

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:



- **1/2 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 1/2 scoops starting on day 7** (Ideally take 1 scoop in the morning and the other 1/2 scoop either late afternoon or early evening. There is a significant difference between 1 and 1 1/2 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 1/2 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 _____