

# COWDEN SUPPORT PROGRAM INSTRUCTIONS

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

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

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

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

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

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

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

PATIENT'S NAME ▶

START DATE ▶ M:  D:  Y:

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
12	BANDEROL	17 drops	ACHOTE	10 drops	BANDEROL	18 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	17 drops	MAGNESIUM	2 caps	SAMENTO	18 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶			SEALANTRO		40 drops
Done: ▶			Done: ▶			Done: ▶		
13	BANDEROL	19 drops	ACHOTE	10 drops	BANDEROL	20 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	19 drops	MAGNESIUM	2 caps	SAMENTO	20 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶			Done: ▶		
Done: ▶			Done: ▶			Done: ▶		
14	BANDEROL	21 drops	ACHOTE	10 drops	BANDEROL	22 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	21 drops	MAGNESIUM	2 caps	SAMENTO	22 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶			SEALANTRO		40 drops
Done: ▶			Done: ▶			Done: ▶		
15	BANDEROL	23 drops	ACHOTE	10 drops	BANDEROL	24 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	23 drops	MAGNESIUM	2 caps	SAMENTO	24 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶			Done: ▶		
Done: ▶			Done: ▶			Done: ▶		
16	BANDEROL	25 drops	ACHOTE	10 drops	BANDEROL	26 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	25 drops	MAGNESIUM	2 caps	SAMENTO	26 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶			SEALANTRO		40 drops
Done: ▶			Done: ▶			Done: ▶		
17	BANDEROL	27 drops	ACHOTE	10 drops	BANDEROL	28 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	27 drops	MAGNESIUM	2 caps	SAMENTO	28 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶			Done: ▶		
Done: ▶			Done: ▶			Done: ▶		
18	BANDEROL	29 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	29 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶			SEALANTRO		40 drops
Done: ▶			Done: ▶			Done: ▶		
19	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶			Done: ▶		
Done: ▶			Done: ▶			Done: ▶		
20	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶			SEALANTRO		40 drops
Done: ▶			Done: ▶			Done: ▶		
21	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶			Done: ▶		
Done: ▶			Done: ▶			Done: ▶		

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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



# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
110	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	SEALANTRO	40 drops
							Done: ►	<input type="text"/>
111	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>
112	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	SEALANTRO	40 drops
							Done: ►	<input type="text"/>
113	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>
114	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	SEALANTRO	40 drops
							Done: ►	<input type="text"/>
115	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>
116	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	SEALANTRO	40 drops
							Done: ►	<input type="text"/>
117	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>
118	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	Done: ►	<input type="text"/>	SEALANTRO	40 drops
							Done: ►	<input type="text"/>
119	BANDEROL	30 drops	ACHOTE	10 drops	BANDEROL	30 drops	ACHOTE	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ►	<input type="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 10 DROPS OF BURBUR OR 10 DROPS OF ACHOTE WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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



# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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



# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
235	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	ACHOTE	10 drops	ENULA	30 drops	ACHOTE	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
	Done: ►	<input type="checkbox"/>	SPARGA	10 drops	Done: ►	<input type="checkbox"/>	SPARGA	10 drops
			Done: ►	<input type="checkbox"/>			Done: ►	<input type="checkbox"/>
236	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	ACHOTE	10 drops	ENULA	30 drops	ACHOTE	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
	Done: ►	<input type="checkbox"/>	SPARGA	10 drops	Done: ►	<input type="checkbox"/>	SPARGA	10 drops
			Done: ►	<input type="checkbox"/>			SEALANTRO	40 drops
			Done: ►	<input type="checkbox"/>			Done: ►	<input type="checkbox"/>
237	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	ACHOTE	10 drops	ENULA	30 drops	ACHOTE	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
	Done: ►	<input type="checkbox"/>	SPARGA	10 drops	Done: ►	<input type="checkbox"/>	SPARGA	10 drops
			Done: ►	<input type="checkbox"/>			Done: ►	<input type="checkbox"/>
238	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	ACHOTE	10 drops	ENULA	30 drops	ACHOTE	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
	Done: ►	<input type="checkbox"/>	SPARGA	10 drops	Done: ►	<input type="checkbox"/>	SPARGA	10 drops
			Done: ►	<input type="checkbox"/>			SEALANTRO	40 drops
			Done: ►	<input type="checkbox"/>			Done: ►	<input type="checkbox"/>
239	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	ACHOTE	10 drops	ENULA	30 drops	ACHOTE	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
	Done: ►	<input type="checkbox"/>	SPARGA	10 drops	Done: ►	<input type="checkbox"/>	SPARGA	10 drops
			Done: ►	<input type="checkbox"/>			Done: ►	<input type="checkbox"/>
240	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	ACHOTE	10 drops	ENULA	30 drops	ACHOTE	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
	Done: ►	<input type="checkbox"/>	SPARGA	10 drops	Done: ►	<input type="checkbox"/>	SPARGA	10 drops
			Done: ►	<input type="checkbox"/>			SEALANTRO	40 drops
			Done: ►	<input type="checkbox"/>			Done: ►	<input type="checkbox"/>
241	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	ACHOTE	10 drops	ENULA	30 drops	ACHOTE	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
	Done: ►	<input type="checkbox"/>	SPARGA	10 drops	Done: ►	<input type="checkbox"/>	SPARGA	10 drops
			Done: ►	<input type="checkbox"/>			Done: ►	<input type="checkbox"/>
242	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	ACHOTE	10 drops	ENULA	30 drops	ACHOTE	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
	Done: ►	<input type="checkbox"/>	SPARGA	10 drops	Done: ►	<input type="checkbox"/>	SPARGA	10 drops
			Done: ►	<input type="checkbox"/>			SEALANTRO	40 drops
			Done: ►	<input type="checkbox"/>			Done: ►	<input type="checkbox"/>
243	BURBUR	10 drops	ACHOTE	10 drops	BURBUR	10 drops	ACHOTE	10 drops
	ENULA	30 drops	PINELLA	10 drops	ENULA	30 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SPARGA	10 drops	MAGNESIUM	2 caps	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ►	<input type="checkbox"/>			Done: ►	<input type="checkbox"/>		
			Done: ►	<input type="checkbox"/>			Done: ►	<input type="checkbox"/>

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

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

# COWDEN SUPPORT PROGRAM

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

END DATE ▶ M:  D:  Y:

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

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