PGfit SUPPLEMENT GUIDE

SUPPLEMENTS	SUGGESTED USE	TIME OF DAY	BENEFITS
dotFIT Active MV	Take 1 pill 2 times daily with food and plenty of water. ***DONOTTAKEWITH COFFEE OR CALCIUM****	Breakfast, Lunch, and/or Dinner	Helps with digestion, improves overall health and increases daily energy.
dotFIT SuperOmega-3	Take 1 softgel two times daily with food and plenty of water.	Breakfast, Lunch, and Dinner	Helps lower cholesterol, healthy source of fats, good for memory and joint health.
dotFIT Super Calcium+	Take 1 pill 2 times daily. ***DONOTTAKE WITH YOUR MULTIVITAMIN****	In between meals with a snack or at night before bedtime.	Helps metabolize fats, needed for muscle contractions, good for bone health, helps regulate heart beats.
dotFIT Whey Smooth	Take 1-2 scoops of powder post workout or in between meals.	Post workout or in between meals.	Good for building and repairing muscle tissue, necessary for healthy weight management.
dotFIT Weight Loss & Liver Support	Take 1 tablet 2-3 times a day 30 minutes before meals and plenty of water	Take 30 minutes before each meal.	Cleanses liver, intestinal tract, improves digestion and expels excess water weight.
dotFIT Ultra Probiotic	Take 1 capsule daily during meals or as directed by health professional	Breakfast, Lunch, or Dinner	Supports and nurtures good intestinal flora for a healthy digestive system
dotFIT Amino Formula	Take 1 scoop/packet pre/intra/post workout or as a snack to cut down on sugar cravings.	Before/ During/ After workout sessions, should be taken on non-training days as well.	Helps with the building & recovery of muscle tissue, provides stamina during workouts, helps with protein synthesis.