

# FirstString™

## Purpose & Rationale

The purpose of this product is to provide an NSF Certified for Sport and NCAA-compliant shake formula containing ideal performance enhancing nutrition that can be properly integrated within daily meal planning and training protocols. Based on current scientific evidence, FirstString is designed to provide the ideal rapidly digesting powdered “food-form” training formula for size, strength and performance athletes, further defined as purely anaerobic (e.g. off-season bodybuilders, power lifters and sprinters), intermittent (most team sports involving intermittent aerobic and anaerobic activity, such as football, soccer, basketball, baseball, rugby, and hockey) and short- to medium-distance endurance athletes. The low-fat and 2:1 ratio of carbohydrates to protein in this formula is designed to help fulfill the athlete’s macronutrient needs throughout the day. Because of its rapid digesting whey protein and specialized carbohydrate mix, FirstString also provides the perfect pre-/post-workout formula to maximize training/competition and subsequent outcomes. If more carbohydrate is needed, as for endurance athletes or carbohydrate loading, it can be added to the mix.

## Typical Use

- For athletes of all ages, including those who are drug tested and whose primary goals are maximizing growth and performance including muscle protein synthesis (MPS) and recovery from strenuous activity.
- As a pre-workout supplement, consume the amount below 30-40 minutes prior to activity based on body size:
  - 100-150 lbs.: 1.5 scoops
  - 151-200 lbs.: 2 scoops
  - 201-250 lbs.: 3 scoops
  - >250 lbs.: 4 scoops
- Immediately following training, repeat the same dose unless also using AminoBoostXXL. If also using AminoBoostXXL, consume FirstString 30 minutes following the immediate post-exercise dose of AminoBoostXXL.
- As a meal replacement or weight-gain supplement, use as needed throughout the day to meet individual goals for protein, carbohydrates, calorie and nutrient timing.
- Anyone wanting a great tasting, convenient meal replacement and/or additional protein source.

## Unique Features

- The carbohydrate content satisfies the profile for maximizing protein synthesis while fitting into a “low sugar” claim, which appeals to prevailing perceptions. Two scoops contain 2g of protein, 45g of carbs and 3g of sugar.
- Sophisticated, ideal blend of the highest quality fast and extended acting proteins.
- Co-factors ensure nutrient uniformity and stability with great taste and easy mixing.
- No gas or bloating with only 2.5g of lactose per serving
- Synergistic with all other dotFIT products and normal diet. dotFIT powders are NOT “spiked” with unnecessary nutrients, unlike most other products in this space (e.g. bars, shakes and ready-to-drinks). Combining multiple products from various manufacturers and food intake can lead to excessive nutrient intake. When consuming only dotFIT products as directed with one’s normal diet, the body’s nutrient levels are kept at a safe and optimal range.
- NCAA-approved protein product and NSF Certified for Sport, which is an additional product guarantee for drug-tested athletes. More info is available at <http://www.dotFIT.com/nsf>

## Contraindications

FirstString is contraindicated in people who cannot consume milk proteins.

Nutrition Facts		
Serving Size:	2 Scoops (73.5g)	
Servings Per Container:	About 32	
	Calories 290	Fat Cal. 30
Amount Per Serving	% Daily Value	
<b>Total Fat</b>	2.5 g	4%
Saturated Fat	0.75 g	4%
Trans Fat	0 g	**
<b>Cholesterol</b>	63 mg	21%
<b>Sodium</b>	125 mg	5%
<b>Total Carbohydrate</b>	44.5 g	15%
Dietary Fiber	0 g	0%
Sugars	3 g	**
<b>Protein</b>	21 g	42%
Vitamin A (as Beta Carotene)	300IU	6%
Vitamin C (as Ascorbic acid)	3 mg	5%
Vitamin D (as Cholecalciferol)	20 IU	5%
Vitamin E (as D-Alpha Tocopheryl succinate)	1.5 IU	5%
Vitamin B1 (Thiamine Hydrochloride)	0.075 mg	5%
Riboflavin	0.085 mg	5%
Niacin (as Niacinamide)	1 mg	5%
Vitamin B6 (as Pyridoxine HCl)	0.1 mg	5%
Vitamin B12 (as Cyanocobalamin)	0.3 mcg	5%
Biotin	15 mcg	5%
Pantothenic acid (as d-Calcium Pantothenate)	0.5 mg	5%
Calcium (as Calcium Lactate Gluconate)	150 mg	15%
Iron (as Ferrous Sulfate)	0.5 mg	3%
Iodine (as Potassium Iodide)	32.5 mcg	22%
Magnesium (as Magnesium Phosphate)	20 mg	5%
Zinc (as Zinc Sulfate)	0.75 mg	5%
Copper (as Copper Gluconate)	0.1 mg	5%
Aminogen® (13 Units)	125 mg	**