



ATHLETIC PERFORMANCE PROTOCOL

PRODUCT	DOSING	THERAPEUTIC ACTIONS
Botanabol® (*)	2 capsules; 2 times daily. Increase to 4 capsules, 2 times daily for periods of intense training. Take on an empty stomach. Best taken mid-morning and mid-afternoon.	<ul style="list-style-type: none"> • Promotes lean muscle development, density, strength, and endurance* • Enhances physical performance and optimizes recovery time* • Featuring Rhaponticum, Shilajit, and Cordyceps
Amino Whey Pro Advantage™	15-30 grams (1-2 scoops) per day. Take with or without food. Can be added to water, juice, yogurt, or smoothie.	<ul style="list-style-type: none"> • Promotes lean muscle development, density, strength, and endurance* • Supports cellular energy production (ATP)* • Enhances physical performance and optimizes recovery time* • Featuring Grass-Fed Whey Protein, HMB, and Creatine
Power Adapt®	4 capsules or 1 teaspoon; 1-3 times per day. Take with or without food.	<ul style="list-style-type: none"> • Provides deep adrenal and endocrine support* • Improves energy, stamina, and endurance* • Enhances physical performance and optimizes recovery time* • Featuring Eleuthero, Panax ginseng, and Pantocrine
Night Gain®	4 capsules in evening before bed. Take with or without food. Avoid when nursing.	<ul style="list-style-type: none"> • Supports neuroendocrine restoration and healthy testosterone levels* • Promotes lean muscle development, density, and strength* • Featuring Epimedium, Tribulus, Eurycoma, and Citrulline

ATHLETIC RECOVERY PROTOCOL

InflamAway®	2 capsules; 2-3 times daily. Increase to 4 capsules; 2-3 times daily for acute situations. Take with or without food.	<ul style="list-style-type: none"> • Promotes healthy inflammatory response* • Featuring Boswellia 30% AKBA, Ginger and Feverfew
JTL Mobility®	3 capsules; 1-2 times per day. Take with or without food. Avoid during pregnancy.	<ul style="list-style-type: none"> • Nourishes joints, tendons and ligaments* • Supports healthy joint function, mobility and comfort* • Encourages cartilage synthesis and joint integrity* • Featuring Collagen, Glucosamine, and Devils Claw
Willow Relief®	4 capsules; 2-3 times per day. Take with or without food.	<ul style="list-style-type: none"> • Relieves minor pain* • Enhances muscle relaxation* • Featuring Willow Bark, Turmeric, and Corydalis

(*) SPECIAL NOTE FOR CALIFORNIA: DOSING AT THE HIGHER SIDE OF RANGES FOR CERTAIN BOTANICAL-BASED PRODUCTS MAY EXCEED PROP 65 LIMITS FOR HEAVY METALS. PRACTITIONER SHALL COMPLY WITH THE PROP 65 WARNING REQUIREMENTS FOR EACH AFFECTED PRODUCT DOSED AT THE HIGHER RANGES TO CALIFORNIA PATIENTS. AFFECTED PRODUCTS ARE IDENTIFIED WITH AN ASTERISK IN THE CHART PRECEEDING THIS NOTE. WARNING STICKERS ARE AVAILABLE FOR THE PRACTITIONER TO APPLY AS NEEDED UPON REQUEST. THE PRACTITIONER SHALL INDEMNIFY, DEFEND AND HOLD HARMLESS NATURA, ITS OFFICERS, DIRECTORS, SHAREHOLDERS, AND EMPLOYEES AND AGENTS AGAINST COSTS AND EXPENSES ARISING INDIRECTLY OR DIRECTLY OUT OF PRACTITIONER'S FAILURE TO COMPLY WITH THE LABELING REQUIREMENTS OF CALIFORNIA'S PROP 65.