

ProArgi-9 Plus Instructions

Directions

We would recommend a conservative approach to this product. This allows you to find the right balance for what is 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 therapeutic level)
- **1 ½ scoops starting on day 7** (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. So try to take it 30 minutes prior to a meal or 30 minutes before you go to bed at night. If you're an athlete, then try to take it on an empty stomach 45 minutes prior to your workout.

This product can be taken with food but we find better results when taken by itself.

Health Concerns

If you have other cardiovascular issues like high blood pressure, diabetes, cholesterol concerns, etc., then you may want to take more **ProArgi-9 Plus** to help heal the damage done to the endothelium.

- **Either 1 ½ scoops twice per day**
- **Or 2 scoops twice per day** (Dr. Prendergast's recommendation)

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 the loose stools or diarrhea. Nitric oxide helps to regulate your digestive system. For some when they experience a high increase in nitric oxide it triggers a bowel movement usually leading to loose stools or diarrhea. If this occurs then we would recommend the following solution that works best for most people:

Add your ProArgi-9 Plus into 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.

**Please call us if you have any questions about this product and how best to use it.
You can reach us at _____**

Lead Sheet

Assigned Number _____

Customer _____

Business Builder _____

Notes:

Name _____

Address _____

City, State, and Zip Code _____

Contact Number _____

Email Address _____

Source of Lead _____

Email Sent ____/____/____

Mail Sent ____/____/____

Follow up Log: