

# dotFIT Over50MV



## Supplement Facts

Serving Size: 2 Tablets	Amount Per Serving	% DV
Servings Per Container: 60		
Vitamin A (765 mcg as beta carotene and 500 mcg as acetate)	1265 mcg (4000 IU)	141%
Vitamin C (as calcium ascorbate)	250 mg	278%
Vitamin D3 (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg (50 IU)	223%
Vitamin K (as Vitamin K1 [phytonadione] and Vitamin K2 [menaquinone-7])	50 mcg	42%
Vitamin B1 Thiamin (as thiamine mononitrate)	6 mg	500%
Vitamin B2 Riboflavin	6 mg	462%
Vitamin B3 Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	588%
Folate	400 mcg DFE (235 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin and methylcobalamin)	50 mcg	2083%
Biotin	100 mcg	333%
Vitamin B5 Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Choline (from choline bitartrate)	150 mg	27%
Iodine (from kelp powder)	75 mcg	50%
Magnesium (from magnesium citrate)	150 mg	36%
Zinc (from zinc citrate)	15 mg	136%
Selenium (from L-selenomethionine)	70 mcg	127%
Copper (from copper gluconate)	1 mg	111%
Chromium (from chromium polynicotinate)	100 mcg	286%

## Who is this for?

- Individuals over 50 years of age with low to moderate activity levels. More physically active women are often recommended the ActiveMV.
- Vitamins and minerals are essential for all functions in the body, and because we can't make them, we must obtain them from diet.
- Most people do not receive the recommended amounts of all essential nutrients through food alone, making this product necessary for filling nutrient gaps, supporting health, aging and daily recovery.

## What makes this product unique?

- This properly designed full spectrum multivitamin & mineral formula includes a "controlled release" delivery system to release nutrients throughout the day to optimize absorption and usage.
- This formula emphasizes specific nutrients for individuals over 50 years of age:
  - Folate
  - Vitamins B6 and B12
  - Vitamin D
  - Beta Carotene
  - Vitamins K1 and K2
  - Magnesium

## How should I take this?

- One (1) tablet per day with food