

COWDEN SUPPORT PROGRAM INSTRUCTIONS

- ▶ Before each use shake the liquid products well.
- ▶ Mix the products together in a glass, porcelain or paper cup (not styrofoam, plastic or metal) then add at least a ½ cup (4 oz./120ml) of water (clean mineralized, not distilled or reverse osmosis). Let the blended products and water sit for 1 minute before drinking (longer is fine). Minimize your exposure to plastics (try to drink from glass as much as possible and try not to eat or drink food / fluids that have been in plastics) The products are most effective when taken in water. The products can be taken directly in the mouth without water, but this should only be done when water is not available.
- ▶ Check the “DONE” box on the Program Schedule sheets after taking each dose so that there is no confusion as to whether the dose has been taken.
- ▶ Increase the **MAGNESIUM MALATE** dose from 2 capsules twice a day to as much as 6 capsules twice a day with the goal of trying to achieve at least two bowel movements, preferably 3 bowel movements, per day.
- ▶ After day 18 the lunchtime dose can be eliminated if not feeling toxic (headache, muscle ache, nausea, joint ache, etc).
- ▶ Background color changes on the schedule represent a change from what products were taken at the same time the previous day.
- ▶ If feeling toxic (headache, muscle ache, nausea, joint ache, etc) the program can be stopped if desired, then take 10 drops of **BURBUR - DETOX** or **PARSLEY - DETOX** in water or under the tongue every 10 min. until feeling better and then resume the program. If the symptoms do not resolve by the time of the next scheduled dose of **CUMANDA - MICROBIAL DEFENSE** then skip that one dose. If this happens more than once then consider increasing the dosage every 1-2 days instead of every dose.
- ▶ Drink 3-4 liters (quarts) of pure water daily (preferably mineral water and not distilled water).
- ▶ Unless otherwise specified mix all products produced by Nutramedix with at least ½ cup (4oz. / 120ml) of water and wait at least 1 minute before drinking.
- ▶ Do not eat supper too late in the evening because the **ADRENAL - SUPPORT** taken after supper could interfere with sleep.
- ▶ Do not discard this page or any of the pages of the Program Schedule and return all of them to your doctor when the program is completed.
- ▶ Please note that **ZEOLITE** used from day 4 through day 46 is a different product from **ZEOLITE HP** which begins on day 49.
- ▶ Avoid common food allergens - all cow milk and cow cheese 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**).
- ▶ NutraMedix bottles that have been infused should be succused every 3 - 4 days if they are in use. There will be an "INFUSED" sticker on the label of these bottles.
 - ▶ Succussion (suc-cus-sion / su-kush'un) is the rapid and forceful striking of the bottle against a firm surface or palm of the hand approximately fifty times. **Remember to be cautious when succussing glass bottles.** Use a firm padded surface, like your hand, but not a hard surface.
 - ▶ When ¼ - ⅛ of an inch of liquid is left in the bottle, refill the bottle using the liquid from a new bottle of identical product and then succuss. The bottle should be succussed each time it is refilled and every 3 - 4 days thereafter.
 - ▶ **NOTICE:** The last ¼ - ⅛ of an inch of liquid in the first bottle is the basis for making your second bottle of infused product as described above. Do **NOT** use all of the liquid in the first bottle before blending with the second bottle.
- ▶ **IMPORTANT:** Reorder products for your next month two weeks in advance to ensure no interruption of the program.

Start Date ▶ M: D: Y:

PATIENT'S NAME

▶ COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	JUST BEFORE BREAKFAST	DOSAGE	AFTER BREAKFAST	DOSAGE	JUST BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	JUST BEFORE SUPPER	DOSAGE	AFTER SUPPER	DOSAGE	AT BEDTIME	DOSAGE
1			AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops			AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops			AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops				
2			AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops			AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops			AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops				
3			AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops			AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops			AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops				
4	BANDEROL PARSLEY SERRAPEPTASE TRACE MINERALS DONE ▶	1 drop 10 drops 1 cap 15 drops	AMANTILLA BURBUR ENULA PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 1 drop 10 drops 15 drops	ADRENAL BURBUR SPARGA MAGNESIUM DONE ▶	20 drops 10 drops 1 drop 2 +caps	AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops	BANDEROL PARSLEY TRACE MINERALS SERRAPEPTASE DONE ▶	2 drops 10 drops 15 drops 1 cap	AMANTILLA BURBUR ENULA PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 2 drops 10 drops 15 drops	ADRENAL BURBUR SPARGA MAGNESIUM DONE ▶	20 drops 10 drops 2 drops 2 +caps	ZEOLITE DONE ▶	2 caps
5	BANDEROL PARSLEY TRACE MINERALS SERRAPEPTASE DONE ▶	3 drops 10 drops 15 drops 1 cap	AMANTILLA BURBUR ENULA PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 3 drops 10 drops 15 drops	ADRENAL BURBUR SPARGA MAGNESIUM DONE ▶	20 drops 10 drops 3 drops 2 +caps	AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops	BANDEROL PARSLEY TRACE MINERALS SERRAPEPTASE DONE ▶	4 drops 10 drops 15 drops 1 cap	AMANTILLA BURBUR ENULA PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 4 drops 10 drops 15 drops	ADRENAL BURBUR SPARGA MAGNESIUM DONE ▶	20 drops 10 drops 4 drops 2 +caps		
6	BANDEROL PARSLEY TRACE MINERALS SERRAPEPTASE DONE ▶	5 drops 10 drops 15 drops 1 cap	AMANTILLA BURBUR ENULA PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 5 drops 10 drops 15 drops	ADRENAL BURBUR SPARGA MAGNESIUM DONE ▶	20 drops 10 drops 5 drops 2 +caps	AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops	BANDEROL PARSLEY TRACE MINERALS SERRAPEPTASE DONE ▶	6 drops 10 drops 15 drops 1 cap	AMANTILLA BURBUR ENULA PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 6 drops 10 drops 15 drops	ADRENAL BURBUR SPARGA MAGNESIUM DONE ▶	20 drops 10 drops 6 drops 2 +caps		
7	BANDEROL PARSLEY TRACE MINERALS SERRAPEPTASE DONE ▶	7 drops 10 drops 15 drops 1 cap	AMANTILLA BURBUR ENULA PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 7 drops 10 drops 15 drops	ADRENAL BURBUR SPARGA MAGNESIUM DONE ▶	20 drops 10 drops 7 drops 2 +caps	AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops	BANDEROL PARSLEY TRACE MINERALS SERRAPEPTASE DONE ▶	8 drops 10 drops 15 drops 1 cap	AMANTILLA BURBUR ENULA PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 8 drops 10 drops 15 drops	ADRENAL BURBUR SPARGA MAGNESIUM DONE ▶	20 drops 10 drops 8 drops 2 +caps	ZEOLITE DONE ▶	2 caps
8	BANDEROL PARSLEY TRACE MINERALS SERRAPEPTASE DONE ▶	9 drops 10 drops 15 drops 1 cap	AMANTILLA BURBUR ENULA PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 9 drops 10 drops 15 drops	ADRENAL BURBUR SPARGA MAGNESIUM DONE ▶	20 drops 10 drops 9 drops 2 +caps	AMANTILLA BURBUR PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 15 drops	BANDEROL PARSLEY TRACE MINERALS SERRAPEPTASE DONE ▶	10 drops 10 drops 15 drops 1 cap	AMANTILLA BURBUR ENULA PINELLA TRACE MINERALS DONE ▶	10 drops 10 drops 10 drops 10 drops 15 drops	ADRENAL BURBUR SPARGA MAGNESIUM DONE ▶	20 drops 10 drops 10 drops 2 +caps		

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PATIENT'S NAME

▶ COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	JUST BEFORE BREAKFAST	DOSAGE	AFTER BREAKFAST	DOSAGE	JUST BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	JUST BEFORE SUPPER	DOSAGE	AFTER SUPPER	DOSAGE	AT BEDTIME	DOSAGE
9	BANDEROL	11 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	12 drops	AMANTILLA	10 drops	ADRENAL	20 drops		
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops		
	TRACE MINERALS	15 drops	ENULA	11 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	12 drops	SPARGA	10 drops		
	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶		DONE ▶		TRACE MINERALS	15 drops	DONE ▶			
10	BANDEROL	13 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	14 drops	AMANTILLA	10 drops	ADRENAL	20 drops	ZEOLITE	2 caps
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops		
	TRACE MINERALS	15 drops	ENULA	13 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	14 drops	SPARGA	10 drops		
	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶		DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶	
11	BANDEROL	15 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	16 drops	AMANTILLA	10 drops	ADRENAL	20 drops		
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops		
	TRACE MINERALS	15 drops	ENULA	15 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	16 drops	SPARGA	10 drops		
	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶		DONE ▶		TRACE MINERALS	15 drops	DONE ▶			
12	BANDEROL	17 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	18 drops	AMANTILLA	10 drops	ADRENAL	20 drops		
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops		
	TRACE MINERALS	15 drops	ENULA	17 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	18 drops	SPARGA	10 drops		
	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶		DONE ▶		TRACE MINERALS	15 drops	DONE ▶			
13	BANDEROL	19 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	20 drops	AMANTILLA	10 drops	ADRENAL	20 drops	ZEOLITE	2 caps
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops		
	TRACE MINERALS	15 drops	ENULA	19 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	20 drops	SPARGA	10 drops		
	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶		DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶	
14	BANDEROL	21 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	22 drops	AMANTILLA	10 drops	ADRENAL	20 drops		
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops		
	TRACE MINERALS	15 drops	ENULA	21 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	22 drops	SPARGA	10 drops		
	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶		DONE ▶		TRACE MINERALS	15 drops	DONE ▶			
15	BANDEROL	23 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	24 drops	AMANTILLA	10 drops	ADRENAL	20 drops		
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops		
	TRACE MINERALS	15 drops	ENULA	23 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	24 drops	SPARGA	10 drops		
	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶		DONE ▶		TRACE MINERALS	15 drops	DONE ▶			
16	BANDEROL	25 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	26 drops	AMANTILLA	10 drops	ADRENAL	20 drops	ZEOLITE	2 caps
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops		
	TRACE MINERALS	15 drops	ENULA	25 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	SPARGA	10 drops		
	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶		DONE ▶		TRACE MINERALS	15 drops	DONE ▶		DONE ▶	

BEST TIME TO REORDER PRODUCTS FOR MONTH 2

PLEASE NOTE: THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

PATIENT'S NAME

▶ COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	JUST BEFORE BREAKFAST	DOSAGE	AFTER BREAKFAST	DOSAGE	JUST BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	JUST BEFORE SUPPER	DOSAGE	AFTER SUPPER	DOSAGE	AT BEDTIME	DOSAGE
17	BANDEROL	27 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	28 drops	AMANTILLA	10 drops	ADRENAL	20 drops		
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops		
	TRACE MINERALS	15 drops	PINELLA	10 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops		
	SERRAPEPTASE	1 cap	TRACE MINERALS	15 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶			
18	BANDEROL	29 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
19	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	ZEOLITE 2 caps
20	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops		
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
21	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
22	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	ZEOLITE 2 caps
23	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops		
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
24	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	

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41	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	ENULA	30 drops	SPARGA	10 drops		
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
42	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	ENULA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
43	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	PINELLA	10 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
44	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	PINELLA	10 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops		
	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
45	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
3 BEST TIME TO REORDER PRODUCTS FOR MONTH 3																
46	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
47	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops		
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
48	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	

PLEASE NOTE: THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

PATIENT'S NAME

▶ COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	JUST BEFORE BREAKFAST	DOSAGE	AFTER BREAKFAST	DOSAGE	JUST BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	JUST BEFORE SUPPER	DOSAGE	AFTER SUPPER	DOSAGE	AT BEDTIME	DOSAGE
73	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
74	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops		
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
75	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
4	BEST TIME TO REORDER PRODUCTS FOR MONTH 4															
76	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
77	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops		
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
78	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	SERRAPEPTASE	1 cap	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops			PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
79	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	SERRAPEPTASE	1 cap	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
			PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
80	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	SERRAPEPTASE	1 cap	MORA	30 drops	SPARGA	10 drops		
	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	

PLEASE NOTE: THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

PATIENT'S NAME

▶ COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	JUST BEFORE BREAKFAST	DOSAGE	AFTER BREAKFAST	DOSAGE	JUST BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	JUST BEFORE SUPPER	DOSAGE	AFTER SUPPER	DOSAGE	AT BEDTIME	DOSAGE
137	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops		
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			DONE ▶	
138	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		TRACE MINERALS	15 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		TRACE MINERALS	15 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶				DONE ▶				DONE ▶				DONE ▶		DONE ▶	

6 BEST TIME TO REORDER PRODUCTS FOR MONTH 6

139	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			ZEOLITE HP	2 caps
140	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops		
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			DONE ▶	
141	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			DONE ▶	
142	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			ZEOLITE HP	2 caps
143	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops		
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			DONE ▶	
144	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			DONE ▶	

PLEASE NOTE: THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

PATIENT'S NAME

▶ COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	JUST BEFORE BREAKFAST	DOSAGE	AFTER BREAKFAST	DOSAGE	JUST BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	JUST BEFORE SUPPER	DOSAGE	AFTER SUPPER	DOSAGE	AT BEDTIME	DOSAGE
161	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops		
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			DONE ▶	
162	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			DONE ▶	
163	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			ZEOLITE HP	2 caps
164	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops		
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			DONE ▶	
165	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	PINELLA	10 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	PINELLA	10 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		TRACE MINERALS	15 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		TRACE MINERALS	15 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
166	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			ZEOLITE HP	2 caps
167	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops		
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			DONE ▶	
168	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	CUMANDA	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	ENULA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		TRACE MINERALS	15 drops					DONE ▶		TRACE MINERALS	15 drops			DONE ▶	

PATIENT'S NAME

▶ COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	JUST BEFORE BREAKFAST	DOSAGE	AFTER BREAKFAST	DOSAGE	JUST BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	JUST BEFORE SUPPER	DOSAGE	AFTER SUPPER	DOSAGE	AT BEDTIME	DOSAGE
185	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	QUINA	30 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops		
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
186	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	PARSLEY	10 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	TRACE MINERALS	15 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	TRACE MINERALS	15 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
			MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops			MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
			PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops			PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
187	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
188	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	SAMENTO	20 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops		
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps		
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
189	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	
190	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	10 drops	BANDEROL	30 drops	AMANTILLA	10 drops	ADRENAL	20 drops	AMANTILLA	15 drops
	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	PINELLA	10 drops	TRACE MINERALS	15 drops	MORA	30 drops	SPARGA	10 drops	SAMENTO	20 drops
	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops	-----		PINELLA	10 drops	MAGNESIUM	2 +caps	TRACE MINERALS	15 drops
	DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶		DONE ▶	

End Date ▶ M: D: Y: