

# Instructions for the proper use of the Arborvitae PRE Sports and Exercise Supplement

## Dear Customer

Whether you undertake active sports or regular exercise including walking, Arborvitae PRE Sports and Exercise Supplement may assist you in achieving your goals.

Arborvitae PRE Sport and Exercise Supplement contains a potent combination of natural substances designed to assist you with your Performance, Endurance and Recovery when undertaking exercise and active sports.

Arborvitae PRE Sports and Exercise Supplement has potent antioxidant and anti inflammatory actions and is different to most sports supplements, in that you take Arborvitae up to two hours prior to an event.

Due to the powerful nature of the ingredients and the way they are combined, Arborvitae enters the bloodstream and goes to work in many ways.

### **Arborvitae may assist athletes by:**

- Improving their training and performance
- Reducing cramps and muscular pain during and after exercise in athletes prone to cramps
- Helping with blood circulation when exercising or training and help reduce oxidative stress
- Improving athletic/sports endurance
- Supporting a healthy immune system – Arborvitae has excellent radical scavenger properties and supports the health and function of the immune system

### **Arborvitae contains Pycnogenol<sup>®</sup>, the French Maritime Pine Bark Extract supported by scientific evidence**

### **For adults, the best way to take Arborvitae is as follows:**

- For general exercise take 50ml 1 to 2 hours prior to the event.
- If undertaking competitive or strenuous exercise take 100ml 1 to 2 hours prior to the event.

**Place your Arborvitae bottles in the fridge after opening and shake well before use on each occasion.**

We welcome feedback regarding your Arborvitae experience as well as any other benefits you have noticed. We also welcome your comments on our website ([www.arborvitae.com.au](http://www.arborvitae.com.au)) and our Facebook page (**Arborvitae Health and Wellbeing**).

Should you require any further information please contact us on **1300 879 863**.



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