

COWDEN SUPPORT PROGRAM INSTRUCTIONS

The Cowden Support Program (CSP) is a protocol utilizing 14 different Nutramedix products taken rotationally. These products are prepackaged in individual monthly sets which save 43% off purchasing the products separately. Visit www.nutramedix.com to view the monthly CSP packages.

IMPORTANT! READ THIS BEFORE STARTING!

The Cowden Support Program (CSP) is not effective unless you are drinking 3 quarts (liters) of water throughout the day.

Drinking 2-3 ounces (60-90ml) of pure drinking water every 10-15 minutes during all waking hours causes most of the water to go into the cells, hydrate the cells, mobilize toxins out of the cells and ultimately mobilize toxins out of the body (mostly through urine & feces). Drinking large quantities of water even a few times per day does not efficiently hydrate the body nor does it mobilize toxins out of the body.

Black tea, green tea, coffee, sodas & alcoholic drinks are not hydrating. Vegetable and some fruit juices (lemon & lime) are hydrating. While most herbal teas are hydrating, when too much sugar is added to herbal teas, they can be dehydrating rather than hydrating; therefore, the best choice of sweeteners for herbal teas would be Nutramedix **STEVIA**.

- » 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. 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 20 drops of **BURBUR-PINELLA** in 2 oz. (60 ml) of clean water every 10 minutes for up to 2 hours and then resume the program. The easiest way to do this is add 4 droppers full of **BURBUR-PINELLA** to a bottle of water and sip it over a two hour period, repeating it as many times as necessary until feeling better. 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.**

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» 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**).

» **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 after the herbals.

» **BARBERRY, CHANCA PIEDRA, EZOV, MAPALO, NONI, QUINA, 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).

» If you have received a long course or multiple short courses of antibiotics, then it is best to avoid ALL sugars and ALL high glycemic index foods from day 18 to day 78.

» **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. 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).

» **IMPORTANT:** Reorder products for your next month at least 2 weeks in advance to ensure no interruption of the program.

» Dr. Cowden recommends following this program until feeling well, then continue the program for 2 more months. If one chooses to follow the program for more than 9 months, then Dr. Cowden recommends repeating **months 7, 8, and 9** until they feel well, then continue the program for 2 more months.

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	PARSLEY	10 drops	BURBUR-PINELLA	20 drops	PARSLEY	10 drops	BURBUR-PINELLA	20 drops
2	PARSLEY	10 drops	BURBUR-PINELLA	20 drops	PARSLEY	10 drops	BURBUR-PINELLA	20 drops
3	PARSLEY	10 drops	BURBUR-PINELLA	20 drops	PARSLEY	10 drops	BURBUR-PINELLA	20 drops
4	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	1 drop 10 drops 1 drop 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 1 drop 10 drops 1 drop	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	2 drops 10 drops 2 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 2 drops 10 drops 2 drops 40 drops
5	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	3 drops 10 drops 3 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 3 drops 10 drops 3 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	4 drops 10 drops 4 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 4 drops 10 drops 4 drops
6	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	5 drops 10 drops 5 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 5 drops 10 drops 5 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	6 drops 10 drops 6 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 6 drops 10 drops 6 drops 40 drops
7	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	7 drops 10 drops 7 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 7 drops 10 drops 7 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	8 drops 10 drops 8 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 8 drops 10 drops 8 drops
8	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	9 drops 10 drops 9 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 9 drops 10 drops 9 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	10 drops 10 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 10 drops 10 drops 10 drops 40 drops
9	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	11 drops 10 drops 11 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 11 drops 10 drops 11 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	12 drops 10 drops 12 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 12 drops 10 drops 12 drops
10	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	13 drops 10 drops 13 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 13 drops 10 drops 13 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	14 drops 10 drops 14 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 14 drops 10 drops 14 drops 40 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
11	BANDEROL	15 drops	BURBUR-PINELLA	20 drops	BANDEROL	16 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	15 drops	PARSLEY	10 drops	SAMENTO	16 drops
	TAKUNA	15 drops	SPARGA	10 drops	TAKUNA	16 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	15 drops	MAGNESIUM	2 caps	STEVIA	16 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »		Done: »		Done: »		Done: »	
12	BANDEROL	17 drops	BURBUR-PINELLA	20 drops	BANDEROL	18 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	17 drops	PARSLEY	10 drops	SAMENTO	18 drops
	TAKUNA	17 drops	SPARGA	10 drops	TAKUNA	18 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	17 drops	MAGNESIUM	2 caps	STEVIA	18 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
13	BANDEROL	19 drops	BURBUR-PINELLA	20 drops	BANDEROL	20 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	19 drops	PARSLEY	10 drops	SAMENTO	20 drops
	TAKUNA	19 drops	SPARGA	10 drops	TAKUNA	20 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	19 drops	MAGNESIUM	2 caps	STEVIA	20 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »		Done: »		Done: »		Done: »	
14	BANDEROL	21 drops	BURBUR-PINELLA	20 drops	BANDEROL	22 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	21 drops	PARSLEY	10 drops	SAMENTO	22 drops
	TAKUNA	21 drops	SPARGA	10 drops	TAKUNA	22 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	21 drops	MAGNESIUM	2 caps	STEVIA	22 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
15	BANDEROL	23 drops	BURBUR-PINELLA	20 drops	BANDEROL	24 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	23 drops	PARSLEY	10 drops	SAMENTO	24 drops
	TAKUNA	23 drops	SPARGA	10 drops	TAKUNA	24 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	23 drops	MAGNESIUM	2 caps	STEVIA	24 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »		Done: »		Done: »		Done: »	
2	BEST TIME TO REORDER PRODUCTS FOR MONTH 2							
16	BANDEROL	25 drops	BURBUR-PINELLA	20 drops	BANDEROL	26 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	25 drops	PARSLEY	10 drops	SAMENTO	26 drops
	TAKUNA	25 drops	SPARGA	10 drops	TAKUNA	26 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	25 drops	MAGNESIUM	2 caps	STEVIA	26 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
17	BANDEROL	27 drops	BURBUR-PINELLA	20 drops	BANDEROL	28 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	27 drops	PARSLEY	10 drops	SAMENTO	28 drops
	TAKUNA	27 drops	SPARGA	10 drops	TAKUNA	28 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	27 drops	MAGNESIUM	2 caps	STEVIA	28 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »		Done: »		Done: »		Done: »	
18	BANDEROL	29 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	29 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	29 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	29 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
19	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 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 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
20	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
21	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
22	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
23	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
24	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
25	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
26	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
27	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
28	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
29	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
30	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
31	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
32	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
33	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
34	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
35	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
36	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>
37	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>	Done: »	<input type="text"/>

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
38	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
39	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
40	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
41	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
42	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
43	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
44	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
45	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
3	BEST TIME TO REORDER PRODUCTS FOR MONTH 3							
46	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
47	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
48	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
49	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
50	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
51	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
52	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
53	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
54	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
55	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
56	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
57	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
58	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
59	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
60	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
61	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
62	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
63	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
64	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY TAKUNA MAGNESIUM SERRAPEPTASE	30 drops 10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
65	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »		Done: »		Done: »		Done: »	
66	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
67	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »		Done: »		Done: »		Done: »	
68	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
69	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »		Done: »		Done: »		Done: »	
70	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
71	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »		Done: »		Done: »		Done: »	
72	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
73	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	TAKUNA	30 drops	SPARGA	10 drops	TAKUNA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps	STEVIA	30 drops	MAGNESIUM	2 caps	STEVIA	30 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 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
74	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>		BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops Done: » <input type="text"/>	
75	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>		BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>	
4	BEST TIME TO REORDER PRODUCTS FOR MONTH 4							
76	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>		BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops Done: » <input type="text"/>	
77	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>		BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SAMENTO 30 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>	
78	BANDEROL 30 drops PARSLEY 10 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: » <input type="text"/>	
79	PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>	
80	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: » <input type="text"/>	
81	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops TAKUNA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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	PARSLEY	10 drops	CUMANDA	30 drops	PARSLEY	10 drops	CUMANDA	30 drops
	MORA	30 drops	BURBUR-PINELLA	20 drops	MORA	30 drops	BURBUR-PINELLA	20 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	STEVIA	30 drops			STEVIA	30 drops		
	TAKUNA	30 drops			TAKUNA	30 drops		
MAGNESIUM	2 caps			MAGNESIUM	2 caps			
SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
83	PARSLEY	10 drops	CUMANDA	30 drops	PARSLEY	10 drops	CUMANDA	30 drops
	MORA	30 drops	BURBUR-PINELLA	20 drops	MORA	30 drops	BURBUR-PINELLA	20 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	STEVIA	30 drops			STEVIA	30 drops		
	TAKUNA	30 drops			TAKUNA	30 drops		
MAGNESIUM	2 caps			MAGNESIUM	2 caps			
SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap			
	Done: »		Done: »		Done: »		Done: »	
84	PARSLEY	10 drops	CUMANDA	30 drops	PARSLEY	10 drops	CUMANDA	30 drops
	MORA	30 drops	BURBUR-PINELLA	20 drops	MORA	30 drops	BURBUR-PINELLA	20 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	STEVIA	30 drops			STEVIA	30 drops		
	TAKUNA	30 drops			TAKUNA	30 drops		
MAGNESIUM	2 caps			MAGNESIUM	2 caps			
SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
85	PARSLEY	10 drops	CUMANDA	30 drops	PARSLEY	10 drops	CUMANDA	30 drops
	MORA	30 drops	BURBUR-PINELLA	20 drops	MORA	30 drops	BURBUR-PINELLA	20 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	STEVIA	30 drops			STEVIA	30 drops		
	TAKUNA	30 drops			TAKUNA	30 drops		
MAGNESIUM	2 caps			MAGNESIUM	2 caps			
SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap			
	Done: »		Done: »		Done: »		Done: »	
86	PARSLEY	10 drops	CUMANDA	30 drops	PARSLEY	10 drops	CUMANDA	30 drops
	MORA	30 drops	BURBUR-PINELLA	20 drops	MORA	30 drops	BURBUR-PINELLA	20 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	STEVIA	30 drops			STEVIA	30 drops		
	TAKUNA	30 drops			TAKUNA	30 drops		
MAGNESIUM	2 caps			MAGNESIUM	2 caps			
SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	
87	PARSLEY	10 drops	CUMANDA	30 drops	PARSLEY	10 drops	CUMANDA	30 drops
	MORA	30 drops	BURBUR-PINELLA	20 drops	MORA	30 drops	BURBUR-PINELLA	20 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	STEVIA	30 drops			STEVIA	30 drops		
	TAKUNA	30 drops			TAKUNA	30 drops		
MAGNESIUM	2 caps			MAGNESIUM	2 caps			
SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap			
	Done: »		Done: »		Done: »		Done: »	
88	PARSLEY	10 drops	CUMANDA	30 drops	PARSLEY	10 drops	CUMANDA	30 drops
	MORA	30 drops	BURBUR-PINELLA	20 drops	MORA	30 drops	BURBUR-PINELLA	20 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	STEVIA	30 drops			STEVIA	30 drops		
	TAKUNA	30 drops			TAKUNA	30 drops		
MAGNESIUM	2 caps			MAGNESIUM	2 caps			
SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		SEALANTRO	40 drops
	Done: »		Done: »		Done: »		Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
89	PARSLEY MORA SAMENTO STEVIA TAKUNA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA TAKUNA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
	Done: »		Done: »		Done: »		Done: »	
90	PARSLEY MORA SAMENTO STEVIA TAKUNA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA TAKUNA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
91	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
	Done: »		Done: »		Done: »		Done: »	
92	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
93	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops
	Done: »		Done: »		Done: »		Done: »	
94	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 2 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	30 drops 20 drops 20 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
95	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 4 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 6 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
96	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 8 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 10 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	30 drops 20 drops 20 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
97	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	12 drops	BURBUR-PINELLA	20 drops	ENULA	14 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
98	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	16 drops	BURBUR-PINELLA	20 drops	ENULA	18 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
99	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	20 drops	BURBUR-PINELLA	20 drops	ENULA	22 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
100	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	24 drops	BURBUR-PINELLA	20 drops	ENULA	26 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
101	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	28 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
102	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
103	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
104	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
105	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
5 BEST TIME TO REORDER PRODUCTS FOR MONTH 5								
106	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	30 drops 20 drops 20 drops 10 drops 30 drops 40 drops
107	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
108	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA SEALANTRO	20 drops 10 drops 40 drops
109	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
110	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
111	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
112	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
113	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
114	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		SEALANTRO	40 drops
115	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
116	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		SEALANTRO	40 drops
117	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
118	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		SEALANTRO	40 drops
119	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
120	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		SEALANTRO	40 drops
121	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
122	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		SEALANTRO	40 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
123	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops
124	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
125	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
126	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
127	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
128	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
129	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
130	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
131	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
132	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
133	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
134	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
135	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
6 BEST TIME TO REORDER PRODUCTS FOR MONTH 6								
136	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
137	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
138	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA SEALANTRO	20 drops 10 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
139	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
140	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
141	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
142	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
143	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
144	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
145	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
146	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
147	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
149	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
150	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
151	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
152	PARSLEY	10 drops	HOULTUYNIA	30 drops	PARSLEY	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
153	PARSLEY	10 drops	BURBUR-PINELLA	20 drops	PARSLEY	10 drops	BURBUR-PINELLA	20 drops
	ENULA	30 drops	SPARGA	10 drops	ENULA	30 drops	SPARGA	10 drops
	MAGNESIUM	2 caps			MAGNESIUM	2 caps		
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: »		Done: »		Done: »		Done: »	
154	PARSLEY	10 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SPARGA	10 drops	PARSLEY	10 drops	SAMENTO	30 drops
	SERRAPEPTASE	1 cap			MAGNESIUM	2 caps	SPARGA	10 drops
					SERRAPEPTASE	1 cap	STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
155	BANDEROL	30 drops	BURBUR-PINELLA	20 drops	BANDEROL	30 drops	BURBUR-PINELLA	20 drops
	PARSLEY	10 drops	SAMENTO	30 drops	PARSLEY	10 drops	SAMENTO	30 drops
	MAGNESIUM	2 caps	SPARGA	10 drops	MAGNESIUM	2 caps	SPARGA	10 drops
	SERRAPEPTASE	1 cap	STEVIA	30 drops	SERRAPEPTASE	1 cap	STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
156	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
157	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
158	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
159	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
160	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
161	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
162	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
163	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
164	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
165	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
7	BEST TIME TO REORDER PRODUCTS FOR MONTH 7							
166	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
167	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
168	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA SEALANTRO	20 drops 10 drops 40 drops
169	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
170	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
171	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
172	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
173	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
174	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: »	
175	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »	
176	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: »	
177	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »	
178	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: »	
179	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »	
180	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: »	
181	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: »		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
182	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: » <input type="text"/>	
183	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>	
184	PARSLEY 10 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops Done: » <input type="text"/>	
185	PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>		PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>	
186	PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>		PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops Done: » <input type="text"/>	
187	PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>		PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>	
188	PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>		PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops SEALANTRO 40 drops Done: » <input type="text"/>	
189	PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>		PARSLEY 10 drops ENULA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		HOULTUYNIA 30 drops BURBUR-PINELLA 20 drops SAMENTO 20 drops SPARGA 10 drops STEVIA 30 drops Done: » <input type="text"/>	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
190	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
191	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
192	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
193	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
194	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
195	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
8	BEST TIME TO REORDER PRODUCTS FOR MONTH 8							
196	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
197	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
198	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA SEALANTRO	20 drops 10 drops 40 drops
199	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
200	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
201	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
202	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
203	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
204	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
205	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
206	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
207	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
208	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
209	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
210	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
211	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
212	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
213	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
214	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
215	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: » <input type="text"/>	
217	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>	
218	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: » <input type="text"/>	
219	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>	
220	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: » <input type="text"/>	
221	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>	
222	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops SEALANTRO 40 drops Done: » <input type="text"/>	
223	PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>		PARSLEY 10 drops MORA 30 drops SAMENTO 20 drops STEVIA 30 drops MAGNESIUM 2 caps SERRAPEPTASE 1 cap Done: » <input type="text"/>		CUMANDA 30 drops BURBUR-PINELLA 20 drops SPARGA 10 drops Done: » <input type="text"/>	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
224	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
225	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
	Done: »		Done: »		Done: »		Done: »	
9	BEST TIME TO REORDER PRODUCTS FOR MONTH 9							
226	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
227	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
	Done: »		Done: »		Done: »		Done: »	
228	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA SEALANTRO	20 drops 10 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
229	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
230	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	30 drops 20 drops 20 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
231	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
232	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
233	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
234	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
235	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
236	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
237	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	
238	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		SEALANTRO	40 drops
							Done: »	
239	PARSLEY	10 drops	HOUTTUYNIA	30 drops	PARSLEY	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	BURBUR-PINELLA	20 drops	ENULA	30 drops	BURBUR-PINELLA	20 drops
	MAGNESIUM	2 caps	SAMENTO	20 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
			STEVIA	30 drops			STEVIA	30 drops
	Done: »		Done: »		Done: »		Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
240	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	30 drops 20 drops 20 drops 10 drops 30 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
241	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
242	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA	30 drops 20 drops 20 drops 10 drops 30 drops	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	30 drops 20 drops 20 drops 10 drops 30 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
243	PARSLEY ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
244	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
245	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
246	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
247	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	
248	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>		Done: » <input type="text"/>	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
249	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
250	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
251	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
252	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
253	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
254	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
255	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	
256	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA SEALANTRO	20 drops 30 drops 10 drops 30 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
257	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SAMENTO SPARGA STEVIA	20 drops 30 drops 10 drops 30 drops
	Done: »		Done: »		Done: »		Done: »	

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
258	BANDEROL PARSLEY MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA SEALANTRO	20 drops 10 drops 40 drops
259	PARSLEY MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	BURBUR-PINELLA SPARGA	20 drops 10 drops	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
260	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
261	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
262	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
263	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
264	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
265	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
266	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMANTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) 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
267	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
	Done: »		Done: »		Done: »		Done: »	
268	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
269	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops
	Done: »		Done: »		Done: »		Done: »	
270	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA	30 drops 20 drops 10 drops	PARSLEY MORA SAMENTO STEVIA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 20 drops 30 drops 2 caps 1 cap	CUMANDA BURBUR-PINELLA SPARGA SEALANTRO	30 drops 20 drops 10 drops 40 drops
	Done: »		Done: »		Done: »		Done: »	
END DATE		»	M:		D:		Y:	

Please Note: Dr. Cowden recommends following this program until feeling well, then continue the program for 2 more months. If one chooses to follow the program for more than 9 months, then Dr. Cowden recommends repeating **months 7, 8, and 9** until they feel well, then continue the program for 2 more months.

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 20 DROPS OF BURBUR-PINELLA IN 2oz (60ml) OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS