



CEU Quiz – health dotFIT (0.1 CEU)

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

dotFIT Certification # _____ Club: _____
(If Available)

E-mail: _____
(Please Print Clearly)

Sources: Supplement Reference Guide (SRG) at <http://www.dotfit.com/SRG>; 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 _____
- a. Magnesium
 - b. Iron
 - c. Folic Acid
 - d. All of the above

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. 60
 - d. 65

5. dotFIT Super Calcium+ is suitable for:
- Anyone not meeting the recommended amounts of calcium
 - All women over 55 years of age
 - Individuals not getting optimal amounts of Vitamin D through food, supplements or regular sun exposure
 - All adolescents in the U.S.
 - Both a & c
6. Which multivitamin formula contains doses of antioxidants at the higher end of the optimal range?
- Women's MV
 - Active MV
 - Kids MV
 - 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).
- 4 to 5
 - 1 to 2
 - 3 to 4
 - 2 to 3
8. dotFIT Joint Flex Plus provides BioCell Collagen II (hydrolyzed collagen type II, chondroitin sulfate, and hyaluronic acid), which have shown to help:
- Cure arthritis
 - Support cartilage, joint and skin health
 - Alleviate immune system disorders
 - All of the above
9. The Active MV multivitamin and mineral formula is suitable for:
- Individuals that consume a vegetarian diet
 - All athletes or intense exercisers between the ages of 18 and 65
 - Females between 18 and 50 who are not athletes or intense exercisers
 - Individuals over 50 who are not athletes or intense exercisers

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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%)

Send your completed quiz:

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