

COWDEN SUPPORT PROGRAM INSTRUCTIONS

The Cowden Support Program (CSP) is a protocol utilizing 13 different Nutramedix products taken rotationally. These products are prepackaged in individual monthly sets which save 39% off purchasing the products separately. Visit www.nutramedix.com to view the monthly CSP packages.

- ▶ Shake the liquid products well before each use.
- ▶ To ensure the proper dosage, dispense drops by holding the dropper at a 45 degree angle.
- ▶ Mix the liquid products, of each dose, together in a glass, porcelain or paper cup (not Styrofoam, plastic or metal) then add at least 4 oz. (120ml) of water. Do not use distilled, sparkling, or reverse-osmosis water. Let sit for at least 1 minute before drinking (longer is fine - up to 2 days).
- ▶ Check the "Done:" box on the Program Schedule sheets after taking each dose so that there is no confusion as to whether the dose has been taken. Background color changes on the schedule represent a change from what products were taken at the same time the previous day.
- ▶ If HERX reaction is suspected (feeling worse in any way than you were before) take 10 drops of BURBUR with 10 drops of PINELLA or 10 drops of PARSLEY with 10 drops of PINELLA, in 2 oz. (60 ml) of clean water every 10 minutes for up to 2 hours and then resume the program. If the symptoms still exist by the time of the next scheduled dose of MICROBIAL DEFENSE products then skip that one dose. If this happens more than once then consider increasing the dosage every 1 - 2 days instead of every dose. NOTE: Extra product may be required for this use.
- ▶ Drink 3 - 4 liters (quarts) of water throughout each day (2 oz. every 15 minutes).
- ▶ Avoid all known food allergies. If you are unaware of any food allergies you may have, we recommend avoiding all common food allergens – all cow milk and cow cheese products, all wheat products, all corn products (corn oil, corn starch, and corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix **STEVIA**).
- ▶ **IMPORTANT:** Reorder products for your next month at least 2 weeks in advance to ensure no interruption of the program.

COWDEN SUPPORT PROGRAM INSTRUCTIONS

► **WARNING:** Fibers and most products that act as binders can be taken at least 30 minutes after a dose of any product on the CSP and at least 4 hours before a dose of the CSP products. Certain binders such as Activated Charcoal, Calcium Bentonite Clay, and Cholestyramine (Questran) should be taken ONLY as absolutely necessary to resolve a Herxheimer reaction.

► Some people choose to use additional supplements while taking the Cowden Support Program (CSP). It is best to take the Nutramedix products as indicated on the dosing schedule and any additional supplements after meals and at least 1 hour apart from the herbals.

► **BARBERRY, CHANCA PIEDRA, EZOV, MAPALO, NONI, QUINA, STEVIA, TAKUNA,** and **TANGARANA** (since these Nutramedix products all have *microbial defense* properties) as well as ALL other pharmaceutical antibiotics and herbal antimicrobial agents from other companies, can be taken daily from day 4 to day 78 of the Cowden Support Program. After day 78, they **MUST ALL BE STOPPED** for at least the same 36 hour period every 2 weeks when the other *microbial defense* herbs are stopped (pharmaceutical antibiotics should be stopped **AT LEAST 12 hours** before the Nutramedix *microbial defense* herbs are stopped).

► **OPTIONAL NUTRAMEDIX PRODUCTS:** For extreme fatigue, 20 drops of **ADRENAL SUPPORT** can be taken, twice daily 10 - 15 min. before breakfast and supper for at least 4 months and 40 drops of **TAKUNA MICROBIAL DEFENSE** can be taken 10 - 15 min. before breakfast and supper from day 4 to day 77 of the program. For stress and difficulty sleeping, 15 drops of **AMANTILLA RELAX/SLEEP** can be taken as needed throughout the day, after meals and 30 drops at bedtime (repeat during the night as needed).

► Dr. Cowden recommends following this program until feeling well for 2 consecutive months therefore most users follow it for at least 6 months. If a user chooses to follow the program for more than 9 months, then Dr. Cowden recommends repeating **months 7, 8, and 9** until they have been well 2 consecutive months. Month 7 begins at day 181.

PATIENT'S NAME ▶

START DATE ▶ M: D: Y:

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
1	BURBUR PINELLA	10 drops 10 drops	PARSLEY	10 drops	BURBUR PINELLA	10 drops 10 drops	PARSLEY	10 drops
2	BURBUR PINELLA	10 drops 10 drops	PARSLEY	10 drops	BURBUR PINELLA	10 drops 10 drops	PARSLEY	10 drops
3	BURBUR PINELLA	10 drops 10 drops	PARSLEY	10 drops	BURBUR PINELLA	10 drops 10 drops	PARSLEY	10 drops
4	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	1 drop 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 1 drop 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	2 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 2 drops 10 drops 40 drops
5	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	3 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 3 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	4 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 4 drops 10 drops
6	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	5 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 5 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	6 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 6 drops 10 drops 40 drops
7	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	7 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 7 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	8 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 8 drops 10 drops
8	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	9 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 9 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	10 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 10 drops 10 drops 40 drops
9	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	11 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 11 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	12 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 12 drops 10 drops
10	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	13 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 13 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	14 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 14 drops 10 drops 40 drops
11	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	15 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 15 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	16 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 16 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
12	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	17 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 17 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	18 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 18 drops 10 drops 40 drops
13	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	19 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 19 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	20 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 20 drops 10 drops
14	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	21 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 21 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	22 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 22 drops 10 drops 40 drops
15	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	23 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 23 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	24 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 24 drops 10 drops
2 BEST TIME TO REORDER PRODUCTS FOR MONTH 2								
16	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	25 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 25 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	26 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 26 drops 10 drops 40 drops
17	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	27 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 27 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	28 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 28 drops 10 drops
18	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	29 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 29 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
19	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
20	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
21	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
22	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
23	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
24	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
25	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
26	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
27	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
28	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
29	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
30	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
31	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
32	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
33	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
34	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
35	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
36	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
37	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
38	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
39	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
40	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
41	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
42	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		SEALANTRO	40 drops	Done: ▶
43	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		Done: ▶
44	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		SEALANTRO	40 drops	Done: ▶
45	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		Done: ▶
3	BEST TIME TO REORDER PRODUCTS FOR MONTH 3							
46	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		SEALANTRO	40 drops	Done: ▶
47	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		Done: ▶
48	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		SEALANTRO	40 drops	Done: ▶
49	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		Done: ▶
50	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		SEALANTRO	40 drops	Done: ▶
51	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		Done: ▶

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
52	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
53	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
54	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
55	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
56	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
57	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
58	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
59	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
60	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
61	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
62	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
63	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
64	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
65	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
66	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
67	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
68	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
69	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
70	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
71	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
72	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
73	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
74	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
75	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
4	BEST TIME TO REORDER PRODUCTS FOR MONTH 4							
76	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
77	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
78	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA SEALANTRO	10 drops 10 drops 10 drops 40 drops
79	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
80	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
81	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
82	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
83	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
84	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
85	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
86	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
87	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
88	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
89	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
90	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
91	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
92	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
93	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops
94	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 2 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
95	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 4 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 6 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
96	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 8 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 10 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
97	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 12 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 14 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
98	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 16 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 18 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
99	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 20 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 22 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
100	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 24 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 26 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
101	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 28 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
102	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
103	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
104	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
105	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
5	BEST TIME TO REORDER PRODUCTS FOR MONTH 5							
106	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
107	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
108	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA SEALANTRO	10 drops 10 drops 10 drops 40 drops
109	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
110	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
111	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
112	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
113	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
114	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
115	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
116	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
117	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
118	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		SEALANTRO	40 drops
							Done: ▶	
119	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
120	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
121	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
122	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
123	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
124	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
125	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
126	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
127	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
128	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
129	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
130	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
131	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
132	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
133	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
134	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
135	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
6	BEST TIME TO REORDER PRODUCTS FOR MONTH 6							
136	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
137	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
138	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA SEALANTRO	10 drops 10 drops 10 drops 40 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
139	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
140	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
141	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
142	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
143	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
144	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
145	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
146	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
147	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
148	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
149	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
150	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
151	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
152	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
153	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
154	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
155	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
156	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
157	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
158	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ►			Done: ►			SEALANTRO		40 drops
Done: ►			Done: ►			Done: ►		
159	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ►			Done: ►			Done: ►		
Done: ►			Done: ►			Done: ►		
160	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ►			Done: ►			SEALANTRO		40 drops
Done: ►			Done: ►			Done: ►		
161	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ►			Done: ►			Done: ►		
Done: ►			Done: ►			Done: ►		
162	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ►			Done: ►			SEALANTRO		40 drops
Done: ►			Done: ►			Done: ►		
163	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ►			Done: ►			Done: ►		
Done: ►			Done: ►			Done: ►		
164	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ►			Done: ►			SEALANTRO		40 drops
Done: ►			Done: ►			Done: ►		
165	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ►			Done: ►			Done: ►		
Done: ►			Done: ►			Done: ►		
7	BEST TIME TO REORDER PRODUCTS FOR MONTH 7							
166	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ►			Done: ►			SEALANTRO		40 drops
Done: ►			Done: ►			Done: ►		
167	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ►			Done: ►			Done: ►		
Done: ►			Done: ►			Done: ►		

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
168	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA SEALANTRO	10 drops 10 drops 10 drops 40 drops
169	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
170	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
171	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
172	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
173	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
174	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
175	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
176	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
177	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
178	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
179	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
180	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
181	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
182	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
183	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	MORA	30 drops	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	SAMENTO	20 drops						
	SERRAPEPTASE	1 cap						
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
184	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	ENULA	30 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
					SERRAPEPTASE	1 cap	SAMENTO	20 drops
							SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
185	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
186	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
187	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
188	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	SEALANTRO	40 drops
							Done: ▶	<input type="checkbox"/>
189	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
190	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	SEALANTRO	40 drops
							Done: ▶	<input type="checkbox"/>
191	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
192	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	SEALANTRO	40 drops
							Done: ▶	<input type="checkbox"/>
193	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
194	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	SEALANTRO	40 drops
							Done: ▶	<input type="checkbox"/>
195	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
8	BEST TIME TO REORDER PRODUCTS FOR MONTH 8							
196	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
197	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
198	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA SEALANTRO	10 drops 10 drops 10 drops 40 drops
199	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
200	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
201	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
202	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
203	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
204	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
205	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
206	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
207	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
208	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
209	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
210	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
211	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
212	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►		Done: ►		Done: ►		SEALANTRO	40 drops
							Done: ►	
213	BANDEROL	30 drops	PARSLEY	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	MAGNESIUM	2 caps	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	SERRAPEPTASE	1 cap						
	Done: ►		Done: ►		Done: ►		Done: ►	
214	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	MORA	30 drops	PINELLA	10 drops
					SAMENTO	20 drops	SPARGA	10 drops
	Done: ►		Done: ►		SERRAPEPTASE	1 cap	SEALANTRO	40 drops
							Done: ►	
215	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ►		Done: ►		Done: ►		Done: ►	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
216	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
217	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
218	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
219	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
220	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
221	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
222	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
223	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
224	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
225	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
9 BEST TIME TO REORDER PRODUCTS FOR MONTH 9								
226	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA SEALANTRO	30 drops 10 drops 10 drops 10 drops 40 drops
227	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
228	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA SEALANTRO	10 drops 10 drops 10 drops 40 drops
229	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
230	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
231	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
232	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
233	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
234	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
235	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
236	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
237	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
238	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
239	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
240	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
241	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
242	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	30 drops 10 drops 10 drops 20 drops 10 drops 40 drops
243	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
244	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
245	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
246	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
247	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
248	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
249	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
250	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
251	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
252	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO	10 drops 10 drops 30 drops 10 drops 40 drops
	Done: ►		Done: ►		Done: ►		Done: ►	
253	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
	Done: ►		Done: ►		Done: ►		Done: ►	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
254	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	SEALANTRO	40 drops
							Done: ►	<input type="checkbox"/>
255	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>
256	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	SEALANTRO	40 drops
							Done: ►	<input type="checkbox"/>
257	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>
258	BANDEROL	30 drops	PARSLEY	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	MAGNESIUM	2 caps	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	SERRAPEPTASE	1 cap					SEALANTRO	40 drops
	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>
259	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	MORA	30 drops	PINELLA	10 drops
					SAMENTO	20 drops	SPARGA	10 drops
	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	SERRAPEPTASE	1 cap	Done: ►	<input type="checkbox"/>
260	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>
261	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	Done: ►	<input type="checkbox"/>
	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>		
262	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>
263	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	Done: ►	<input type="checkbox"/>
	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>	Done: ►	<input type="checkbox"/>		

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
264	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
265	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
266	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
267	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
268	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
269	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	
270	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	

END DATE ▶ M: D: Y:

Please Note: Dr. Cowden recommends following this program until feeling well for 2 consecutive months therefore most users follow it for at least 6 months. If a user chooses to follow the program for more than 9 months, then Dr. Cowden recommends repeating **months 7, 8, and 9** until the user has been well for 2 consecutive months. Month 7 begins at day 181.

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10 DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS