

| ROMAN REGIMEN | Seed or Clone | Early Vegetative | Mid Vegetative | Late Vegetative | Early Flowering | Mid Flowering | Late Flowering | Flush |
|-------------------------|---------------|------------------|----------------|-----------------|-----------------|---------------|----------------|----------|
| MEDUSA'S MAGIC | 5 ml | 10 ml | 10 ml | 10 ml | 10 ml | 10 ml | 5 ml | -- |
| GAIA MANIA | 5 ml | 5 ml | 10 ml | 10 ml | 10 ml | 10 ml | 10 ml | -- |
| ATHENA'S AMINAS | -- | 5 ml | 10 ml | 10 ml | 15 ml | 30 ml | 15 ml | -- |
| DEMETER'S DESTINY | -- | 5 ml | 5 ml | 5 ml | 5-10 ml | 5-10 ml | 5 ml | -- |
| MEGA MORPHEUS | -- | -- | -- | -- | 15 ml | 30 ml | 15-30 ml | -- |
| THE KRAKEN | -- | 5 ml | 5 ml | 10 ml | 10 ml | 10 ml | 5 ml | -- |
| TRITON'S TRAWL | -- | -- | -- | -- | 15 ml | 15 ml | 15-30 ml | -- |
| POSEIDONZIME | -- | 5 ml/qt foliar | 5 ml/qt foliar | 5 ml | 10 ml | 10 ml | 10 ml | -- |
| HYGEIA HYDRATION | -- | 10 ml | 10 ml | 10 ml | 15 ml | 15 ml | 15 ml | -- |
| APHRODITE'S EXTRACTION | -- | 5 ml | 5 ml | 5 ml | 10 ml | 15 ml | 15 ml | 15 ml |
| PEGASUS POTION * | -- | as needed | as needed | as needed | as needed | as needed | as needed | -- |
| PERSEPHONE | -- | 5 ml | 10 ml | 10 ml | 15 ml | 15 ml | 15 ml | -- |
| HERCULEAN HARVEST | -- | 5 ml | 10 ml | 15 ml | 30 ml | 30-90 ml | 30-60 ml | 15-30 ml |
| ZEUS JUICE | 5 ml | 5 ml | 5 ml | 5 ml | 5-10 ml | 5-10 ml | 5 ml | -- |
| BLOOM KHAOS (FOLIAR) ** | -- | 5 ml/qt foliar | 5 ml/qt foliar | 5 ml/qt foliar | 5 ml/qt foliar | 15 ml | 15 ml | -- |
| OLYMPUS UP - HADES DOWN | pH 6.3 | pH 6.1-6.3 | pH 6.1-6.3 | pH 6.2-6.4 | pH 6.3-6.8 | pH 6.3-6.8 | pH 6.3-6.8 | pH 6.4 |

*Use Pegasus potion as needed for nitrogen deficit.

* Use Bloom Khaos as a foliar feed in vegetative and early-flowering stages. In mid and late flowering mix with other nutrients and root-feed. When used as a foliar feed Bloom Khaos can be mixed with Poseidonzime and Ful-Power but cannot be mixed with any other products. Foliar feed should be used at 6.4 pH.

"Romans don't believe in half measures and that is why we named the Roman Regimen after them. The Roman Regimen gives you plentiful tools to deliver a bountiful harvest and to give you precise control of the look, taste, aroma and feel of your plants and their fruit. Go forth and conquer!"

This feeding regimen reflects the collective knowledge and experience of input from countless Nectar for the Gods gardeners.

This feeding regimen is a good starting point, but every gardener and every garden are different. As you become more familiar with these nutrients you can develop your own feeding regimen that works for you and your garden.

The amounts listed in the feeding regimen are the amount you should use for each gallon of water in your feeding mixture.

By their nature these nutrients settle very quickly. It is important to shake the bottles thoroughly before pouring and to stir the feeding mixture throughout the mixing and feeding process.

Detailed instructions, how-to videos and helpful information are available at our website. Go to: www.oregononly.com/howto

Notes:

The Roman Regimen is an aggressive feeding regimen. Not all plants will be able to accept this volume of nutrients. We recommend starting at half strength and slowly working up to full strength over a few weeks.

PH is critical. Nectar for the Gods is a calcium based line that is most available to the plant in a pH range of 6.2-6.8.

Start with good soil. The most important component in every garden (besides the nutritional program you choose) is the potting medium that you choose. Not all soils are created equally, so we encourage you all gardeners to test their soil's pH and PPM (parts per million) values before planting in them.

We recommend doing a "slurry test". This test will explain what is going on around root zone. To do this test take 2 ounces of medium as well as 2 ounces of pH neutral water and let them sit together in a container until the medium is fully saturated. Then insert your pH and PPM meters directly into the slurry and document those numbers. Nectar for the Gods performs best when the medium is in the pH range of 6.3-6.8 and the PPMs are between 300-500. If you soil comes out with a lower pH and/or a higher PPM, a pre-planting flush with Herculean Harvest and/or Olympus Up will help correct these issues before planting.

When in doubt, flush it out. If you are noticing signs of deficiencies in calcium, potassium, magnesium or nitrogen, do not run out and buy a bottle of pretend cures! Nine out of ten times deficiencies will directly be related to your soil's PPMs and pH numbers being out of whack. This would be a good time to do the "slurry test" and react accordingly. The calcium sources in Herculean Harvest and Olympus Up will help tie up excessive salts and neutralize the acids to bring your pH back into range.

If you have any questions or comments go to www.oregononly.com. We can and will help.