

DIRECTIONS for ProstaPhase USE And Participant Instructions

DAILY:

At the beginning of the Study/Trial, you will receive 2 bottles of *ProstaPhase* (PP) product in a sealed 120 Veggie capsule bottle, which is a 40-day supply. Every 40 days you may acquire more product until the end of the Study/Trial. (see trial parameters as to how to replenish your supply).

Take 3 ProstaPhase capsules 2X daily.

The most important consideration in taking *ProstaPhase* is to use it daily and consistently.

You should take *ProstaPhase* about 2-3 hours away from food for best results. Morning and evening are the best times to take *ProstaPhase* to balance its benefits over a 24-hour period. Some people take *ProstaPhase* about 1 hour before bedtime to make sure they have beneficial nutrients working while they are sleeping.

You can take *ProstaPhase* at the same time as you take other dietary supplements and prescribed medications.

If you have questions about how to best take *ProstaPhase*, contact TAN product specialist for further recommendations at: **1-866-778-2646 ext. 6**

If you experience discomfort while taking *ProstaPhase*: The most common discomforts experienced by a tiny percentage of people when taking any vitamin mineral or herbal formula are digestive upset or very mild allergic reactions such as skin itching or irritability.

These minor discomforts usually disappear by taking a lower dose or by taking the supplement with meals.

If you should experience discomfort when taking *ProstaPhase* and it does not go away with these suggestions, please contact our product specialist at **1-866-778-2646 ext 6**

WEEKLY: Complete the provided Weekly Progress Diary on Sunday and return to PAF on Monday:

Email: kamalik@prostateawarenessfoundation.org

US Mail: Prostate Awareness Foundation
P.O. Box #2934
Santa Rosa, CA 95409

EVERY 40 DAYS: Participants may receive another 120 capsule bottle of *ProstaPhase* product in several ways:

IMPORTANT: Participants must have completed and mailed all Progress Diaries for the prior Study/Trial period. NO additional product will be issued until Progress Diaries are submitted.

1. Product will be available at the regularly scheduled PAF meeting (see www.prostateawarenessfoundation.org or emails announcing the meetings)
2. Or call Ken Malik at the Prostate Awareness Foundation at 415-675-5661 to arrange shipping or pickup at the PAF office in Santa Rosa.

MID-TERM AND FINAL PROGRESS QUESTIONNAIRES:

Participants must complete these questionnaires to receive more product to continue the study and at the end of the study. These questionnaires will be provided by and collected by the PAF.

New Test Results: If you have new test results Mid-term or at any time during the Study/Trial, please send them to Ken Malik.

ADDITIONAL INFO: At any time during the Study/Trial, if you add supplements or medications to your regime, please contact Ken Malik so your Personal History Profile can be amended

Confidentiality: Please be assured that this form is strictly confidential. The information provided is only for internal tracking and product evaluation purposes. At no time will your personal information be divulged to other parties or revealed to any staff members. Upon completion of the study all personal information will be purged from PAF files to insure your complete privacy.



Prostate Awareness Foundation

657 Acacia Lane, Suite # 216, Santa Rosa, CA 95409
415-675-5661

www.prostateawarenessfoundation.org