



What to Expect When You Begin Taking Protandim Nrf2 Synergizer[®] Protandim Dual Synergizer[®] or Protandim Tri-Synergizer[®]

NOTE: The Protandim family of Synergizer products, are ALL-NATURAL CELLULAR ACTIVATORS and NOT medication. They are not intended to treat, prevent or cure any disease or illness, and do not require a Doctor's prescription or permission to consume. It is recommended when someone voluntarily adds, changes or modifies lifestyle regarding Health, ie, taking Protandim Synergizers, starting an exercise routine, new diet, medications, etc., a person should be responsible and notify their Primary Doctor accordingly.

Protandim Tri-Synergizer[®] is THREE products. With Protandim Nrf2 and NRF1 Synergizers, it typically takes **30-90 days** to FULLY experience the benefits. With Protandim NAD Synergizer, benefits may be more rapid & profound. **WITHIN THE FIRST FEW DAYS** of taking Protandim Synergizers, you may have some of the following experiences:

1. **Because it takes 30-90 days to FULLY experience all the benefits** - You may feel no difference at all.
2. **Because Protandim Synergizers have been shown to improve blood circulation in the body** - You may notice an increase in your energy level, improvement in concentration, focus and sleep, calming of your mind and reduction of brain fog, less stress or increased libido.
3. **Because Protandim Synergizers have Anti-inflammatory properties** - You may experience a reduction in swelling and pain you may be feeling.
4. **Because Protandim Synergizers have 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 Synergizers have 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!

For best results, follow the **Directions For Use** and **Suggested Use** recommendations on the individual bottles and take with food. **If digestive discomfort or Detox symptoms are experienced, reduce to 1/2 suggested dosage of the Protandim Synergizers and increase water intake to accelerate the detox process.** Recommended daily water intake is 50-75 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 family formulations, some results may be rapid and dramatic, while others more subtle and prolonged.

