

Prostate Awareness Foundation Crila® Supplement Evaluation

DIRECTIONS for PRODUCT USE

PARTICIPANT INSTRUCTIONS

DAILY:

At the beginning of the Evaluation you will receive 1-2 bottles of Crila® product in a sealed 180 Veggie capsule bottle, which is about a 30-day supply. Because Crila® dosage is weight-determined, some men will need 2 bottles over 30 days. See weight chart below to determine your daily dose. Every 30 days you may acquire more product until the end of the Evaluation. (see below as to how to acquire more product).

You begin with a 90-day Load Phase: When seeking maximum benefit, what is referred to as the Load Phase, the suggested minimum serving on a daily basis is best determined by your body weight. The Load Phase is the period of time you take Crila® in order to achieve maximum benefits. You should divide taking capsules to at least twice a day, preferably during or after meals.

Weight in kilograms:	50-52	52-64	64-78	78-90	90-102	102-115	115-127	127-139	139-152
Weight in pounds:	110-115	115-142	142-172	172-199	199-226	226-253	253-280	280-307	307-334
Number of capsules to take:	4	5	6	7	8	9	10	11	12

To maximize the benefits of Crila® it is recommended to wait three (3) hours before consuming any alcoholic beverages.

After 90 days, and if you have achieved your desired result, following the Load Phase, take the Maintenance Phase dose of 2 capsules per day, preferably during or after food.

Please note: At the 90-day point of the Evaluation, if you are unsure whether to end the Load Phase and move into the Maintenance Phase, please consult with Ken or Sue.

Maintenance Phase: It is recommended that to maintain a healthy prostate you take two (2) capsules a day. However, every body is different. You may need to transition to a lower dosage over a period of time if taking 2 capsules per day doesn't seem to be sufficient.

If you experience discomfort while taking Crila®: There are virtually no significant side effects reported when taking Crila®. All natural substances may cause a "side effect" in a small population of sensitive individuals. If you take Crila® on an

empty stomach you may experience mild nausea. If you have a sensitive stomach, it is recommended to take Crila® with a meal. Listen to your body. If you experience mild nausea, you may elect to build up to your Load Phase over a period of days or weeks. "Mild nausea" is defined as nausea that is not severe enough that you need to take any other medicine or product for relief of the nausea. Also, in clinical trials the following was noted: "some mild side effects which do not cause discomfort to patients and are only seen in a small number of patients could occur, such as abdominal distension, dizziness, insomnia."

If you should experience discomfort when taking Crila® *and it does not go away with these suggestions*, please contact Ken/Sue. You are under no obligation to continue with the survey if you are uncomfortable.

To Acquire More Product: Participants will receive one - two 180 capsule bottles (depending on weight recommended dosage) of Crila® product in several ways:

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

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

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

ADDITIONAL INFO? At any time during the Evaluation, if you add supplements or medications to your regime, please contact Ken Malik so your Personal History Profile can be updated.

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 without your express permission. Upon completion of the study all personal information will be purged from PAF files to insure your complete privacy.



Prostate Awareness Foundation
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