

ActiveMV™

Purpose & Rationale

The ActiveMV is a multivitamin and mineral formula designed for exercising individuals and provides essential nutrients without additional calories. It helps fill common nutritional gaps from suboptimal diets. This allows the body to function at its full vitamin and mineral level potential as opposed to down regulating to the often-unavoidable limitations from food alone. This is important among physically active persons seeking to reach and maintain relatively low body fat while increasing or sustaining lean body mass. Studies demonstrate that athletes/exercisers require additional vitamins and minerals due to increased energy demands and proper recovery from exercise, including maintaining or increasing lean body mass compared to less active or sedentary counterparts.

Typical Use

For all persons with an active lifestyle, 12-65 years of age, except those who are pregnant, trying to conceive, or lactating.

- Those 12-17 years old take 1 tablet per day with any main meal.
- Active athletes and exercisers 18-65 years of age take 2 tablets per day, 1 with the morning meal and 1 with the evening meal.

Unique Features

- Incorporates a controlled-release delivery system to ensure daily ideal nutrient levels and prevent tissue oversaturation and losses.
- NSF Certified for Sport, verifying purity, potency and absence of contaminants.
- Synergistic with all dotFIT products when following program recommendations.
- Nutrients are in their proper bioavailable and functionally available forms, ratios and strengths to help maintain a safe and optimal range 24 hours per day.

Contraindications

dotFIT multivitamin and mineral formulas are contraindicated in pregnancy and lactation. Pregnant women should use a prenatal formula. Lactating women should use the Women’s MV formula unless advised otherwise by a physician. This formula is contraindicated for those with hemochromatosis (an inherited disease that leads to iron-overload, affecting 0.5 percent of the population) because of the iron content, and for anyone suffering adverse reactions to any of the supplement’s ingredients. The vitamin E and K content in two tablets per day may be contraindicated for those individuals taking blood-thinning medication. In all cases, consult with a physician.

Supplement Facts		
Serving Size: 1 Tablet	Servings Per Container: 60	
	Amount Per Serving	% DV
Vitamin A (as Beta Carotene and Acetate)	2,550 mcg (4,500 IU)	283%
Vitamin C (as Ascorbic Acid and Calcium Ascorbate)	450 mg	500%
Vitamin D-3 (as Cholecalciferol)	15 mcg (600 IU)	75%
Vitamin E (as D-Alpha Tocopheryl Succinate)	101 mg (150 IU)	673%
Vitamin K (as Phytonadione K1 and Menaquinone K2)	50 mcg	42%
Vitamin B1(as Thiamine Mononitrate)	5 mg	417%
Vitamin B2 (as Riboflavin - 5 Phosphate)	2.5 mg	192%
Vitamin B3 (as Niacinamide)	15 mg	94%
Vitamin B6 (as Pyridoxal 5-phosphate)	3 mg	176%
Folate	167 mcg DFE (100mcg folic acid)	42%
Vitamin B-12 (as Cyanocobalamin and Methylcobalamin)	15 mcg	625%
Biotin	150 mcg	500%
Iron (as Ferrous Fumerate)	5 mg	28%
Iodine (from Kelp)	25 mcg	17%
Magnesium (as Magnesium Oxide and Citrate)	100 mg	24%
Zinc (as Zinc Citrate)	7.5 mg	68%
Selenium (L-Selenomethionine)	35 mcg	64%
Copper (as Copper Gluconate)	0.5 mg	56%
Chromium (as Chromium Picolinate)	50 mcg	143%