

## dotFIT™ FatRelease™

*FatRelease* contains the necessary compounds to support the health and proper functioning of the liver while supplying ingredients designed to decrease dietary fat absorption, support appetite and deliver the many potential benefits of green tea (EGCG). As the body gains fat weight so does the liver, leading to sluggish performance and oxidative stress. Both conditions can have a negative effect on the liver's health<sup>1,2</sup> and ability to burn fat.<sup>3, 4</sup>

### Rationale

**Choline** is a lipotropic agent that has been shown to hasten the removal of fat from the liver.<sup>5</sup>

**Milk Thistle** has been used safely for centuries in treatment of liver problems including improving circulation, maintaining the integrity of liver cell membranes while increasing liver's regenerative ability and formation of new cells.<sup>6,7,8</sup>

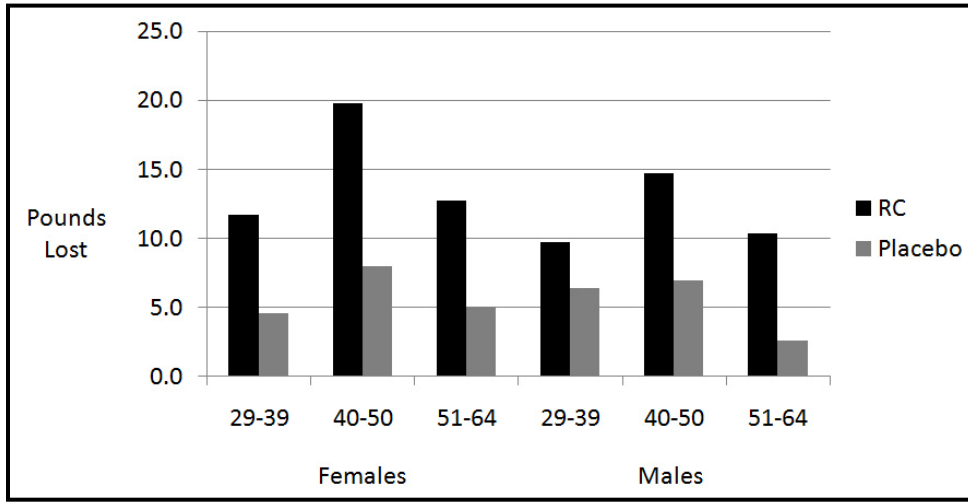
**N - Acetyl cysteine (NAC)** is added because it acts as an antioxidant and hepatoprotectant in order to help combat oxidative stress brought on by accumulating fat in the liver.<sup>9,10</sup>

**Epigallocatechin gallate (EGCG)** from Green tea also works as an antioxidant and has the potential to destroy fat cells<sup>11</sup>, increase overall energy expenditure<sup>12</sup> and has demonstrated positive effects on fat oxidation.<sup>13,14,15,16,17,18</sup>

**Rhododendron caucasicum (RC)** has been shown to decrease the body's absorption of dietary fat by inhibiting gastrointestinal lipase (enzyme that prepares dietary fat for absorption) thus reducing absorbed calories.<sup>19</sup> During three months of clinical trials, patients who received *Rhododendron caucasicum* spring leaves extract, in conjunction with a low calorie diet, reduced their original weight from 10 to 20 pounds, losing two to three times more weight than the placebo subjects (see **Figure 3**).<sup>19</sup>

**Engelhardtia chrysolepis** has demonstrated superior antioxidant activity in suppressing lipid peroxidation and has also been shown to inhibit a key enzyme involved in the making of cholesterol.<sup>20</sup>

Figure 1: As demonstrated in the graph, during three months of dieting, the Rhododendron group lost two to three hundred percent more weight than the placebo subjects.



Supplement Facts (1 tablet)

<b>Supplement Facts</b>	
Serving Size: 1 Tablet	Servings Per Container: 90
Amount Per Serving	% Daily Value
<b>Green Tea Extract (Leaf)</b> <small>Standardized for 98% Polyphenols (196mg), 75% Catechins (150mg), 45% EGCG (90 mg), 7% Caffeine (naturally occurring - 14 mg)</small>	200 mg **
<b>Choline (as Choline Bitartrate)</b>	133 mg **
<b>N-Acetyl Cysteine (NAC)</b>	50 mg **
<b>Milk Thistle Seed Extract (80% Silymarin)</b>	166 mg **
<b>dotFIT™ Proprietary Herbal Complex</b> <small>(<i>Rhododendron caucasicum</i> and <i>Engelhardtia chrysolepis</i>)</small>	133 mg **
** % Daily Value not established.	
<b>Other Ingredients:</b> Calcium Phosphate, Croscarmellose, Stearic acid (Vegetable source), Magnesium Stearate (Vegetable source), Silica, Hydroxypropylmethylcellulose and Titanium Dioxide.	

Typical Use

- Non-stimulant fat-loss aid
- Recommended for people who struggle with controlling fat intake
- Can be used alone or as part of the dotFIT 90 Day Weight Loss Solution
- Take one tablet three times daily, 30 minutes before meals and with at least 8 oz. of water
- Discontinue after reaching fat loss goal

## Precautions

*FatRelease* is generally considered a safe fat-loss aid.

## Contraindications

*FatRelease* is contraindicated in pregnancy and lactation because of a lack of data for this population.

## Adverse Reactions

**EGCG:** Typical doses range from one to 10 cups of green tea per day without any adverse events.<sup>21</sup>

**Choline** is not likely to cause side effects at doses up to 3000 mg/day.<sup>22</sup>

**Rhododendron caucasicum** is well-tolerated in the recommended dosage.<sup>19</sup>

## Upper Limit/Toxicity

**Choline:** The UL for choline is 3500 mg/day and the LOAEL is 7500 mg/day.

**NAC:** The LD50 for NAC in mice is 7888 mg/kg and in rats is 6000 mg/kg. An AMES test performed on NAC was negative for mutagenicity.<sup>8</sup>

**Milk Thistle:** Is considered relatively safe for long-term use.<sup>23</sup>

**EGCG:** High doses of green tea or green tea extract, equivalent to 21-25 cups of tea per day can cause gastrointestinal distress.<sup>24,25</sup>

**Rhododendron caucasicum and Engelhardtia chrysolepis:** no data available at this time.

## Summary

### Purpose

- Supplies many of the nutrients involved in fat metabolism
- For people who struggle with controlling fat intake
- Non-stimulant body fat/weight reduction aid
- For very overweight or obese people (females >32% BF & males >22) to support liver health

### Unique Features

- The product works at many different levels within the body (appetite, metabolism, fat absorption, etc.) to support the loss of body fat
- Blend is proprietary to dotFIT™
- Can be used alone or as part of the dotFIT *90 Day Weight Loss Solution*
- Manufactured in a FDA registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

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### FatReleaser™

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**dotFIT™ CarbKiller™**