

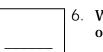
CEU Quiz – health dotFIT (0.1 CEU)

Name	e: Date:
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dotFI	T Certification # Club:
E-ma	(If Available) il:(Please Print Clearly)
	es: Supplement Reference Guide (SRG) at <u>http://www.dotfit.com/SRG</u> ; Product Videos
1.	 The dotFIT Superior Antioxidant Formula provides nutrients that have been shown to help protect against excess free radicals and may help: a. Decrease the risk of chronic disease b. Protect against heart disease c. Prevent cognitive decline d. Reduce the risk of certain cancers e. All of the above
2	 The optimum or athletic dose for the Active MV multivitamin and mineral formula is: a. One tablet daily b. One tablet, twice daily c. One tablet, three times daily d. None of the above
3	Because of specific needs, the Women's MV has been designed with slightly higher levels of
4.	 dotFIT Advanced Brain Health Formula is suitable for adults age and older interested in supporting brain and nerve function during aging. a. 45 b. 55

c. 60d. 65



- 5. dotFIT Super Calcium+ is suitable for:
 - a. Anyone not meeting the recommended amounts of calcium
 - b. All women over 55 years of age
 - c. Individuals not getting optimal amounts of Vitamin D through food, supplements or regular sun exposure
 - d. All adolescents in the U.S.
 - e. Both a & c



6. Which multivitamin formula contains doses of antioxidants at the higher end of the optimal range?

- a. Women's MV b. Active MV
- b. Active M c. Kids MV
- c. Klus MIV
- d. Over50 MV

7. dotFIT Super Omega-3 supplementation would be targeted to all adults (over 18) who do not receive ______ grams per day of the omega-3 fats EPA & DHA (equivalent to two to four servings of fatty fish weekly).

- a. 4 to 5
- b. 1 to 2
- c. 3 to 4
- d. 2 to 3

8.

8. dotFIT Joint Flex Plus provides BioCell Collagen II (hydroloyzed collagen type II, chondrotin sulfate, and hyaluronic acid), which have shown to help:

- a. Cure arthritis
- b. Support cartilage, joint and skin health
- c. Alleviate immune system disorders
- d. All of the above
- 9. The Active MV multivitamin and mineral formula is suitable for:
 - a. Individuals that consume a vegetarian diet
 - b. All athletes or intense exercisers between the ages of 18 and 65
 - c. Females between 18 and 50 who are not athletes or intense exercisers
 - d. Individuals over 50 who are not athletes or intense exercisers



- 10. Which of the products listed have a recommended dose of one tablet, twice daily.
 - a. Over50 MV
 - b. Active MV
 - c. Women's MV
 - d. Superior Antioxidant

Please note: 8 of 10 questions must be answered correctly for CEU award (80%)

