**ProArgi-9 Plus Instructions**

**General Directions**

We recommend a conservative approach to this product, which allows you to find the right balance for what's best for you. We recommend:

- **½ scoop for the first 3 days** (you most likely will not see any results)
- **1 scoop for the next 3 days** (this is the maintenance level)
- **1 ½ scoops starting on day 7** (Ideally take 1 scoop in the morning and the other ½ scoop either late afternoon or early evening. There is a significant difference between 1 and 1 ½ scoops and we find the greatest success at this level)

Whatever amount you're using mix with 8 ounces of water or more and use on a daily basis. It's best taken by itself without food. Try to take it 30 minutes prior to a meal or 30 minutes before you go to bed at night (if you want an anti-aging benefit.) If you're an athlete, then try to take it on an empty stomach 45 minutes prior to your workout.

**Please Note:** This product can be taken with food but make sure the food is low glycemic. This product can be taken before bedtime for an anti-aging benefit. However, if it interferes with your sleep, then take it late afternoon or early evening.

**Health Concerns**

If you have other cardiovascular issues like high blood pressure, diabetes, cholesterol concerns, then you may want to take more **ProArgi-9 Plus**:

- Either 1 ½ scoops twice per day
- Or 2 scoops twice per day (High Desert Heart Institute Study)

Some people may experience an increase or spike in their blood pressure, elevated blood sugar levels, and increased cholesterol levels. **As a general rule these are usually short lived. They should re-stabilize and improve over a 4-6 week period.** This is typically caused by the liver cleansing itself of fat and debris and the endothelium healing itself.

**Potential Side Effects**

By using our conservative approach we usually don't see any side effects but they can occur. The three most common side effects are:

- headaches
- upset stomach
- loose stools or diarrhea

The most common side effect is loose stools or diarrhea. Nitric oxide helps regulate your digestive system and can trigger a bowel movement. If this occurs then:

**Add your ProArgi-9 Plus to 18 ounces of water. Instead of drinking it all at one time, hydrate yourself over a 2 to 3 hour period. This way you improve your nitric oxide levels but you don't create the spike in nitric oxide production triggering the digestive discomfort.**

If you have questions about this product, then please call ___________________