

## CEU Quiz – weight loss dotFIT (NASM 0.1 CEU)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

dotFIT Certification # \_\_\_\_\_ Club: \_\_\_\_\_

E-mail: \_\_\_\_\_  
(Please Print Clearly)

Sources: Supplement Reference Guide (SRG); Quick Reference Guide; Product Videos

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

- a. CarbKiller
- b. ThermoShock
- c. FatReleaser
- d. Workout Extreme

2. One of the primary compounds in FatReleaser 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 FatReleaser 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.
- True
  - False
6. Of which weight loss product is it suggested to refrain from taking within 5 hours of bedtime?
- FatReleaser
  - CarbKiller
  - ThermoShock
  - None of the above
7. Fat loss aids work in each of the ways listed below except...
- Reduce the drive to consume food
  - Increase daily calorie expenditure
  - Help to increase lean body mass
  - 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?
- ThermoShock
  - FatReleaser
  - Recover&Build
  - CarbKiller
9. Which weight loss product would you recommend for a pregnant female?
- ThermoShock
  - FatReleaser
  - CarbKiller
  - None of the above
10. CarbKiller works in all of the ways listed below except...
- Block carbohydrates or sugars from being absorbed
  - Keep food in the stomach longer which prolongs the feeling of fullness
  - Manage appetite and control food intake
  - Hastens removal of fat from the liver
11. Which of the compounds listed below is the primary ingredient in CarbKiller?
- Alpha Lipoic Acid
  - Phase 2®
  - Milk Thistle
  - 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. ThermoShock utilizes Dual Stage Release Technology which delivers active ingredients according to varying levels in the digestive tract (providing immediate and prolonged activity).
- True
  - False
14. The proprietary complex in ThermoShock 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 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:**

**By mail**

dotFIT, LLC  
c/o Education Dept.  
250 N. Westlake Blvd.  
Suite 220  
Westlake Village, CA 91362

**By Fax**

805-273-9001

**By Email (scanned)**

[edu@dotfit.com](mailto:edu@dotfit.com)