



# dotFIT Supplement Support

## What makes dotFIT Special?

No one in the industry goes through the monumental task of assembling the latest peer review data to develop formulas that contain proper doses and forms, matched in clinical trials to the desired positive outcomes and then 3rd party tests the product for label claims.

Which is why: dotFIT products are the most practitioner recommended dietary supplement line throughout the sport and fitness channels, and: #1 selling and most trusted supplement line in health clubs – sold by professionals only and not available in consumer channels. dotFIT also utilizes the 4<sup>th</sup> party, NSF Certified for Sport (NSFCS) Certification for all performance products, which is the same testing company that the NFL, MLB, PGA and others use!

Our goal is to help you, your family and clients grow strong, live and play better longer by filling unavoidable nutrition gaps with professional products used by professionals!

## NUTRITION PRODUCT KNOWLEDGE

### Protein Powder:

-The dotFIT Pre/Post Workout Formula & Meal Replacement: can help everyone accomplish two important health, sport and fitness goals: (1) Consuming a convenient and satisfying meal or snack with minimum calories. (2) Consuming ideal amounts of carbohydrates, proteins and fats (1.5-1 ratio of CHO to Pro) in a form that can be rapidly digested before and immediately after exercise. Doing so enhances workouts, recovery and performance.

-The dotFIT WheySmooth: is the perfect blend of slow- and quick-releasing proteins, which helps increase muscle mass and accelerate recovery. Contains essential amino acids for maximum nitrogen retention & protein synthesis.

-The dotFIT All Natural WheySmooth: Whey protein contains all of the essential amino acids in biologically significant amounts and is simply one of the most complete sources of proteins and amino acids in the marketplace. There is no artificial flavoring or synthetic hormones such as rBGH.

-dotFIT First String: 4-star protein complex delivers what muscles need, and is appropriate for athletes of all ages. NSF Certified for Sport, First String is the perfect pre- and post-exercise meal. It contains the ideal blend of carbohydrates, proteins and fats (2-1 ratio of CHO to Pro) needed to maximize workouts, increase strength or size, refuel muscle stores, and enhance performance and competition. This formula meets the NCAA guidelines for college athletes.

-dotFIT Plant Protein: Delicious taste with less than 1 gram of sugar. Unlike other plant protein powders that are bitter, grainy or chalky, each serving of this proprietary blend provides 21 grams of delicious, pure plant protein that's silky smooth and easy to digest. This unique 100% vegetarian powder will compliment any diet or lifestyle and is suitable for people of all ages.

-dotFIT LeanMR: This shake mix was designed to support weight loss by; fighting hunger with fiber and providing long-lasting energy in just 180-190 calories per serving. LeanMR's unique combination of fiber, low glycemic carbs and healthy fats can boost the feeling of fullness, accelerate results and support health (1-1 Ratio of CHO to Pro).

## Protein Bars:

-dotSTICK Protein Bars: are perfect for people “on the go” when fresh food is not available or convenient. These nutrient-rich meal substitutes provide instant portion control, can help manage appetite and accelerate weight loss. dotFIT Protein Sticks provide Omega-3 healthy fats, are a good source of calcium and fiber, and are high in protein. This product meets the NCAA guidelines for college athletes.

-dotBAR Protein Bars: These nutrient-rich meal substitutes provide instant portion control, can help manage appetite and accelerate weight loss. dotBARs are handmade and baked with high quality ingredients. They are high in protein with low cholesterol and a good source of calcium. Perfect for a guiltless dessert or an anytime meal replacement and don't forget they are microwaveable!

-dotBAR High Protein Bar: This bar delivers 30g of protein, 5g of fiber and 5g of sugar in just 370 delicious calories! Use this bar for:

- High protein meal replacement, High protein meal supplement
- Pre-workout supplement
- People on fewer calories may consume half before training
- Post-workout supplement
- People on fewer calories may consume half after training
- High protein desert/snack

## PERFORMANCE PRODUCTS KNOWLEDGE

-Creatine Monohydrate: Our NSF-Certified for Sport Creatine Monohydrate Raspberry Lemonade drink mix is a delicious way to get your creatine! Mixes easily with water, and can be combined with First String, Pre/Post Workout, NO7Rage or AminoBoostXXL. DIRECTIONS: Creatine Loading & Maintenance Strategy Mix 1 scoop (6.8g) with 4-8oz of favorite fluid and take 4 times daily with a carbohydrate containing meal/drink for first 5 days. Thereafter take 1/2

to 1 scoop (1-scoop if over 200LBS) twice daily to maintain stores. To help maximize creatine uptake, split doses throughout the day with meals/drinks containing 25 to 45 grams of carbohydrate (depending on size). On training days use one dose before workout and one after with meals/drinks.

-NO7 Rage: A performance aid designed to enhance blood and nutrient flow to exercising muscles. This helps intensify training sessions, resulting in improved strength, performance and size when compared to similar products or to training without using supplements. The ingredients in NO7Rage have been shown to: Improve reaction time, endurance and power, improve mental focus and training motivation, enhance muscle gain and improve strength.

How does it work? : NO7Rage contains a proprietary blend of compounds that work together to increase blood flow, cell volume and mental focus. Greater blood flow to skeletal muscle increases the delivery of oxygen, energy and rebuilding nutrients, and also speeds up the removal of waste products. All of this leads to potential strength improvements, less muscle breakdown and increased muscle size. Results may be enhanced by properly consuming a specific ratio of the muscle building blocks contained in AminoBoostXXL.

Who should take this product?

- Intermediate and advanced athletes and exercisers looking for an edge during high intensity, high-volume training
- Anyone trying to overcome training and muscle size plateaus
- Anyone who needs or wants to stimulate training desire, workout intensity or mental focus

Suggested Use: Thirty to 40 minutes before workout, Users under 150 lbs. take 1.5 scoops, 150-200 lbs. take 2 scoops, More than 200 lbs. take 2.5 scoops

Unique Features: Contains L-citrulline which has been shown to be the most effective ingredient for inducing nitric oxide (NO) production, contains a unique, proprietary blend of taurine, glycerol and betaine to enhance the “muscle pump” during resistance training workouts. Includes an exclusive blend of glycerol powder that may be the most important active ingredient related to desired results. An essential component of the dotFIT “Xtreme Muscle Stack” for serious exercisers and athletes. Contains beta-alanine which has been shown to increase exercise endurance, intensity and strength.

Contraindications: NO7Rage supplementation is contraindications in pregnancy and lactation because of the CNS stimulant (caffeine). Caffeine can interfere with some medications such as lithium and MAO inhibitors.

Caffeine is contraindicated in those with cardiac arrhythmias, other forms of heart disease, hyperthyroidism and peptic ulcers.

Creatine is contraindicated for those with kidney problems because of potentially greater kidney stress.

**-AminoBoostXXL:** has the proper combination of amino acids that minimizes muscle breakdown and maximizes growth, helping you build muscle on top of muscle. Proper use can lead to improved performance and greater strength and size gains, especially if you've hit a plateau. It's all about recovery!

Directions: As a dietary supplement, mix 1 scoop (16g) with 8 oz cold water and mix vigorously for 30 seconds. Alternatively mix with 20-40g of your favorite fast acting carbohydrate beverage.

For maximum results: On Training Days, use 1 serving 20 minutes pre-workout and 1 serving immediately post-workout. Individuals under 150lbs use half of the above recommended dosage.

AminoBoostXXL is part of dotFIT's Xtreme Muscle Stack, a synergistic application of formulas that maximizes your internal physiology to ensure significant improvements in exercise intensity, performance, recovery and most importantly – results!

**-Muscle Defender:** Stay strong and recover under all conditions. MuscleDefender™ is designed to enhance recovery from prolonged, exhaustive exercise allowing you to maintain demanding training schedules and maximal performance. This product utilizes a patented stabilized form of L-glutamine that has been demonstrated to elevate the body's glutamine levels above baseline for at least 90 minutes!

Directions: As a dietary supplement, mix 1 scoop (5.4g) with 8 oz. of water or your favorite beverage. On training days, use 1 serving immediately after exercise. For maximum results use 1-2 servings daily.

## HEALTH PRODUCT KNOWLEDGE

**-UltraProbiotic:** contains a minimum of 35 billion viable cells per serving. This eight strain proprietary blend supports and nurtures good intestinal flora for a healthy digestive system to maximize nutrient absorption!

**-ActiveMV:** Studies suggest that active individuals (e.g. athletes, exercisers) require additional vitamins and minerals due to increased energy demands. The dotFIT ActiveMV™ formula is specifically designed to meet these demands. Additionally, this formula contains doses of antioxidants at the higher end of the optimal range. \*For optimal results use daily with dotFIT SuperCalcium+™ if calcium intake from food is less than 1,000mgs/day.

**-WomensMV:** 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 slightly higher levels of magnesium, iron and folic acid. Also included are the appropriate extra nutrients for breastfeeding women who do not need the higher iron content in most prenatal formulas. \*For

optimal results use daily with dotFIT SuperCalcium+™ if calcium intake from food is less than 1,000 mgs/day.

-**Superior Antioxidant:** The dotFIT Superior Antioxidant is for everyone, exercisers and non-exercisers, interested in reducing the ravages of free radical damage, achieving optimal health and functioning, and reducing the risk of chronic disease such as cancers and heart disease. Intense exercisers, in particular, to reduce the increased free radical production and damage associated with intense and prolonged training bouts.

-**Super Calcium:** Based on current scientific data, SuperCalcium+™ supplies the precise amounts of Calcium, Vitamin D and Magnesium to help improve the growth and development of strong, healthy bones and to maintain bone density. Most people do not get enough calcium, which can lead to osteoporosis, falls, fractures and increased risk of specific cancers.

-**Super Omega 3 Fish Oil:** May help prevent cardiovascular disease by reducing blood clots and inflammation, lowering triglycerides (fats in the blood) and assisting in prevention of arrhythmias (irregular heartbeats). May assist in maintaining brain function by preserving cognitive function, improving mood & as a treatment of certain mental disorders. May help relieve other inflammatory conditions such as rheumatoid arthritis, Crohn's disease and psoriasis.

-**Joint Flex Plus:** Relief comes from within, and the ingredients in Joint Flex Plus™ have been shown to support cartilage, joint and skin health. Additionally, the specific ingredients in this formula have been clinically proven to be more than twice as effective as using Glucosamine & Chondroitin Sulfate alone in patients with moderate to severe osteoarthritis. This product has been shown to be well absorbed, tolerated and safe. Proper use of this product may enhance healthy cartilage function.

-**KidsMV:** The right nutrients at the right time make all the difference! Deliver the nutrients needed for maximum growth and development every day with KidsMV™. This delicious grape-flavored chewable is perfect for kids under 12 who are picky eaters.

## WEIGHTLOSS PRODUCTS

-**CarbRepel:** This stimulant-free fiber blend supports weight loss and reduces appetite. It's clinically tested to block carbohydrate absorption, resulting in 700% more weight loss than a placebo.\* CarbRepel® supports weight loss and can reduce appetite. It contains the best researched carb blocker which decreases the amount of carbs that will be absorbed into your body. The unique blend of fiber can control appetite by helping you feel full sooner and for longer periods of time.

-ThermAccel: Boost your metabolism and energy all day with no crash! ThermAccel™ has been shown to increase calories burned by 10% and yield 8.5 lbs more fat loss in 8 weeks than a placebo. It contains a new energy complex with caffeine and herbs from green tea which help increase the number of calories you burn. This formula can also control appetite, help decrease food intake and accelerate weight loss results.

-WeightLoss & LiverSupport: Provides proven support for your weight loss goal. It supports appetite control and healthy liver function (stimulant-free formula). The combination of ingredients in WeightLoss & LiverSupport has been shown to support appetite control as well as proper liver function and increase weight loss results. This weight loss formula is entirely new and only available through dotFIT.

## CUSTOMER SERVICE SKILLS

- Great customer service beats fast service every time. Focus on the members needs and the rest will fall into place.
- Be attentive, nothing is worse than feeling ignored. Put your phone down, members come first.
- Say hello and make eye contact and ask for their name, personalization goes a long way.
- Turn a negative into a positive, if a product is unavailable, let the member know you will set one aside for them when it arrives with their name on it at the front desk.
- Be tenacious and assertive, don't fall into the background and do more than what is expected of you.