

## **REFERENCES**

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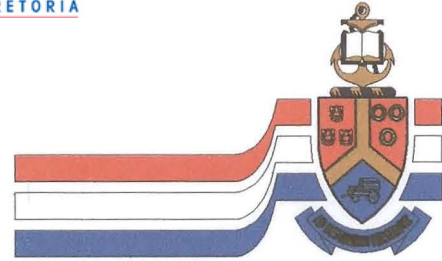
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University of Pretoria

**INFORMED CONSENT**

I, .....(full name of prospective participant), submit myself herewith to the services and facilities of the Sports Research Institute of the University of Pretoria (hereafter referred to as the UNIVERSITY), for the purpose of an official research project dealing with the use of Cellfood® and Switch® [manufactured by the Nu Science Corporation, Vitality Plus (Pty) Ltd and Oxygen for Life (Pty) Ltd] as potential ergogenic aids to endurance athletes.

I have been informed of the possible risks and benefits of participation and hereby declare that I participate in the said research project at my own risk.

I hereby declare that there is no information withheld by myself or by the parties listed above that could exclude me from participating in this research project and am aware that I may withdraw from the study at any time if I should wish.

I furthermore authorize the UNIVERSITY to publish and use any of my data forthcoming from the research project with my anonymity being guaranteed, and declare that I have no claim to any remuneration or compensation there from.

Signed at .....on this.....day of.....2000

.....  
Signature of the prospective participant

Tel: (h).....  
Code and Number

(w).....  
Code and Number

.....  
Cellular Phone

**WITNESSES:**

1. ....

2. ....

**UNIVERSITY OF PRETORIA : RESEARCH PROJECT**

**INDIVIDUAL SCHEDULE FOR :**

CYCLE : 1			SAMPLE : A	CYCLE : 2			SAMPLE : B	CYCLE : 3			SAMPLE : C
DAY	DATE	DROPS		DAY	DATE	DROPS		DAY	DATE	DROPS	
01	TUE	31 OCT	4	43	TUE	12 DEC	8	85	TUE	23 JAN	20
02	WED	1 NOV	5	44	WED	13 DEC	9	86	WED	24 JAN	22
03	THU	2 NOV	6	45	THU	14 DEC	10	87	THU	25 JAN	24
04	FRI	3 NOV	7	46	FRI	15 DEC	11	88	FRI	26 JAN	26
05	SAT	4 NOV	8	47	SAT	16 DEC	12	89	SAT	27 JAN	28
06	SUN	5 NOV	9	48	SUN	17 DEC	13	90	SUN	28 JAN	30
07	MON	6 NOV	10	49	MON	18 DEC	14	91	MON	29 JAN	32
08	TUE	7 NOV	11	50	TUE	19 DEC	15	92	TUE	30 JAN	35
09	WED	8 NOV	11	51	WED	20 DEC	15	93	WED	31 JAN	35
10	THU	9 NOV	11	52	THU	21 DEC	15	94	THU	1 FEB	35
11	FRI	10 NOV	11	53	FRI	22 DEC	15	95	FRI	2 FEB	35
12	SAT	11 NOV	11	54	SAT	23 DEC	15	96	SAT	3 FEB	35
13	SUN	12 NOV	11	55	SUN	24 DEC	15	97	SUN	4 FEB	35
14	MON	13 NOV	11	56	MON	25 DEC	15	98	MON	5 FEB	35
15	TUE	14 NOV	11	57	TUE	26 DEC	15	99	TUE	6 FEB	35
16	WED	15 NOV	11	58	WED	27 DEC	15	100	WED	7 FEB	35
17	THU	16 NOV	11	59	THU	28 DEC	15	101	THU	8 FEB	35
18	FRI	17 NOV	11	60	FRI	29 DEC	15	102	FRI	9 FEB	35
19	SAT	18 NOV	11	61	SAT	30 DEC	15	103	SAT	10 FEB	35
20	SUN	19 NOV	11	62	SUN	31 DEC	15	104	SUN	11 FEB	35
21	MON	20 NOV	11	63	MON	1 JAN	15	105	MON	12 FEB	35
22	TUE	21 NOV	11	64	TUE	2 JAN	15	106	TUE	13 FEB	35
23	WED	22 NOV	11	65	WED	3 JAN	15	107	WED	14 FEB	35
24	THU	23 NOV	11	66	THU	4 JAN	15	108	THU	15 FEB	35
25	FRI	24 NOV	11	67	FRI	5 JAN	15	109	FRI	16 FEB	35
26	SAT	25 NOV	11	68	SAT	6 JAN	15	110	SAT	17 FEB	35
27	SUN	26 NOV	11	69	SUN	7 JAN	15	111	SUN	18 FEB	35
28	MON	27 NOV	11	70	MON	8 JAN	15	112	MON	19 FEB	35
29	TUE	28 NOV	-	71	TUE	9 JAN	-				-
30	WED	29 NOV	-	72	WED	10 JAN	-				-
31	THU	30 NOV	-	73	THU	11 JAN	-				-
32	FRI	1 DEC	-	74	FRI	12 JAN	-				-
33	SAT	2 DEC	-	75	SAT	13 JAN	-				-
34	SUN	3 DEC	-	76	SUN	14 JAN	-				-
35	MON	4 DEC	-	77	MON	15 JAN	-				-
36	TUE	5 DEC	-	78	TUE	16 JAN	-				-
37	WED	6 DEC	-	79	WED	17 JAN	-				-
38	THU	7 DEC	-	80	THU	18 JAN	-				-
39	FRI	8 DEC	-	81	FRI	19 JAN	-				-
40	SAT	9 DEC	-	82	SAT	20 JAN	-				-
41	SUN	10 DEC	-	83	SUN	21 JAN	-				-
42	MON	11 DEC	-	84	MON	22 JAN	-				-

**DIRECTIONS:**

Upon waking, prepare ¼ glass of Distilled Water. Shake the Product Sample bottle, and carefully squeeze the prescribed number of DROPS allocated for that DAY and DATE into the water. When pressing the flip top open and closed, do this over the glass of water to prevent any possibility of the product staining clothing, etc.

Stop taking any product from DAYS 29 to 42; and from DAYS 71 to 84. The Project is completed after DAY 112. Please return any unused product after each Cycle. Once you have taken the product for a particular day, please cross it off the schedule.