



What to Expect When You Begin Taking Protandim Nrf2®

NOTE: Protandim Nrf2 is an ALL-NATURAL NUTRITIONAL SUPPLEMENT and NOT medication. It is not intended to treat, prevent or cure any disease or illness, and does not require a Doctor's prescription or permission to consume. It is recommended when someone voluntarily adds, changes or modifies lifestyle regarding Health, for example, taking Protandim Nrf2, starting an exercise routine, new diet, taking nutritional supplements, medications, etc., a person should be responsible and notify their Primary Doctor accordingly.

It typically takes **30-90 days** to FULLY experience the benefits of Protandim Nrf2. **WITHIN THE FIRST FEW DAYS** after you begin taking Protandim Nrf2, you may have some of the following experiences:

1. **Because it takes 30-90 days to fully experience the benefits** - You may feel no difference at all.
2. **Because Protandim Nrf2 has been shown to improve blood circulation in the body** - You may notice an increase in your energy level, improvement in concentration and sleep, calming of your mind and reduction of brain fog, less stress or increased libido.
3. **Because Protandim Nrf2 has Anti-inflammatory properties** - You may experience a reduction in swelling and pain you may be feeling.
4. **Because Protandim Nrf2 has been shown to have mild detoxification properties** - You may experience headaches, stomach cramping, gas, abdominal discomfort, loose stools, diarrhea, muscle aches, lethargy, feeling sick or "fluish" or a worsening of symptoms of an illness or disease. This is your body naturally ridding itself of toxins and usually lasts 7-10 days, though it *may* last up to a few months.
5. **Because Protandim Nrf2 has been shown to improve Cellular Rejuvenation** - You may experience a rise or drop in blood sugar, cholesterol level or other lab values when your blood is tested.

ALL OF THESE ARE NORMAL AND TO BE EXPECTED!

The Recommended Daily Adult dose is **ONE TABLET** per day, taken with food. **If digestive discomfort or Detox symptoms are experienced, reduce to 1/2 tablet and increase water intake to accelerate the process.** Recommended daily water intake is 50 oz. per 100# of body weight. Everyone is different and therefore may have a different experience. Individual lifestyle factors, activity level, overall health status, nutritional intake and consistency will affect outcome. Because of the diversity of botanicals in the Protandim Nrf2 formulation, some results may be rapid and dramatic, while others more subtle and prolonged.

