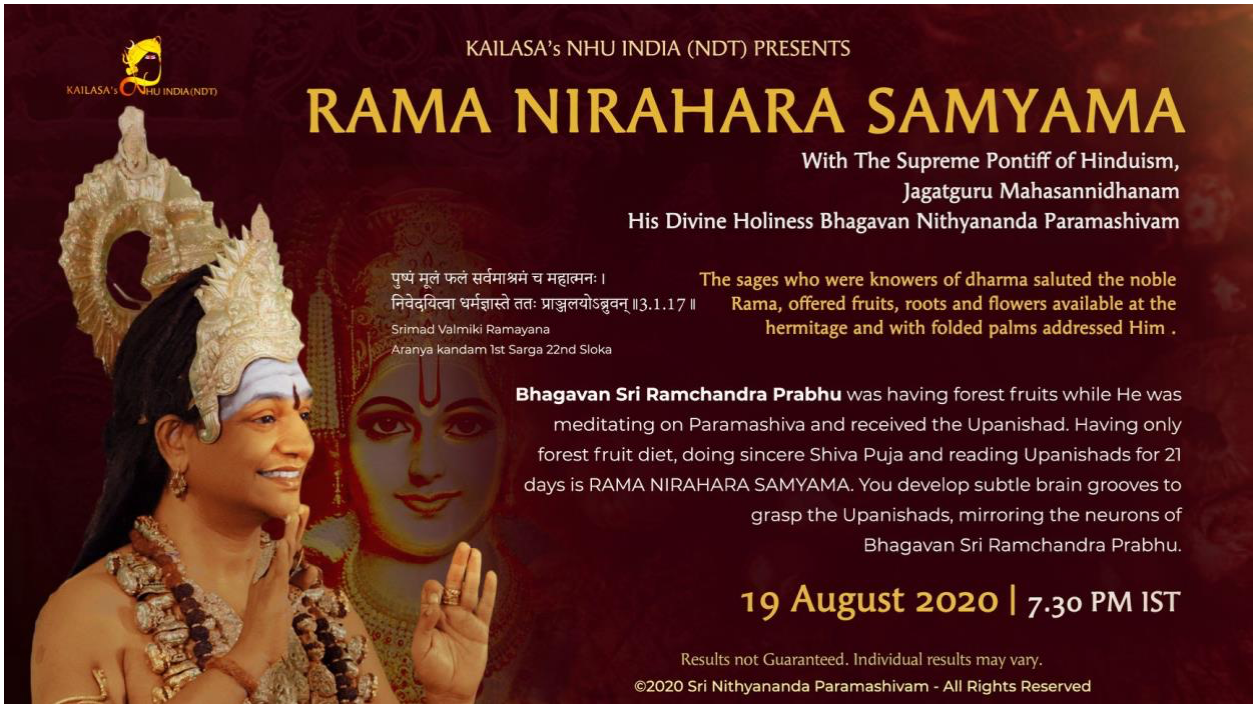


RAMA NIRAHARA SAMYAMA – GUIDELINES AND PROTOCOLS

RAMA NIRAHARA SAMYAMA (RNS):Participants of Rama Nirahara Samyama (RNS) will observe the following guidelines and protocols.
FRUITS:

- **FRUITS – all raw organic fresh fruits ,seasonal are acceptable for RNS**
- **Frozen fruits ,preserved fruits , processed fruits ,canned fruits , or in sugar syrup not , no precut fruits acceptable for RNS**
- **Only fruits , no mixing with other ingredients**
- **Among Dry fruits – Dates/ Fig/Dry Apricots /Prunes are allowed**
- **After sunset the same fruits can be blended and consumed as liquid**
- **Disclaimer for RNS: Participants with Diabetes are requested to take medical advise**

Legal Disclaimer : "These statements have not been evaluated by the U.S. Food and Drug Administration, the Food Safety and Standards Authority of India, nor any other equivalent government health agency. These statements and any related dietary or health related guidance are not intended to diagnose, treat, cure or prevent any disease. Please consult your physician before implementing any new diet, exercise and dietary supplement programs, especially if you have pre-existing medical conditions or are taking prescribed medications. These statements are for

educational purposes only and are not meant to replace the advice of your physician or healthcare provider.

Results are not guaranteed and individual results may vary."