

CEU Quiz – weight loss 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 <https://www.dotfit.com/SRG>;
Product Videos at <https://www.dotfit.com/product-resource-library>

1. Which weight loss product would you recommend for a male who's body-fat is above 22 percent?

- a. CarbRepel
- b. ThermAccel
- c. WeightLoss&LiverSupport
- d. Workout Extreme

2. One of the primary compounds in WeightLoss&LiverSupport has been shown to hasten the removal of fat from the _____.

- a. Heart
- b. Pancreas
- c. Lungs
- d. Liver

3. _____ has been shown to decrease the body's absorption of dietary fat by inhibiting gastrointestinal lipase (an enzyme that prepares dietary fat for absorption) thus reducing absorbed calories.

- a. Epigallocatechin gallate (EGCG)
- b. Engelhardtia chrysolepis
- c. Rhododendron caucasicum
- d. N - Acetyl cysteine (NAC)

4. _____ was added to WeightLoss&LiverSupport because it acts as an antioxidant and hepatoprotectant in order to help combat oxidative stress brought on by accumulating fat in the liver.

- a. Milk Thistle
- b. N - Acetyl cysteine (NAC)
- c. Choline
- d. Epigallocatechin gallate (EGCG)

5. All of the dotFIT weight loss products are fat-loss aids that do not contain central nervous system stimulants.

 - a. True
 - b. False

6. Of which weight loss product is it suggested to refrain from taking within 5 hours of bedtime?

 - a. WeightLoss&LiverSupport
 - b. CarbRepel
 - c. ThermAccel
 - d. None of the above

7. Fat loss aids work in each of the ways listed below except...

 - a. Reduce the drive to consume food
 - b. Increase daily calorie expenditure
 - c. Help to increase lean body mass
 - d. Decrease calorie absorption

8. What product would you recommend for a female that has 34% body fat and is adversely affected by central nervous system stimulants?

 - a. ThermAccel
 - b. WeightLoss&LiverSupport
 - c. Recover&Build
 - d. CarbRepel

9. Which weight loss product would you recommend for a pregnant female?

 - a. ThermAccel
 - b. WeightLoss&LiverSupport
 - c. CarbRepel
 - d. None of the above

10. CarbRepel works in all of the ways listed below except...

 - a. Block carbohydrates or sugars from being absorbed
 - b. Keep food in the stomach longer which prolongs the feeling of fullness
 - c. Manage appetite and control food intake
 - d. Hastens removal of fat from the liver

11. Which of the compounds listed below is the primary ingredient in CarbRepel?

 - a. Alpha Lipoic Acid
 - b. Phase 2®
 - c. Milk Thistle
 - d. Rhododendron Caucasium

- ☐ 12. _____ is a fiber found in many fruits and has been demonstrated to slow gastric emptying (helps keep food in the stomach longer).
- Citrus pectin
 - Pomegranate leaf extract
 - Phase 2®
 - Epigallocatechin gallate (EGCG)
- ☐ 13. ThermAccel contains capsaicin from cayenne fruit.
- True
 - False
- ☐ 14. The proprietary complex in ThermAccel includes _____ which is a new, safe and natural complex that has demonstrated ability to reduce stored body fat and enhance weight loss in scientific findings.
- LeptiCore
 - Capsaicin
 - Yerba Mate
 - Caralluma fimbriata
- ☐ 15. All three products included in the LeanPak90, the dotFIT 90 Day Weight Loss Solution, need to be taken at the same time to be effective.
- True
 - False

Please note: 12 of 15 questions must be answered correctly for CEU award (80%)

Send your completed quiz:

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