

dotFIT Multivitamin Formulas

Recommendation Table



Multivitamin/Mineral Formula	Active Formula (1 tablet)	Active Formula (2 tablets)	Women's Formula*	Prenatal Formula*	50 Plus Formula*	Kids Formula	Vegetarian (High-Carb) Formula*
Males/Females (2-4 years of age)						1 chewable	
Males/Females (5-11 years of age)						2 chewables	
Males (12-17 years of age)	X						
Males (18-50 years of age)							
All except below	X						
Athlete/Intense exerciser		X					
Males (51-64 years of age)							
All except below					X		
Athlete/Intense exerciser		X					
Males (65+ years of age)					X		

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Females (12-17 years of age)	X						
Females (18-50 years of age)							
All except below			X				
Athlete/Intense exerciser		X					
Pregnant/trying to conceive				X			
Lactating and/or breastfeeding			X				
Females (51-64 years of age)							
All except below					X		
Athlete/Intense exerciser (>150 lbs)		X					
Females (65+ years of age)					X		
Male/Female Adult Vegetarians or those eating very high CHO							X