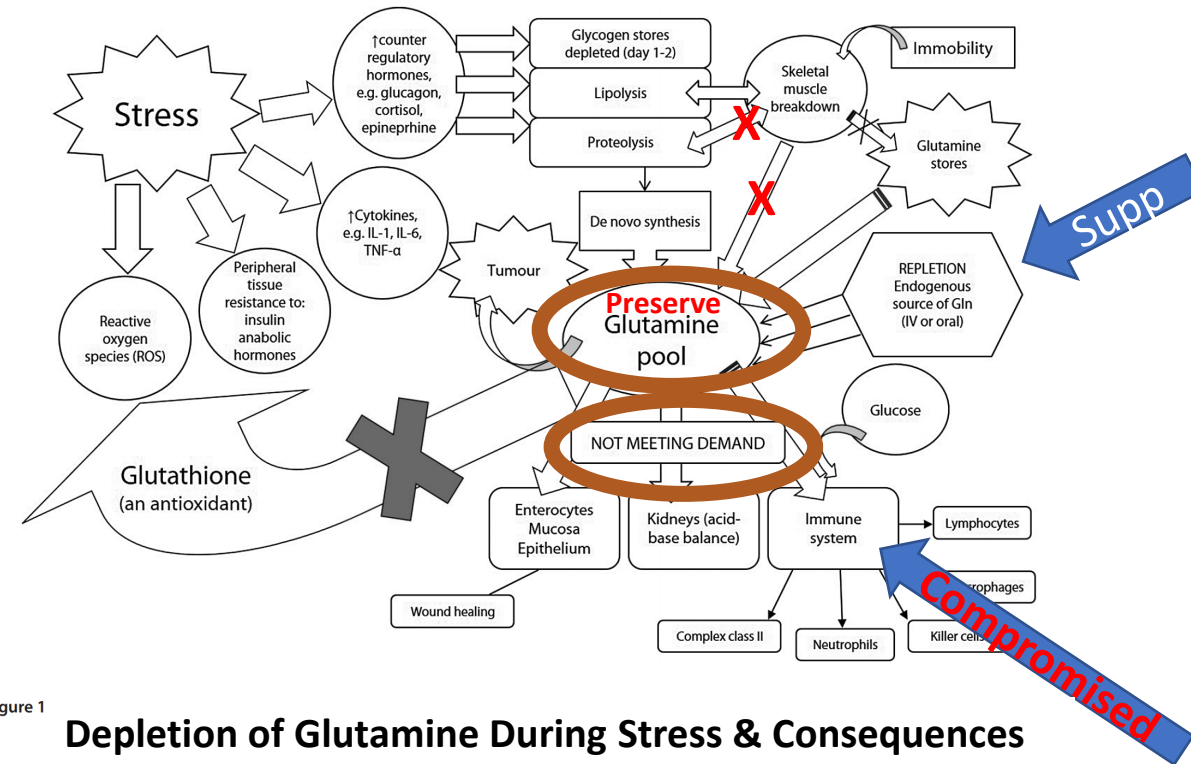
Mechanisms of action to support stress related to bodily harm^{2,41}

- Anti-inflammatory/immune regulation/upregulating immune cell function
- **Increase tissue concentration of GSH (body's "master antioxidant") attenuating oxidative stress**
- Provision of NADPH supporting mitochondria function
- Preservation of tissue functions via maintenance of ATP levels
- **Promotion of intestinal integrity⁴²**
- **Activates heat shock factor 1 (HSF-1) favoring cell survival⁴³⁻⁴⁵**
- Glutamine availability is a limiting step for the mTOR complex 1 activation (control point for cell size including skeletal muscle)⁴⁶

Dosing summary from MuscleDefender pgs. 5,6

Amounts yielding positive results in supporting the immune system, intestinal integrity and recovery related to exercise-induced stresses, range from ~5 to 40 g (or .05-0.2 g/LB of body weight) taken always before and sometimes split before, during & after exercise (add MuscleDefender for larger loads as necessary based on stress/intensities)

Increase the body's glutamine pool so there is enough/more to go around as needed



EXTREME CREATINE XXXL+



Creatine, Beta-alanine & Glutamine Co-ingestion* (References from [ExtremeCreatineXXXL PDSRG doc.](#)) Rationale Summary

- Co-ingestion of creatine and BA are mostly shown to be superior than either alone
 - ✓ See page PDSRG section [NO7Rage \(4th Ed\)](#) pages 12-13 in for co-ingestion references
 - Both beta-alanine & creatine alone, and together (creating an additive effect) significantly increase user's strength output allowing greater and prolonged workloads thus making glutamine's potential contribution to recovery important including its ability to stimulate glycogen synthesis^{2,41,48} – **better, stronger training, justifies greater recovery**
 - **Creatine & glutamine are well known cell volumizers** where glutamine serves as an osmolyte in regulating cell homeostasis in hyper and hypo-osmolar conditions through cell shrinkage and swelling, conditions that may play a role in the **regulation of protein synthesis**^{2,49,50}
- Higher quality workouts have compounding long-term effects and justify enhancing recovery**

Goal

THE PUMP

by Careflow™

Patented natural mango extract to take everything to the next level by enhancing natural vascular nitric oxide (NO) production to amplify all exercise and nutrition actions while offering added health benefits

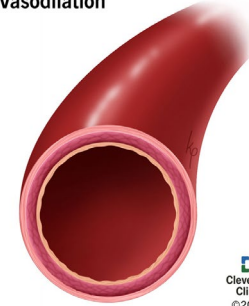
Rationale

Improved muscle vasodilation and blood volume causing greater muscle swelling, nutrient delivery and metabolism, work production, and speeds removal of the waste products of muscle metabolism, while enhancing vascular health, glucose management and reduce the risk of age-related metabolic decline – i.e., improve training performance and maintenance of physical power and muscle mass including during aging.

Normal Artery



Vasodilation



Cleveland
Clinic
©2021



Rationale (increase eNOS = increase in NO = vasodilation to amplify exercise and nutrition benefits)

Patented Ingredient Careflow™

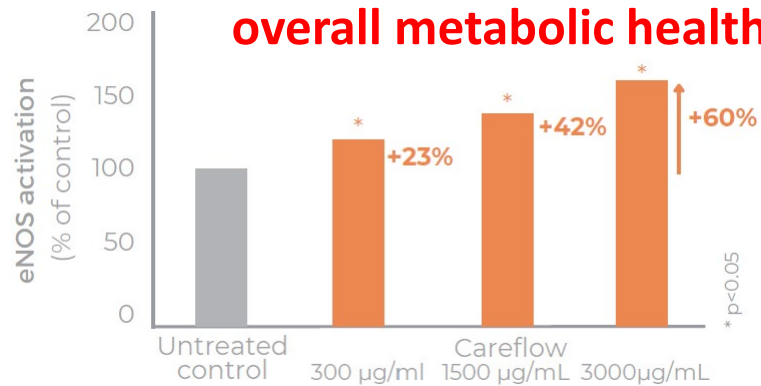
- Derived from the *Mangifera indica*(MI)/mango plant, the active ingredient gets its special health and NO production powers from a unique MI variety, Kili-Mooku, at a specific harvest stage (unripe to give bio-actives more power) and final 100% fruit powder preparation.

Mechanisms of action

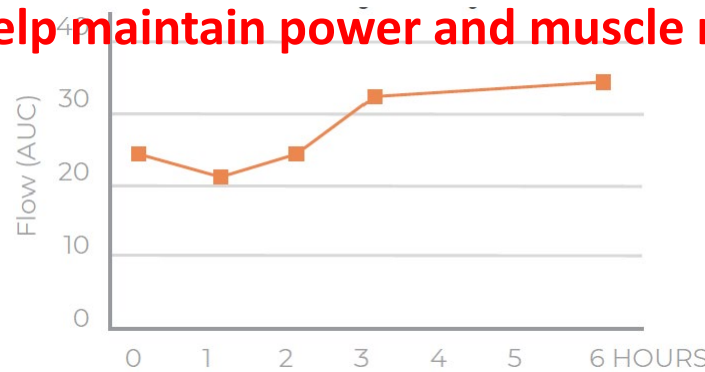
- Bio-active metabolites significantly increase the phosphorylation (activating) of endothelial (cells that line the inside of blood vessels) nitric oxide synthase (eNOS), boosting its activity thus enhancing NO production and concomitant vasodilation/blood flow.
- Activates 2-master metabolism/longevity regulators Sirt1 and AMPK¹, offering improved energy homeostasis, glucose management, overall cellular metabolism including further activating eNOS and subsequent NO production to deliver greater vasodilation and other added health benefits (see AMPK & Sirt1 functions in reducing risks of age-related metabolic decline - in PDSRG).
- Stimulates mitochondria biogenesis (energy production) and antioxidant defenses (boosts superoxide dismutase [SOD] activity)

Careflow™ studies

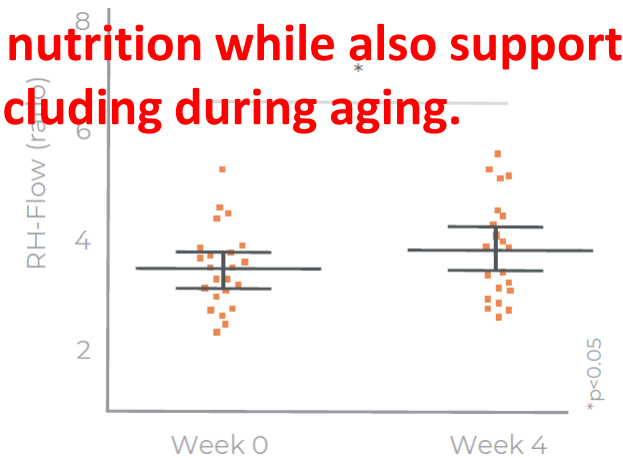
Creates a vascular effect (vasodilation) to improve the benefits of exercise and nutrition while also supporting overall metabolic health to help maintain power and muscle mass including during aging.



eNOS activation at different digested concentrations of Careflow™ mm



The blood flow* was significantly improved with Careflow™ compared to baseline (+54%). Effects almost immediately after ingestion with maximal effects were reached after 6hrs.



Reactive hyperemia flow* and the responsiveness of the microvascular system are significantly improved after 4wks of supplementation with 100mg.

* Measured by O2C-system*, a technique that enables three parameters to be mapped: oxygen saturation (sO2), relative hemoglobin (rHb) and blood flow

¹AMPK: enzymes involved in many biological processes, including cell survival, proliferation, aging, longevity, senescence, apoptosis, DNA repair, and caloric restriction.

SIRT1: plays a role in cellular energy homeostasis, mostly to activate glucose & fatty acid uptake and oxidation when cellular energy is low.

EXTREME CREATINE XXXL+



Dosing ExtremeCreatineXXXL+ as a Standalone Product

Evolving benefits from day 1; ~28 days to full tissue saturation; continue supplementation till end of desired period

DIRECTIONS: As a dietary supplement, mix two (2) to three (3) scoops daily with 8 ounces of water, as directed below:

- **On training days**, take one (1) scoop before training and one (1) scoop after. You may use along with your pre, and post workout shake or meal containing protein and/or carbohydrate.
- For those users >150LBS and seeking to maximize performance such as strength, speed and power activities, add a third scoop any other time of the day with a meal or shake
- **On non-training days (to maintain Cr, BA & CF) levels**, take one (1) scoop with morning meal or shake and one (1) scoop with evening meal or shake. If using three (3) scoops, spread each scoop throughout the day with meals/shake – i.e., morning, afternoon and early evening. **(true creatine only maintenance .045g/lb/d).**

ExtremeCreatineXXXL

BETA-ALANINE

SUPPORTS
LEAN MUSCLE MASS†

ACTIVATES NEW
MUSCULAR
STRENGTH &
ENDURANCE†

IMPROVES MUSCLE
ENDURANCE†

Now with:
careflow®



dotFIT
GROW STRONG.

Manufactured exclusively for dotFIT, LLC
Westlake Village, CA 91361 U.S.A.
1.877.4.dotFIT (877.4.36.8348) • www.dotFIT.com

Supplement Facts

	Amount Per 1 Scoop	%DV*	Amount Per 2 Scoops	%DV*	Amount Per 3 Scoops	%DV*
Serving Size: 1 Scoop (11g)						
Servings Per Container: 58						
Calories	5		10		15	
Total Carbohydrate	1g	0%	2g	1%	3g	2%
Calcium	34 mg	3%	68 mg	6%	102 mg	6%
Creatine Monohydrate	2.5 g	*	5 g	*	7.5 g	*
L-Glutamine	3.5 g	*	7 g	*	10.5 g	*
Beta-Alanine	1.6 g	*	3.2 g	*	4.8 g	*
Careflow® Mango Fruit Powder (Mangifera indica L.).	100 mg	*	200 mg	*	300 mg	*

Other Ingredients: Citric Acid, Natural & Artificial Flavors, Sucralose, Calcium Silicate, Red Beet Powder (Color), Acesulfame Potassium

Allergen Warning: This product contains ingredients containing Milk, Egg, Soy, and Peanuts.

Made in the USA with domestic ingredients. Contains Bioengineered Food Ingredients. For more information, please visit www.fda.gov. Careflow® is the property of VitaFlow LLC.

DIRECTIONS: As a dietary supplement, mix two (2) to three (3) scoops daily with 8 ounces of water, as directed below:

On training days, take one (1) scoop before training and one (1) scoop after. You may take along with your pre and post workout shake or meal containing protein and/or carbohydrate.

For those users >150 lbs. and seeking to maximize performance such as strength, speed and power activities, add a third scoop any other time of the day with a meal or shake.

On non-training days, take one (1) scoop with morning meal or shake and one (1) scoop with evening meal or shake. If using three (3) scoops, spread each scoop throughout the day with meals/shake – i.e. morning, afternoon and early evening.



ExtremeCreatineXXXL+ in Performance Bundle

Click on product links for a brief product description including short video



OR

Daily

dotFIT Multivitamin & Mineral for your age and gender If 50yrs or older use **Over50** unless noted below; if female under 50 use **Women's**; Males and very active females (competitive training protocols) under 50 use 2-**Active**, with both genders continuing use till 65yrs if still training competitively at which time every person will use Over50; children under 12yr use **Kids**; children 12-17yr use 1-Active). All vegans use **VeganMV**

- Take as directed with meals

FirstString (or WheySmooth depending on daily calorie allotment)

- Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience.
- Take two (2) scoops 20-30 minutes after post workout
- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to daily requirements.
- Be sure to ingest approximately 1 gram (g) of protein per pound of lean body mass (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post shakes combined generally supply 50-80 g of the daily protein requirement).

Daily

ExtremeCreatineXXXL+ to maintain all till end of cycle

On training days, take one (1) scoop before training and one (1) scoop after. You may use along with your pre, and post workout shake or meal containing protein and/or carbohydrate.

For those users >150LBS and seeking to maximize performance such as strength, speed and power activities, add a third scoop any other time of the day with a meal or shake

On non-training days (to maintain Cr, BA & CF) levels, take one (1) scoop with morning meal or shake and one (1) scoop with evening meal or shake. If using three (3) scoops, spread each scoop throughout the day with meals/shake – i.e., morning, afternoon and early evening. (**true creatine only maintenance .045g/lb/d**).

EXTREME CREATINE XXXL+



Unique Features

- Contains an NSF-CS pure ingredients in clinically effective dosages (and dosing instructions) that **work synergistically to produce additive effects** on muscle size, performance and recovery
- Contains L-glutamine in a stable patented dipeptide form (*Magnesium Bisglycinate Chelate*).
- **Increases nitric oxide production to enhance blood and nutrient flow through inducing hyperemia (excess blood in the vessels/vasodilation) to amplify the training session and response and deliver additional related health benefits**
 - **Special vasodilator properties** derived from a unique variety, harvesting and extraction practices from mango* to create the 100% fruit powder *Careflow*.™
- Convenient stimulant-free powdered form with **relatively neutral flavoring allows for easy mixing alone or with other products** such as pre/post workout shakes or other dotFIT powdered products.
- Contains **no stimulants and therefore can also serve as pre-workout supplement for people adverse to stimulants such as caffeine or other like-herbs or allows freedom to add desired energy-stimulating components/drinks.**
- NSF Certified for Sport (NSFCS) product with a dose structure that allows it to **standalone or be added into a customized size and performance stacking** procedure commonly used by competitive athletes
- Vegan Friendly

*Mangifera indica (MI): scientific name for a mango plant, meaning it refers to the mango tree and its fruit; "MI" and "mango" are the same thing when discussing the plant itself

Product Summary Page

Creatine monohydrate – plus.....

Beyond creatine: multi-ingredient pre/post-workout supplement (MIPS) to take your workout and game day to the next level – and avoid plateaus. Bigger, stronger, faster-pick your goal – making everyday better

Supplement Facts

Serving Size: 1 Scoop (11g) Servings Per Container: 58	Amount Per 1 Scoop	%DV*	Amount Per 2 Scoops	%DV*	Amount Per 3 Scoops	%DV*
Calories	5		10		15	
Total Carbohydrate	1 g	0%	2 g	1%	3g	
Calcium	34 mg	3%	68 mg	6%	102 mg	
Creatine Monohydrate	2.5 g	*	5 g	*	7.5 g	
L-Glutamine	3.5 g	*	7 g	*	10.5 g	
Beta-Alanine	1.6 g	*	3.2 g	*	4.8 g	
Careflow® Mango Fruit Powder (Mangifera indica L.)	100 mg	*	200 mg	*	300 mg	

DIRECTIONS: As a dietary supplement, mix two (2) to three (3) scoops daily with 8 ounces of water, as directed below:
On training days, take one (1) scoop before training and one (1) scoop after. You may take along with your pre and post workout shake or meal containing protein and/or carbohydrate.

For those users >150 lbs. and seeking to maximize performance such as strength, speed and power activities, add a third scoop any other time of the day with a meal or shake.



Increases your force production

Careflow™

Creates a vascular effect (vasodilation) to improve the benefits of exercise and nutrition while also supporting overall metabolic health to help maintain power and muscle mass during aging.

SAME CREATINE PLUS

Proper doses of **beta-alanine, glutamine added to creatine** for bigger longer muscular explosions & pumps. Glutamine to support intestinal health and muscle recovery related to exercise, diet and physical induced stresses, including *exercise/diet-induced immune suppression*

NSF-CS size & performance enhancement product to maximize each training session & results that also translates to your field of play/game day – **not found in stores**

Convenient MIPS that takes creatine to the next level for added size, strength, performance and muscle endurance – **delaying fatigue and reducing feelings of activity-related pain exertion.**

**MAXIMIZE TRAINING INTENSITY
TO TRAIN HARDER LONGER**

Maximizing performance/muscle gain potential – keep pushing out the final plateau

PRODUCT USAGE SUMMARY – WHAT & WHO



What is it

- Multi-Ingredient Pre/Post Workout Supplement, that takes creatine to the next level, with **Beta-alanine, Glutamine & the PUMP, now updated with the premium vasodilator - Careflow™** to deliver, compared to a non-supplemented state, the following:

What does it do

- Increase in strength/power & muscle endurance with enhanced recovery
 - Delay fatigue and reduce RPE/pain to work harder longer – **increase your force production**
- **Increase in MPS (reduce breakdown) with immune & gut health support**
- **Improved muscle vasodilation and blood volume** causing greater muscle swelling, nutrient delivery and metabolism, work production, and speeds removal of the waste products of muscle metabolism. **Careflow™** health benefits shown to include better glucose management & reducing risks of age-related metabolic decline
- Enhanced anabolic environment, esp. in support of dieting and/or intense training: faster, more efficient recovery for continuous gains
- Better workouts + better recovery = more gains
- Non-stimulant pre-workout formula – allows freedom to add as desired

Who would use it

- Size, strength, speed and intermittent athletes such as in football, soccer, baseball, rugby, hockey, etc. to enhance size, strength and overall activity performance gains that can translate to the field of play and avoid training plateaus
- Anyone needing training/exercising motivation or experienced exercisers trying to break thru a plateau
- Older adults seeking healthier aging and improved daily living – i.e., staving off the inevitable by keeping your muscles young

Proper use of ECXXXL can maximize each training, activity or playing session, and subsequent desired results including the muscular, mental and cardiovascular adaptations from your improved training sessions - i.e., when you *want* to train, because you are continuously training better, you get faster and longer-term compounding gains - so you can be *better* than your best.

APPENDIX

- **FAQ**
- **CreatineMonohydrate & ExtremeCreatineXXXL in Combination**
- **EXTREMECREATINEXXXL+ PRICE COMPARISONS**
- **EXTREME CREATINE EXPERT PRESENTATIONS**
- **CREATINE SUPPLEMENTATION IN STACKING PROGRAM – LIBRARY**
 - **CreatineMonohydrate, ExtremeCreatineXXXL+ and NO7Rage**
- **New products**



FAQ

Q: What is the difference between the dotFIT ExtremeCreatineXXXL and CreatineMonohydrate?

A: CreatineMonohydrate is simply the creatine monohydrate. ExtremeCreatineXXXL is the same creatine monohydrate (NSF-CS) but also contains beta-alanine, glutamine and [Carflow™](#) (vasodilator) for their respective additive performance benefits. For a product description including short video go to the dotFIT website store and click on the product you would like to learn about. Here are the direct links to the 2 products you requested [CreatineMonohydrate](#) and [ExtremeCreatineXXXL+](#). Once you click in then go to “Overview” to get product details and video.

More Info

Dosing ExtremeCreatineXXXL+ as a Standalone Product

ExtremeCreatineXXXL+ to maintain all till end of cycle

On training days, take one (1) scoop before training and one (1) scoop after. You may use along with your pre, and post workout shake or meal containing protein and/or carbohydrate.

For those users >150LBS and seeking to maximize performance such as strength, speed and power activities, add a third scoop any other time of the day with a meal or shake

On non-training days (to maintain Cr, BA & CF) levels, take one (1) scoop with morning meal or shake and one (1) scoop with evening meal or shake. If using three (3) scoops, spread each scoop throughout the day with meals/shake – i.e., morning, afternoon and early evening. **(true Creatine only supplementation maintenance is .045g/lb/d).**

Dosing ExtremeCreatineXXXL+ within Size and Performance Stacking Protocols See complete supplement stacking programs for competitive size and performance athletes here:

[Creatine Muscle & Performance Stacks](#)

CreatineMonohydrate as a standalone product

Creatine Loading & Maintenance Strategy* (*Refer to Mix Dosing & Stacking Instructions in Appendix*)

CreatineMonohydrate Loading (true loading .14g/lb/d) & Maintenance* Strategy (true maintenance .045g/lb/d)

- Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
- Training days: 1 dose before workout & 1 after with meals/drinks. May mix with your pre & post training formula
- Non-training days take 1-scoop with AM meal and 1-scoop with PM meal

*If under 175LBS you can cut the daily maintenance dose in half - i.e., after loading period, take a total of 5gms daily and split as described or all in 1 dose daily

Combining CM & ExtremeCreatineXXXL+ (EC) for Loading and Maintenance

Loading with **CreatineMonohydrate** & Using **ExtremeCreatineXXXL+** to Maintain Creatine and Beta-alanine Levels



Loading phase: **CreatineMonohydrate (CM)* 20g/d** for first 5 days to load (true loading .14g/lb/d)

- mix 1 scoop (5g) with 4-8 oz of favorite fluid/shake and take four (4) times daily with a carbohydrate and/or protein containing meal/drink for the first 5 days.
 - Training days, use 1-dose before workout & 1-after with meals/drinks. May mix with your pre/post training formula.



***Maintenance phase:** after 5-day loading phase: **ExtremeCreatineXXXL+** to maintain all till end of cycle

On training days, take 1 scoop before training, 1 after. May use along with your pre/post workout shake or meal containing protein and/or carbohydrate.

For those users >150LBS and seeking to maximize performance such as strength, speed and power activities, add a third scoop any other time of the day with a meal or shake

On non-training days (to maintain Cr, BA & CF) levels, take one (1) scoop with morning meal or shake and one (1) scoop with evening meal or shake. If using three (3) scoops, spread each scoop throughout the day with meals/shake – i.e., morning, afternoon and early evening.

***If ≥ 175lb, may want to maintain 1-scoop CM/d in protocol: take anytime when not taking EC** (true Creatine only maintenance is .045g/lb/d)

(no loading period)

Just **ExtremeCreatineXXXL+** as the sole creatine source (-plus)

ExtremeCreatineXXXL+ to maintain all till end of cycle

On training days, take one (1) scoop before training and one (1) scoop after. You may use along with your pre, and post workout shake or meal containing protein and/or carbohydrate.

For those users >150LBS and seeking to maximize performance such as strength, speed and power activities, add a third scoop any other time of the day with a meal or shake

On non-training days (to maintain Cr, BA & CF) levels, take one (1) scoop with morning meal or shake and one (1) scoop with evening meal or shake. If using three (3) scoops, spread each scoop throughout the day with meals/shake – i.e., morning, afternoon and early evening. **(true Creatine only supplementation maintenance is .045g/lb/d).**



Combining CM & ECr for Loading and Maintenance in Baseline

Loading with **CreatineMonohydrate** & Using **ExtremeCreatineXXXL+** to Maintain Creatine and Beta-alanine Levels in Baseline Only

Click on product links for a brief product description including short video

OR



[ActiveMV - Multivitamin & Mineral Formula](#)

- Take two (2) daily: one immediately following 1st large meal; one after final meal of the day.

[Super Omega 3](#)

- Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes, then increase as directed

[FirstString](#) (or [WheySmooth](#) depending on daily calorie allotment)

- Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience.
- Take two (2) scoops 20-30 minutes after post workout
- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to daily requirements.
- Be sure to ingest approximately 1 gram (g) of protein per pound of lean body mass (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post shakes combined generally supply 50-80 g of the daily protein requirement).

Loading phase: [CreatineMonohydrate](#) (CrM) 20g/d for first 5 days to load (true loading .14g/lb/d)

- mix 1 scoop (5g) with 4-8 oz of favorite fluid/shake and take four (4) times daily with a carbohydrate and/or protein containing meal/drink for the first 5 days.
 - Training days, use 1-dose before workout & 1-after with meals/drinks. May mix with your pre/post training formula.

*Maintenance phase: after 5-day loading phase: [ExtremeCreatineXXXL+](#) to maintain all till end of cycle

- **On training days**, take 1scoop before training and 1 after. You may use along with your pre, and post workout shake or meal containing protein and/or carbohydrate.
- For those users >150LBS and seeking to maximize performance such as strength, speed and power activities, may add a third scoop any other time of the day with a meal or shake
- **On non-training days (to maintain Cr, BA & CF) levels**, take 1scoop with morning meal or shake and 1 with evening meal or shake. If using 3scoops, spread each scoop throughout the day with meals/shake – i.e., morning, afternoon and early evening. (true creatine only maintenance .045g/lb/d)

*If ≥ 175lb, may want to maintain 1-scoop CrM/d in protocol: take anytime when not taking ECr (true Creatine supplementation maintenance is .045g/lb/d)

Combining CreatineMonohydrate (CM) and ExtremeCreatineXXXL+ (EC) for Loading and Maintenance (over 175LBS Updated EC)

Loading with CM & Using EC and CM to Maintain Creatine and Beta-alanine Levels in Baseline Only

Click on product links for a brief product description including short video

[ActiveMV - Multivitamin & Mineral Formula](#)

- Take two (2) daily: one immediately following 1st large meal; one after final meal of the day.

[Super Omega 3](#)

- Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes, then increase as directed

[FirstString](#) (or [WheySmooth](#) depending on daily calorie allotment)

- Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience.
- Take two (2) scoops 20-30 minutes after post workout
- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to daily requirements.
- Be sure to ingest approximately 1 gram of protein per pound of lean body mass (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post shakes combined generally supply 50-60 g of the daily protein requirement).

Loading phase: [CreatineMonohydrate](#) (CM)* 20g/d for first 5 days to load

- 1-scoop (5g) with favorite fluid/shake and take 4 times daily with a carbohydrate and/or protein containing meal/drink for the first 5days.
 - Training days, use 1-scoop before workout & 1-after with meals/drinks. May take along with your pre/post training formula.

*Maintenance phase (after 5-day loading phase):

[ExtremeCreatineXXXL+](#)*

On training days, take 1-scoop before training and 1 after. You may use along with your pre, and post workout shake or meal containing protein and/or carbohydrate. For those users >150LBS and seeking to maximize performance such as strength, speed and power activities, add a third scoop any other time of the day with a meal or shake

On non-training days take 1-scoop with AM meal or shake and 1-scoop with PM meal or shake. If using 3-scoops, spread each scoop throughout the day with meals/shake – i.e., morning, afternoon and early evening

[CreatineMonohydrate](#)

- Take 1-scoop/day anytime when not taking EC

*2-scoops EC/d supplies 5gm of CM, the 1-scoop of CM supplies 5gm/day, giving you the necessary 10gm/d for maintenance; using 3scoops of EC would supply 12.5gm of CM, which is also appropriate.

Price comparison – least expensive (closest formula concept) found on Amazon

\$42.10 20svg (\$40.00 w/coupon)*
 20d supply* (~\$2/d); **not 3rd party tested.**
 Creatine, beta alanine, caffeine &
 citrulline (*Careflow™* & glutamine in dF)
 *must take everyday to be effective, meaning add \$20/m for
 effective 30day use. So, **at minimum effective dosing \$60/m**
 *Online only, shipping not included

Supplement Facts		
Serving Size 20 g (About 1 Scoop)		
Servings Per Container 20		
	Amount per serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%*
Vitamin C (as ascorbic acid)	200 mg	222%
Vitamin D (as cholecalciferol)	10 mcg	50%
Calcium	30 mg	2%
Magnesium	100 mg	24%
Sodium	100 mg	4%
Micronized L-Citrulline	6 g	**
Creatine Monohydrate	5 g	**
Beta-Alanine	3.2 g	**
Creatine Nitrate (NO3-T [®])	1.2 g	**
Electrolyte Blend Sodium Citrate, Magnesium Oxide, Potassium Chloride	650 mg	**
Caffeine ‡	300 mg	**

ON= 100gm Cr; 64gm BA



dF=145gm Cr; 92.8gm BA

2 scoops/d; 30svg

Supplement Facts

Serving Size: 1 Scoop (11g)	Amount Per 1 Scoop	%DV*	Amount Per 2 Scoops	%DV*	Amount Per 3 Scoops	%
Servings Per Container: 58						
Calories	5		10		15	
Total Carbohydrate	1 g	0%	2 g	1%	3g	
Calcium	34 mg	3%	68 mg	6%	102 mg	
Creatine Monohydrate	2.5 g	*	5 g	*	7.5 g	
L-Glutamine	3.5 g	*	7 g	*	10.5 g	
Beta-Alanine	1.6 g	*	3.2 g	*	4.8 g	
Careflow® Mango Fruit Powder (Mangifera indica L.)	100 mg	*	200 mg	*	300 mg	



\$63.95 60svgs (2svg/d); 30day supply (~\$2/d @
 effective dosing). Non-stimulant (add your
 preference as desired)

Real Deal Comparison w/o vasodilator (Careflow™)

SUGGESTED USE: Take 1 capsule three times daily or as recommended by your health-care practitioner.

100% Useless at this recommendation



+



+



=

\$173.00 (~\$6/d) for 30d of Effective doses to = 30d of ExtremeCreatineXXXL+ without Careflow™

\$44.00 30day supply at effective dose (3.2g/d)

\$42.00 450g CM, thus W/O loading, \$14 for 30day supply (5g/d)

\$23.00/container of 90 .5g capsules \$115.00 for a minimum effective 7gm/d dose for 30d to = 30d of ExtremeCreatineXXXL+

The above exactly matches ExtremeCreatineXXXL+ without Careflow™

2-3scoops/svgs daily

Supplement Facts

Serving Size: 1 Scoop (11g) Servings Per Container: 58	Amount Per 1 Scoop	%DV*	Amount Per 2 Scoops	%DV*	Amount Per 3 Scoops	%
Calories	5		10		15	
Total Carbohydrate	1g	0%	2g	1%	3g	
Calcium	34 mg	3%	68 mg	6%	102 mg	
Creatine Monohydrate	2.5 g	*	5 g	*	7.5 g	
L-Glutamine	3.5 g	*	7 g	*	10.5 g	
Beta-Alanine	1.6 g	*	3.2 g	*	4.8 g	
Careflow® Mango Fruit Powder (Mangifera indica L.)	100 mg	*	200 mg	*	300 mg	



\$63.95 60svgs (2svg/d); 30day supply (~\$2/d) Non-stimulant (add your preference as desired)



EXTREME CREATINE XXXL+

EXPERT PRESENTATIONS



EXTREME CREATINEXXL+ PRESENTATIONS



Headlines:

- 1) *Take your workout and game day to the next level. – Beyond creatine - no plateaus here!*
 - 2) *Be stronger, faster and more focused longer – make every day a PR by increasing your force production*
- **Non-stimulant Convenient Multiple Ingredient Pre-Workout Supplement to improve motivation, strength and performance every workout so they build on each other to avoid plateaus.**
 - 1) **Creatine** for size, strength & performance; 2) **beta-alanine** for intensity and muscle endurance; 3) **glutamine** for muscle recovery and immune support 4) **Careflow™** for greater muscle swelling, blood flow, nutrient delivery and work production with improved glucose management
 - Creatine, glutamine and **Careflow™** are also **cell volumizers that contribute to the “pump”** and added muscle recovery
 - If you want to take muscle, size and performance to the next level – let me show you how to stack this with the other supporting products: **Creatine Muscle & Performance Stacks**

Improve performance to maximize every training session and results - be better than the best you can be

LET'S TAKE YOUR RESULTS WELL BEYOND DIET & EXERCISE ALONE! WE WILL DIRECTLY FEED YOUR MUSCLES THEIR BUILDING BLOCKS, SO THEY GROW BIGGER FASTER WITHOUT ADDING BODYFAT AND OPTIMIZE DAILY ENERGY LEVELS, PERFORMANCE AND WORKOUT INTENSITY - GET BIGGER, STRONGER & FASTER - AND KEEP GOING

MUSCLE/PERFORMANCE BUNDLE SUMMARY PAGE

Also delicious ideal active youth nutrition to maximize energy, growth & development to make them better on the field and in the classroom - **lactose Free**

~60% carbs, 30% protein, 10% fat= current science recommendation that supports maximizing muscle building, energy & performance for athletes of all ages. Especially for increasing size, strength & speed - **lactose Free**

THE IGNITORS

Keep all cylinders firing by supplying ALL the sparkplugs to your trillions of body's cells to make everything you consume and do work better

Optimize all VM activities to help **maximize energy & all muscle building mechanisms to optimize muscular development & performance**-NSF-CS

VMs are actuators of all human metabolism

Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports - not found in stores

NSF-CS Convenient MIPS that takes creatine to the next level for added size, strength, performance and muscle endurance - **delaying fatigue and reducing feelings of activity-related pain exertion. Not found in stores**



Careflow™

Creates a vascular effect (vasodilation) to improve the benefits of exercise and nutrition while also supporting overall metabolic health to help maintain power and muscle mass during aging.

SAME CREATINE PLUS

Proper doses of **beta-alanine, glutamine added to creatine** for bigger longer muscular explosions & pumps. Glutamine to support intestinal health and muscle recovery related to exercise, diet and physical induced stresses, including *exercise/diet-induced immune suppression*

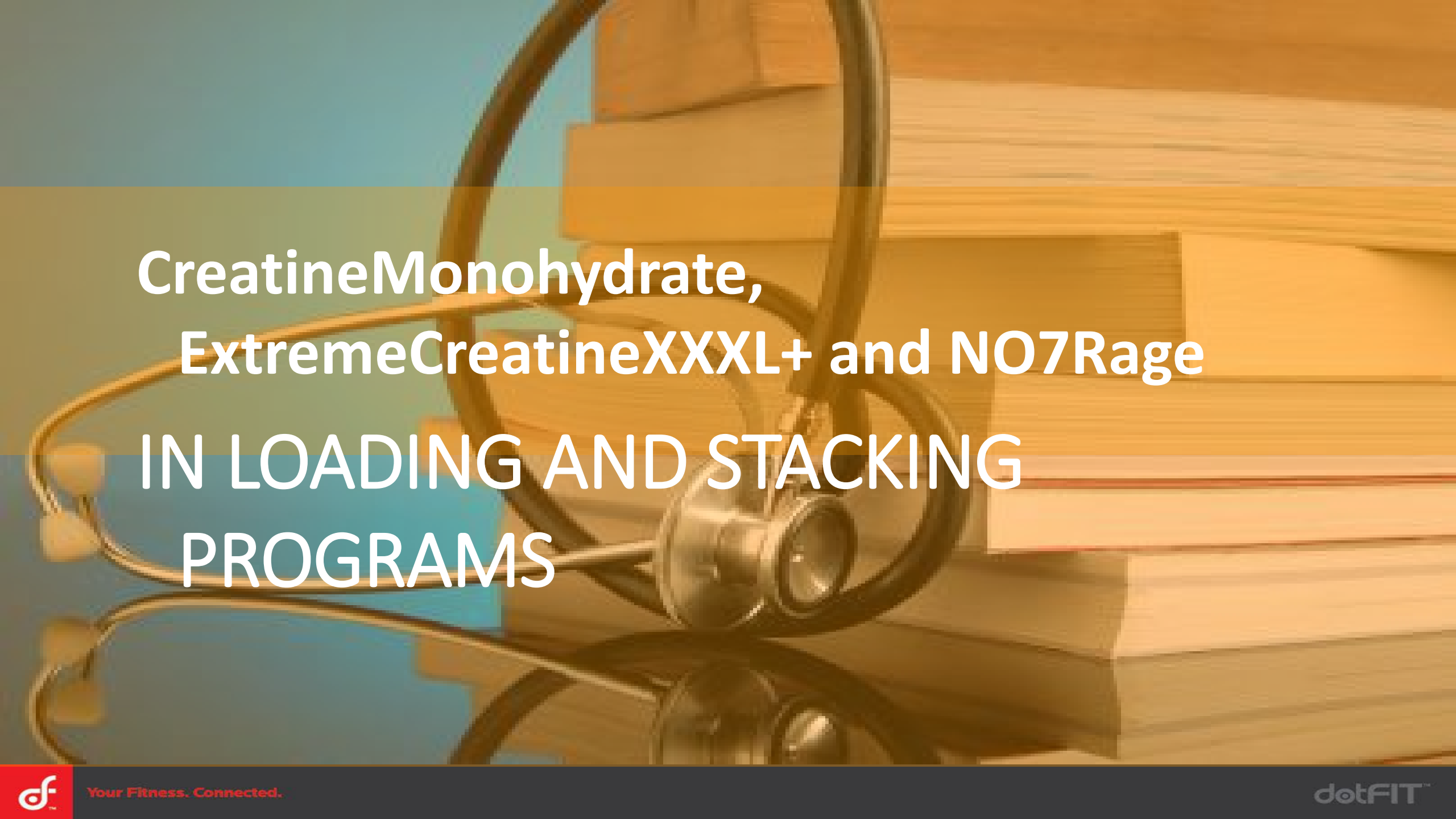
INCREASES YOUR FORCE PRODUCTION

EXPERT PRESENTATIONS ECXXXL+



From other experts discussing with someone why they would use it.

- Want to get those gains?! Get ExtremeCreatineXXXL to reach your full potential. Not only is there creative monohydrate in it but there's also glutamine and beta alanine in it!!! So we can get your results that much faster!
- The ultimate stimulant free pre-workout formula Contains the most effective ingredients to maximize gainz
- Ideal for high intensity workouts to build muscle, increase strength and support recovery
- Jump on the “gainz” train baby 🚂 💪 Chooooo-Chooooo 🐦
- EC is for those of us who are interested in increasing our potential and taking our workouts to the highest level possible. This ultra effective strength gaining, muscle building formula is a absolute no brainer because you will lift more, run faster, jump higher, recover better...
 - ✓ Including a beta alanine boost of pre-workout energy- that Fuel dotFIT's top athletes
- Creatine is an energy system in our body and the simplest, most immediate energy source. **We use this system for explosive bursts of ~10seconds. Using creatine allows us to open that window for an extended time frame**, thus allowing us to stay under load for an extended period which in turn stimulates a greater response from your muscles and promotes growth. **BASICALLY, it's like adding a fuel booster to your car to get the most out of it right out of the gate but when you add beta-alanine, glutamine and a healthy blood flow regulator, all results are next level.**



**Creatine Monohydrate,
Extreme Creatine XXXL+ and NO7 Rage
IN LOADING AND STACKING
PROGRAMS**

Performance/Size Plan & Instructions with **Creatine Monohydrate in Baseline/AF & Protein Stacking**

Click on product links for a brief product description including short video

ActiveMV - Multivitamin & Mineral Formula

- Take two (2) daily: one immediately following 1st large meal; one after final meal of the day.

Super Omega 3

- Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes, then increase as directed

Super Calcium (read all food labels for calcium content)

- Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
- Females take 1 or 2 daily with meals; if you need to take 2, take one with AM meal and the 2nd with PM meal; Males take 1 only if necessary

FirstString (or WheySmooth depending on daily calorie allotment)

- Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience.
- Take two (2) scoops 20-30 minutes after post workout AminoFormula dose.
- Use anytime in the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to daily requirements.
- Be sure to ingest approximately 1 gram (g) of protein per pound of lean body mass (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post shakes combined generally supply 50-80 g of the daily protein requirement).

AminoFormula (workout days only)

- Take 1-1.5 scoops approximately 10 minutes before workout. You may continue to consume during workout.
- Take one (1) scoop immediately following workout.
- *Or use both scoops and start ingesting 10min before workout and consume at a pace so it's finished at end of activity*

Begin Creatine Supplementation at 2nd Week of Program

2nd Week Start CreatineMonohydrate (CrM)*

- **Loading phase:** mix 1-scoop (5g) with 4-8 oz of favorite fluid/shake and take 4 times daily with a carbohydrate and/or protein containing meal/drink for the first 5 days. (True creatine only loading is .14g/lb/d)
 - On training days, use one dose before workout and one after with meals/drinks. May mix with your pre/post training formula.
- **Maintenance phase*** : after 5 day loading phase
 - On training days, use 1-dose (5gm) before workout and 1 after with meals/drinks. May mix with your pre & post training formula.
 - On non-training days take 1-dose with any AM meal and 1-dose with PM meal so total creatine is evenly dispersed throughout the day.

*Note: true creatine only maintenance is .045g/lb/d, therefore if you are under 175LBS you can cut the daily maintenance dose in half - i.e., after loading period, take a total of 5gms daily and split as described.

Performance/Size Plan & Instructions with **Standalone ExtremeCreatineXXXL+ and AF in Baseline (~28d to full saturation) with protein stacking**

OR



Daily

ActiveMV - Multivitamin & Mineral Formula

- Take two (2) daily: one immediately following 1st large meal; one after final meal of the day.

ExtremeCreatineXXXL+ to maintain all till end of cycle

- **On training days**, take one (1) scoop before training and one (1) scoop after. You may use along with your pre, and post workout shake or meal containing protein and/or carbohydrate. For those users >150LBS and seeking to maximize performance such as strength, speed and power activities, add a third scoop any other time of the day with a meal or shake
- **On non-training days (to maintain Cr, BA & CF) levels**, take one (1) scoop with morning meal or shake and one (1) scoop with evening meal or shake. If using three (3) scoops, spread each scoop throughout the day with meals/shake – i.e., morning, afternoon and early evening. **(true Creatine only supplementation maintenance is .045g/lb/d).**

As needed

FirstString (or WheySmooth depending on daily calorie allotment)

- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to daily requirements.
- Be sure to ingest approximately 1 gram (g) of protein per pound of lean body mass (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post shakes combined generally supply 50-80 g of the daily protein requirement).

Super Calcium (read all food labels for calcium content)

- Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake
 - Females take 1 or 2 daily with meals; if you need to take 2, take one with AM meal and the 2nd with PM meal; Males take 1 only if necessary

SuperOmega-3 Fish Oils

- Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes, then increase as directed

Workout days

FirstString (or WheySmooth depending on daily calorie allotment)

- Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience.
- Take two (2) scoops 20-30 minutes after post workout AminoFormula dose.

AminoFormula

- Take 1 scoop approximately 10 minutes before workout. You may continue to consume during workout.
- Take 1 scoop immediately following workout.
- **Or use both scoops and start ingesting 10min before workout and consume at a pace so it's finished at end of activity**

Adult Performance & Size Supplement Plan with **Creatine Monohydrate & NO7 Rage (maintain BA levels) & AF Protein Stack**

Active Multivitamin Mineral Formula

- Take two (2) daily: one immediately following first large meal and one following the final meal of the day

OR



SuperOmega-3

- Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes

FirstString (or WheySmooth depending on daily calorie allotment)

- Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience
- Take two (2) scoops 20-30 minutes after post workout AminoFormula dose
- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to meet daily needs.
- Be sure to ingest ~1 gram of protein per pound of LBM (or weight if not overweight) daily from all sources including food. Ideally, divide protein into 4-5 meals/day along with pre/post shakes (the pre/post combined generally supply 50-80 grams of daily protein goal)

AminoFormula (workout days only)

- Take 1- 1.5 scoops (based on weight) approximately 10 minutes before workout (add to NO7Rage if using this product). You may continue to drink during workout
- Take one (1) scoop immediately following workout
- ***Or use both scoops and start ingesting 10min before workout and consume at a pace so it's finished at end of activity***

Begin Creatine Monohydrate loading at 2nd week of training

CreatineMonohydrate Loading & Maintenance Strategy

- Mix 1 scoop (5gms) with 4-8oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days. Thereafter take 1-scoop to daily to maintain stores (NO7 contains the other necessary creatine to maintain stores). To help maximize creatine uptake, split doses throughout the day with meals/drinks containing protein and/or carbohydrate
- Training days: take 1-dose after workout/activity with meals/drinks. May mix with your pre & post training formula
- Non-training days* take 1-dose with any meal

.Dosing by body weight:

- Loading phase 0.14 g/LB/d split into four (4) daily intakes of 5 g each, followed by a maintenance phase dose of .045 g/LB/d for the duration of the supplementation period

NO7Rage³

- **Daily (to maintain BA & Cr levels)** take 1.5 to 2.5 scoops (depending on body weight). Take approximately 10 minutes before workout (may mix with AminoFormula and continue to consume during workout).
 - Non-training days, take 1 proper dose anytime of the day to maintain beta-alanine levels, but do not use within 4hours of sleep

**Programs total daily creatine first 5 days: 20g/d (plus 2.5-6.5 g from NO7 on training days). Maintenance phase: workout days =7.5-12.5 g; non-workout days 7.5-12.5g. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day and around the workout as described and ingested with some carb and/or protein containing meals or shakes. BA total daily intake =3-5gm*

NO7Rage & ExtremeCreatineXXXL (ECr) Performance & Size Supplement Plan in Baseline (with AF protein stack)

ActiveMV - Multivitamin & Mineral Formula

- Take two (2) daily: one (1) immediately following first large meal and one (1) after final meal of the day. **OR**



SuperOmega-3

- Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes, then increase as directed

FirstString (or WheySmooth depending on daily calorie allotment)

- Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience.
- Take two (2) scoops 20-30 minutes after post workout AminoFormula dose.
- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to meet daily requirements.
- Be sure to ingest approximately one (1) g of protein per pound of lean body mass (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post shakes combined generally supply 50-60 g of the daily requirement).

AminoFormula (workout days only)

- Take 1-scoop approximately 10 minutes before workout (add to NO7Rage if using this product – see below). You may continue to drink during workout.
- Take one (1) scoop immediately following workout.
- ***Or use both scoops and start ingesting 10min before workout and consume at a pace so it's finished at end of activity***

ExtremeCreatineXXXL+ to maintain all till end of cycle

- **On training days**, take 1-scoop after training (NO7 has necessary pre-training ingredients). You may use along with your post workout shake or meal containing protein and/or carbohydrate. For users >150LBS, seeking to maximize performance such as strength, speed and power activities, add a second scoop any other time of the day with a meal or shake.
- **On non-training days (to maintain Cr, BA & CF) levels**, take 1-scoop with AM meal or shake & 1-scoop with PM meal/shake. If using three (3) scoops, spread each scoop throughout the day with meals/shake – i.e., morning, afternoon and early evening. **(true Creatine only maintenance is .045g/lb/d).**

NO7Rage (workout days only b/c, ECr daily maintains Cr & BA saturation)

- Take 1.5-2.5 scoops depending on weight (if caffeine sensitive, start lower dose and increase to proper weight dose if not uncomfortably affected by caffeine) approximately 10 minutes before workout (may mix with AminoFormula and continue to consume during workout). See directions on label for weight dosages.

NO7Rage contains 150 mg of caffeine per scoop. *As a reference: Starbucks Grande-drip coffee contains ~330 mg of caffeine, close to the same amount 2scoops of NO7Rage.*

Adult Super Stack Performance & Size Supplement Plan (NO7Rage, ExtremeCreatineXXXL+ [ECr] & CM) & AF Protein Stack

Active Multivitamin Mineral Formula

- Take two (2) daily: one (1) immediately following first large meal and one (1) after final meal of the day. **OR**



SuperOmega-3

- Take 1-2 daily with meal if not consuming 8-16oz/wk fatty fish (take 1 if >8oz/wk but <16; 2 if ≤8oz); not necessary if consuming ≥16oz/wk unless for athletic recovery purposes, then increase as directed

FirstString (or WheySmooth depending on daily calorie allotment)

- Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience.
- Take two (2) scoops 20-30 minutes after post workout AminoFormula dose
- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to meet daily requirements.
 - Be sure to ingest approximately one (1) g of protein per pound of lean body mass (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post shakes combined generally supply 50-80 g of the daily requirement)

AminoFormula (AF) (workout days only)

- Take 1 scoop approximately 10 minutes before workout (add to NO7Rage if using this product – see below). You may continue to drink during workout.
- Take one (1) scoop immediately following workout.
- **Or use both scoops and start ingesting 10min before workout and consume at a pace so it's finished at end of activity**

Begin Creatine Supplementation at 2nd Week of Program

2nd Week Start CreatineMonohydrate (CM)*

- **Loading phase:** mix 1-scoop (5g) with 4-8 oz of favorite fluid/shake and take 4 times daily with a protein and/or carbohydrate containing meal/drink for first 5 days.
 - On training days, use 1 dose before workout and 1 after with meals/drinks. May mix with your pre/post training formula. (True creatine only loading is .14g/lb/d)
- **Maintenance phase:** after 5 day loading phase:
 - On training days Take 1-scoop daily with post workout shake.
 - On non-training days take 1-scoop with any meal when not taking ECr (i.e., use ECr at different times so total creatine is evenly dispersed throughout the day)
 - **Persons <175LBS can discontinue CM dosing when starting ECr, b/c ECr daily dosing will maintain CM stores (true creatine only maintenance is .045g/lb/d)**

Add ExtremeCreatineXXXL (ECr) on 6th day of 2nd Week

Two (2) scoops supply 3.2 g of beta-alanine (BA), 5 g of creatine monohydrate and 7 g of L-glutamine

- **Take 2-scoops daily.** Take with some protein and/or carbs but within allotted calories based on body composition goal.
 - **Training days:** take 1-scoop before training with pre-workout full meal (generally 2-3 hours pre-workout). If not possible based on early training, take with pre-workout shake. Take remaining dose (1 scoop) any time with meal or shake when not taking a CM dose to help evenly spread total creatine intake throughout the day.
 - **Non-training days:** 1-scoop with morning meal or shake and 1-scoop with evening meal or shake

Add NO7Rage at 4th week (workout days only)

- Take 1.5-2.5 scoops depending on body weight (caffeine sensitivity- start with 1.5 and increase to recommended dose if not uncomfortably affected by caffeine) approximately 10 minutes before workout (may mix with AF and continue to consume during workout). See directions on label for weight dosages.
 - NO7Rage contains 150mg of caffeine per scoop. *As a reference: Starbucks Grande-drip coffee contains ~330 mg of caffeine, close to the same amount in two (2) scoops of NO7Rage.*

Total daily creatine for this plan: Loading phase 20 g/d. Thereafter until fourth week 10g/d (or 5g if <175LBS). At fourth week on workout days 12.5-15g/day and 10g on non-workout days (half this if <175LBS). Total BA intake 6.2- 8.2 g/day on workout days 3.2 g on non-workout days. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day and around the workout as described and ingested with some carbohydrates and/or protein.

Follow the new podcast, SuppBeast, available on all channels!

Neal is featured weekly on the popular podcast, SuppBeast, which discusses through a factual science lens everything important and controversial about nutrition, body composition, weight control, performance for all ages and healthy aging, leaving viewers with only the facts that include the practical solutions for humans to grow and stay strong



What to Expect:

- Straightforward Honesty: Truth on all things trending in health, nutrition, & fitness
- Science Over Opinion: Discussions & answers backed by research, not just opinions.
- Unfiltered Dialogue: Due to the show's raw & direct approach, we advise it for listeners aged 18+

Promoting *only* the Evidence-based facts
Raw/fun/real & true

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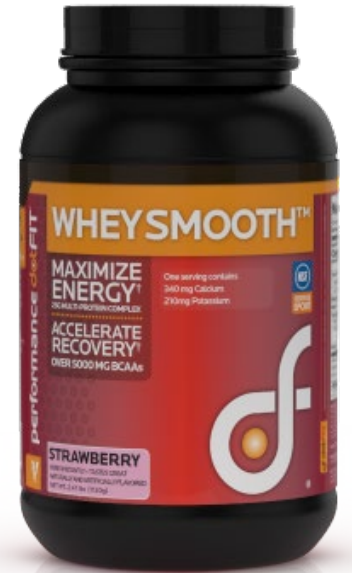


@SuppBeast

Coming Soon...



Improved muscle vasodilation and blood volume causing greater muscle swelling, nutrient delivery and metabolism, work production, and speeds removal of the waste products of muscle metabolism, while enhancing vascular health, glucose management and reduce the risk of age-related metabolic decline – i.e., improve training performance and maintenance of physical power and muscle mass during aging.



Electrolytes
Shipping Feb 20 2025

Extreme CreatineXXXL+ with Careflow
(Stimulant-free nitric oxide booster/vasodilator)
Shipping Now 3 2025

Creatine Monohydrate –
Unflavored
Shipping Now

WheySmooth - Strawberry
Shipping Mar 5 2025



Chocolate Peanut Butter
dotBAR Q2 2025

120CT - 2 month's supply

Amount per 2 Capsules:

- Magnesium (glycinate, malate, citrate) – 100mg (dF MVM=15-200mgs)
- Melatonin 5mg (Immediate & Time Release)
- Lemon Balm Extract – 300mg
- Hops Extract – 150mg
- 5-HTP – 50mg



Sleep Aid Supplement
Shipping Mar 1 2025
National Sleep Awareness Month



New SuperBlend Flavor
Pineapple Swirl
April 15-2025

Sales & Marketing assets for your supplements of the month

Click the links into your dotFIT Marketing Console in the next 2-slides, then click ExtremeCreatineXXXL+ for all related promotional materials including supporting video assets



1 Pagers

Print and display
consumer friendly
guide

Infographics

Print or
share on social to
educate

Store
Description &
Video

Watch & share with
members

www.dotFIT.com/Womens-Multivitamin

Women'sMV™

Multivitamin & Mineral Formula

WHAT IS IT?

- A full spectrum multivitamin and mineral formula
- Nutritional insurance to complement one's diet

WHO IS IT FOR?

- Women between ages 18 and 50 who are moderately active
- Women who are breastfeeding*

WHAT ARE THE BENEFITS?

- Fills common nutrient gaps in one's diet
- Helps reach daily recommended levels of vitamins and minerals that are essential to health, metabolism, and immune function

WHAT MAKES THIS

dotFIT SuperOmega-3

NSF CERTIFIED SPORT

Supplement Facts

Amount Per Serving	% Daily Value*	
Omega-3 (EPA, DHA)	1,000 mg	200%
Omega-3 (EPA, DHA)	100 mg	20%
Omega-3 (EPA, DHA)	100 mg	20%
Omega-3 (EPA, DHA)	100 mg	20%

Who is this for?

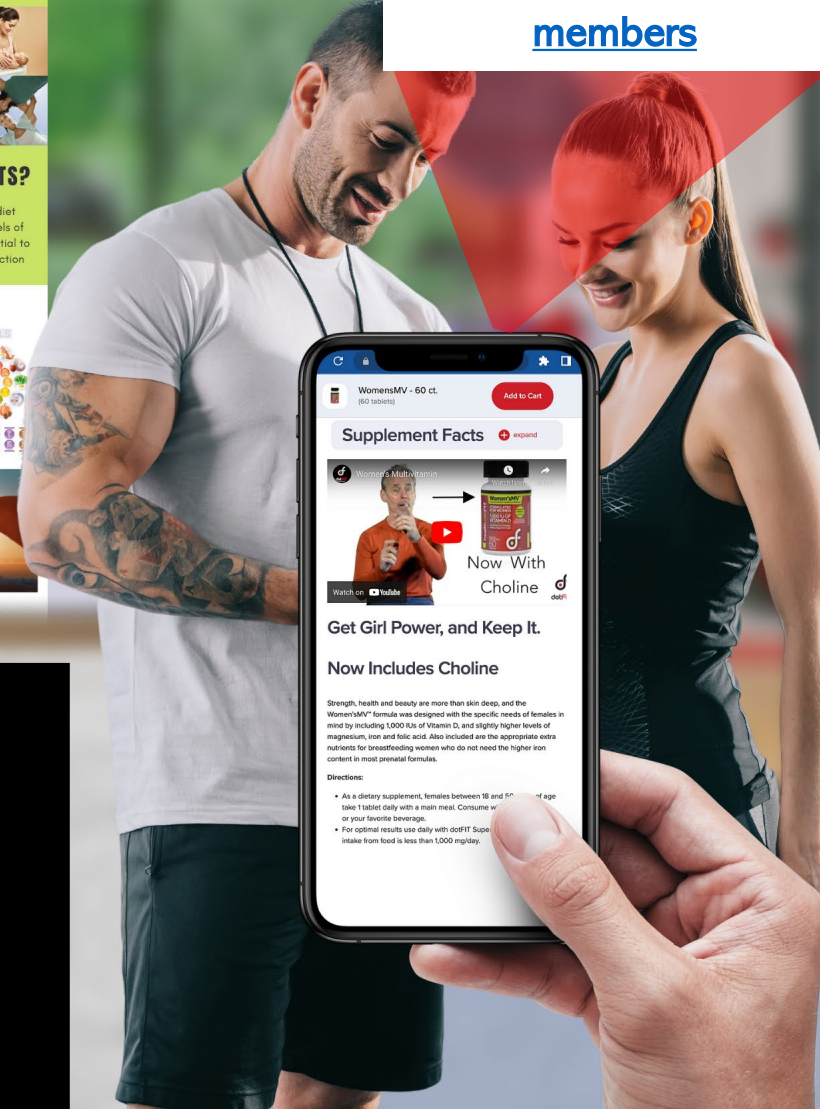
- Anyone who does not consume 2-4 servings weekly of the fatty fish which contains the omega-3 fish oils, EPA and DHA (Salmon, mackerel, anchovies, sardines, herring)
- Low intake of these nutrients is common in the U.S.
- Optimal intake of the omega-3 fish oils supports cardiovascular health.
- EPA and DHA may benefit inflammation and support eye and brain health, as well as body composition.

What makes this product unique?

- The formula contains the correct ratio and milligrams of EPA and DHA (3:2) which have been shown to have positive health benefits.
- No mercury or harmful PCBs.
- Made from wild caught Alaska Pollock.
- NSF Certified for Sport for purity, potency and label accuracy.
- Certified sustainable and traceable by the Marine Stewardship Council.

How should I take this?

- Take one (1) tablet per day with food



WomensMV - 60 ct. (60 tablets) Add to Cart

Supplement Facts

Now With Choline

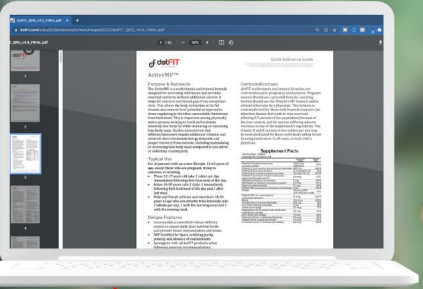
Get Girl Power, and Keep It.

Now Includes Choline

Strength, health and beauty are more than skin deep, and the Women'sMV™ formula was designed with the specific needs of females in mind by including 1,000 IUs of Vitamin D, and slightly higher levels of magnesium, iron and folic acid. Also included are the appropriate extra nutrients for breastfeeding women who do not need the highest iron content in most prenatal formulas.

Directions:

- As a dietary supplement, females between 18 and 50 years of age take 1 tablet daily with a main meal. Consume with or without your favorite beverage.
- For optimal results use daily with dotFIT Super Intake from food is less than 1,000 mg/day.



QRG

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unique features on
one page

+ Digital Marketing Resources

Infographics | Logo | Social Media

One-Pager Flyers | 4 Pillar Posters

4 Pillar Posters

[Display in your club for branding and education](#)

Preserving & Building Muscle Tissue

dotFIT

1 NUTRITION
You can't out-exercise this. Fuel your transformation with foods you actually enjoy.

2 EXERCISE AND MOVEMENT
Customized workouts stimulate progress and keep your body changing.

3 SUPPLEMENTATION
Customized workouts stimulate progress and keep your body changing.

4 COACHING & ACCOUNTABILITY
Regular feedback makes all the difference. Our Coaches will get you there.

Nutrition is 100% responsible for exercise-induced results. If you don't eat, bad things happen. If you eat the wrong things, bad things happen. There is a right way if you're exercising, you're an athlete, and your body needs to be fueled properly during the other 23 hours a day to maximize results.

Exercise is the body's stimulus for change. Whether you choose strength training, endurance training or a combination of both, there are four variables that will ensure that your body is given the appropriate stimulus for change.

Exercise increases the body's nutrient needs, but it's difficult to meet those needs without gaining weight. Safe and effective supplementation can satisfy your nutrient needs without adding calories, negative your workouts, speed recovery and avoid plateaus.

The right coach can help you get consistent results week after week. Learn how to fit all 4 pillars of a safe, effective program into your lifestyle, how to stay motivated and how to avoid plateaus.

1 Min. Promotional Videos

[Download and display on your club TVs](#)

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