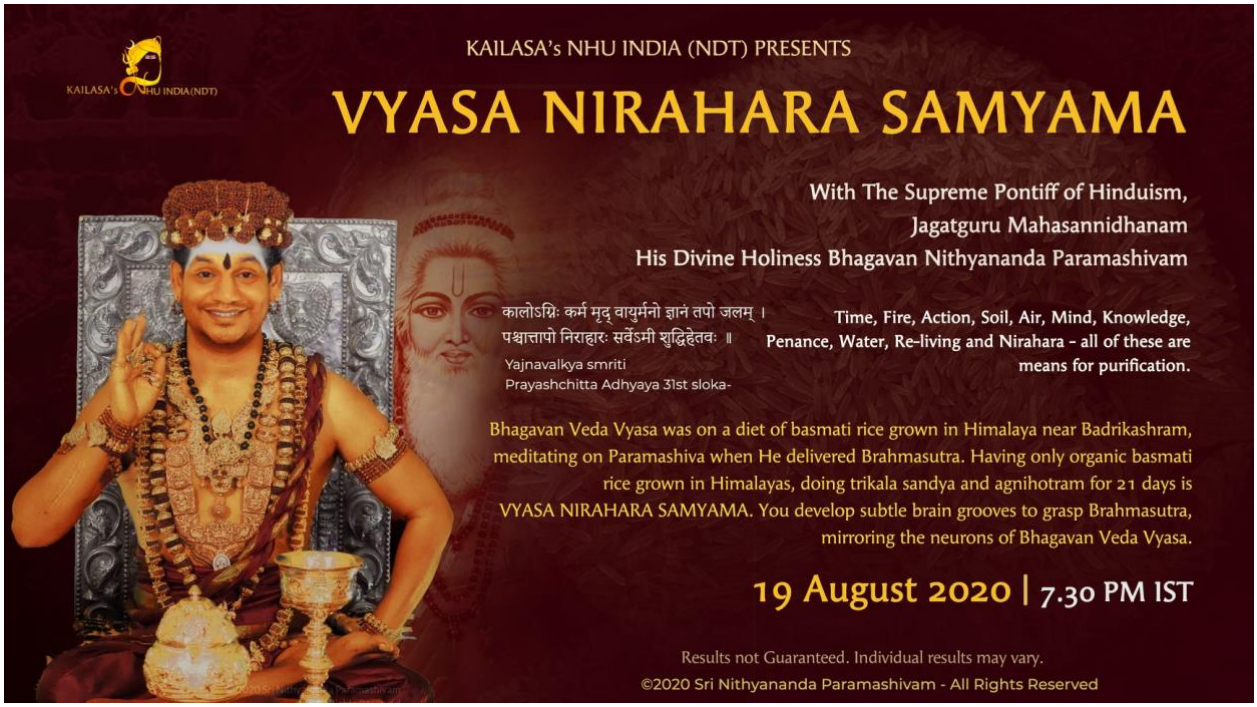


VYASA NIRAHARA SAMYAMA GUIDELINES AND PROTOCOLS

VYASA NIRAHARA SAMYAMA (VNS) will observe the following guidelines and protocols ORGANIC BASMATHI RICE:

- **Only Organic Basmathi Rice is acceptable for VNS.**
- **Rice must be cooked only on open pot**
- **No nonstick pots or vessels to be used for cooking**
- **No pressure cookers or microwave oven**
- **Rice be boiled and water be strained before consumption**
- **No seasoning , no flavoring or any additional ingredients allowed.**
- **After sunset same rice can be had as liquid by blending in a blender.**
- **Basmathi rice must be cooked in plain water**
- **No salt or Sugar or any condiments can be added**
- **No plastic or microwave containers for cooking**

**** During all three Nirahara Samyamas water and coconut water can be consumed**

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."