

COWDEN SUPPORT PROGRAM INSTRUCTIONS

The Cowden Support Program (CSP) is a protocol utilizing 14 different Nutramedix products taken rotationally. These products are prepackaged in individual monthly sets which save 36% off purchasing the products separately. Visit www.nutramedix.com to view the monthly CSP packages.

- ▶ Shake the liquid products well before each use.
- ▶ To ensure the proper dosage, dispense drops by holding the dropper at a 45 degree angle.
- ▶ Mix the liquid products together in a glass, porcelain or paper cup (not Styrofoam, plastic or metal) then add at least ½ cup (4 oz. / 120ml) of water. Do not use distilled, sparkling, or reverse-osmosis water. Let the blended products and water sit for at least 1 minute before drinking (longer is fine - up to 2 days).
- ▶ Check the "Done:" box on the Program Schedule sheets after taking each dose so that there is no confusion as to whether the dose has been taken. Background color changes on the schedule represent a change from what products were taken at the same time the previous day.
- ▶ If HERX reaction is suspected (feeling worse in any way than you were before) take 10 drops of **BURBUR** with 10 drops of **PINELLA** *or* 10 drops of **PARSLEY** with 10 drops of **PINELLA**, in ¼ cup (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.**
- ▶ Please note that **ZEOLITE** used from day 4 to day 46 is a different product from **ZEOLITE HP** which begins on day 49.
- ▶ 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, most 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**).

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

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

► **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** 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 3 times daily, 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 the user has been well for 2 consecutive months. Month 7 begins at day 181.

PATIENT'S NAME ▶

START DATE ▶ M: D: Y:

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

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

COWDEN SUPPORT PROGRAM

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

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
22	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	ZEOLITE	2 caps
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
23	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
24	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
25	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	ZEOLITE	2 caps
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
26	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
27	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
28	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	ZEOLITE	2 caps
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
29	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
30	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
31	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	ZEOLITE	2 caps
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
32	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
33	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
34	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	ZEOLITE	2 caps
35	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
36	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
37	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	ZEOLITE	2 caps
38	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
39	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
40	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	ZEOLITE	2 caps
41	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<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 PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

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

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
52	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	ZEOLITE HP	2 caps
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
53	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
54	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
55	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	ZEOLITE HP	2 caps
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
56	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
57	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
58	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	ZEOLITE HP	2 caps
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
59	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
60	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
61	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	ZEOLITE HP	2 caps
	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 PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
62	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
63	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
64	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	ZEOLITE HP	2 caps
65	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
66	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
67	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	ZEOLITE HP	2 caps
68	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
69	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
70	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	ZEOLITE HP	2 caps
71	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<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 PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

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

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

COWDEN SUPPORT PROGRAM

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

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
91	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	ZEOLITE HP	2 caps
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
92	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
93	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	MORA	30 drops	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	SAMENTO	20 drops						
	SERRAPEPTASE	1 cap						
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
94	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	ENULA	2 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
					SERRAPEPTASE	1 cap	SAMENTO	20 drops
							SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		ZEOLITE HP	2 caps	
						Done: ▶		
95	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	4 drops	PARSLEY	10 drops	ENULA	6 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
96	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	8 drops	PARSLEY	10 drops	ENULA	10 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
97	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	12 drops	PARSLEY	10 drops	ENULA	14 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		ZEOLITE HP	2 caps	
						Done: ▶		
98	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	16 drops	PARSLEY	10 drops	ENULA	18 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
99	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	20 drops	PARSLEY	10 drops	ENULA	22 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE	
100	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	24 drops	PARSLEY	10 drops	ENULA	26 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	ZEOLITE HP	2 caps
								Done: ▶	
101	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	28 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶		
102	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶		
103	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	ZEOLITE HP	2 caps
								Done: ▶	
104	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶		
105	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶		
5	BEST TIME TO REORDER PRODUCTS FOR MONTH 5								
106	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	ZEOLITE HP	2 caps
								Done: ▶	
107	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶		

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
108	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops
109	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	10 drops 10 drops 30 drops 10 drops 2 caps
110	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
111	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
112	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	10 drops 10 drops 30 drops 10 drops 2 caps
113	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
114	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
115	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	10 drops 10 drops 30 drops 10 drops 2 caps
116	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
117	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
118	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	10 drops 10 drops 30 drops 10 drops 2 caps
119	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
120	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
121	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	10 drops 10 drops 30 drops 10 drops 2 caps
122	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
123	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops
124	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 10 drops 2 caps
125	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
126	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
127	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 10 drops 2 caps

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
128	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
129	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
130	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	ZEOLITE HP	2 caps
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
131	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
132	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
133	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	ZEOLITE HP	2 caps
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
134	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
135	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
6	BEST TIME TO REORDER PRODUCTS FOR MONTH 6							
136	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	ZEOLITE HP	2 caps
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
137	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
138	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	MORA	30 drops	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	SAMENTO	20 drops						
	SERRAPEPTASE	1 cap						
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
139	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	ENULA	30 drops	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
					SERRAPEPTASE	1 cap	SAMENTO	20 drops
							SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		ZEOLITE HP	2 caps	
						Done: ▶		
140	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
141	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
142	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		ZEOLITE HP	2 caps	
						Done: ▶		
143	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
144	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
145	BURBUR	10 drops	HOULTUYNIA	30 drops	BURBUR	10 drops	HOULTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
			SPARGA	10 drops			SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		ZEOLITE HP	2 caps	
						Done: ▶		

IF HERX REACTION IS SUSPECTED (FEELING WORSE IN ANY WAY THAN YOU WERE BEFORE) TAKE 10 DROPS OF BURBUR OR 10

DROPS OF PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
146	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>
147	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>
148	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>	ZEOLITE HP	2 caps
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>
149	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>
150	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>
151	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>	SPARGA	10 drops
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>	ZEOLITE HP	2 caps
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>
152	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>
153	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	ENULA	30 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: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>
154	BURBUR	10 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	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: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>	ZEOLITE HP	2 caps
		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>		Done: ► <input type="checkbox"/>

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
155	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
156	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
157	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
158	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
159	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
160	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
161	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
162	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
163	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>	Done: ▶	<input type="text"/>
164	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<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 PARSLEY WITH 10 DROPS OF PINELLA IN ¼ CUP OF CLEAN WATER EVERY 10 MINUTES FOR UP TO 2 HOURS

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
165	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
7 BEST TIME TO REORDER PRODUCTS FOR MONTH 7								
166	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	10 drops 10 drops 30 drops 10 drops 2 caps
167	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops
168	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops
169	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 10 drops 2 caps
170	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
171	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
172	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 10 drops 2 caps
173	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
174	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
175	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	ZEOLITE HP	2 caps
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
176	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
177	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
178	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	ZEOLITE HP	2 caps
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
179	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
180	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
181	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	ZEOLITE HP	2 caps
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
182	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
183	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops
184	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 20 drops 10 drops 2 caps
185	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
186	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
187	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 20 drops 10 drops 2 caps
188	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
189	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
190	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 20 drops 10 drops 2 caps
191	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
192	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
193	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 20 drops 10 drops 2 caps
194	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
195	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
8	BEST TIME TO REORDER PRODUCTS FOR MONTH 8							
196	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 20 drops 10 drops 2 caps
197	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOUTTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
198	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops
199	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	10 drops 10 drops 30 drops 10 drops 2 caps
200	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE	30 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA	10 drops 10 drops 30 drops 10 drops

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
201	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶		Done: ▶		Done: ▶	
202	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶		Done: ▶		ZEOLITE HP	2 caps
Done: ▶			Done: ▶		Done: ▶		Done: ▶	
203	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶		Done: ▶		Done: ▶	
204	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶		Done: ▶		Done: ▶	
205	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶		Done: ▶		ZEOLITE HP	2 caps
Done: ▶			Done: ▶		Done: ▶		Done: ▶	
206	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶		Done: ▶		Done: ▶	
207	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶		Done: ▶		Done: ▶	
208	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶		Done: ▶		ZEOLITE HP	2 caps
Done: ▶			Done: ▶		Done: ▶		Done: ▶	
209	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶		Done: ▶		Done: ▶	
210	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
Done: ▶			Done: ▶		Done: ▶		Done: ▶	

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
211	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		ZEOLITE HP	2 caps	Done: ▶
212	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		Done: ▶
213	BANDEROL	30 drops	PARSLEY	10 drops	BURBUR	10 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops
	MAGNESIUM	2 caps	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	SERRAPEPTASE	1 cap						
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		Done: ▶
214	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	MORA	30 drops	PINELLA	10 drops
					SAMENTO	20 drops	SPARGA	10 drops
	Done: ▶		Done: ▶	SERRAPEPTASE	1 cap	ZEOLITE HP	2 caps	Done: ▶
215	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	Done: ▶		Done: ▶	SERRAPEPTASE	1 cap			Done: ▶
216	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	Done: ▶		Done: ▶	SERRAPEPTASE	1 cap			Done: ▶
217	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	Done: ▶		Done: ▶	SERRAPEPTASE	1 cap	ZEOLITE HP	2 caps	Done: ▶
218	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	Done: ▶		Done: ▶	SERRAPEPTASE	1 cap			Done: ▶
219	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	Done: ▶		Done: ▶	SERRAPEPTASE	1 cap			Done: ▶

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
220	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 10 drops 2 caps
221	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
222	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
223	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 10 drops 2 caps
224	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
225	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
9	BEST TIME TO REORDER PRODUCTS FOR MONTH 9							
226	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 10 drops 2 caps
227	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	CUMANDA PARSLEY PINELLA SPARGA	30 drops 10 drops 10 drops 10 drops
228	BURBUR MAGNESIUM MORA SAMENTO SERRAPEPTASE	10 drops 2 caps 30 drops 20 drops 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
229	BURBUR MAGNESIUM SERRAPEPTASE	10 drops 2 caps 1 cap	PARSLEY PINELLA SPARGA	10 drops 10 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 20 drops 10 drops 2 caps
230	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
231	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
232	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 20 drops 10 drops 2 caps
233	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
234	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
235	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA ZEOLITE HP	30 drops 10 drops 10 drops 20 drops 10 drops 2 caps
236	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops
237	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops	BURBUR ENULA MAGNESIUM SERRAPEPTASE	10 drops 30 drops 2 caps 1 cap	HOULTUYNIA PARSLEY PINELLA SAMENTO SPARGA	30 drops 10 drops 10 drops 20 drops 10 drops

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE	
238	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	ZEOLITE HP	2 caps
								Done: ▶	
239	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶		
240	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶		
241	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶	ZEOLITE HP	2 caps
								Done: ▶	
242	BURBUR	10 drops	HOUTTUYNIA	30 drops	BURBUR	10 drops	HOUTTUYNIA	30 drops	
	ENULA	30 drops	PARSLEY	10 drops	ENULA	30 drops	PARSLEY	10 drops	
	MAGNESIUM	2 caps	PINELLA	10 drops	MAGNESIUM	2 caps	PINELLA	10 drops	
	SERRAPEPTASE	1 cap	SAMENTO	20 drops	SERRAPEPTASE	1 cap	SAMENTO	20 drops	
			SPARGA	10 drops			SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶		
243	BURBUR	10 drops	PARSLEY	10 drops	BURBUR	10 drops	PARSLEY	10 drops	
	ENULA	30 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: ▶		
244	BURBUR	10 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	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: ▶		Done: ▶	ZEOLITE HP	2 caps
								Done: ▶	
245	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops	
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops	
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops	
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶		
246	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops	
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops	
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops	
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops	
	Done: ▶		Done: ▶		Done: ▶		Done: ▶		

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
247	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	ZEOLITE HP	2 caps
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
248	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
249	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
250	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	ZEOLITE HP	2 caps
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
251	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
252	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
253	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	ZEOLITE HP	2 caps
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
254	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
255	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>
256	BANDEROL	30 drops	PARSLEY	10 drops	BANDEROL	30 drops	PARSLEY	10 drops
	BURBUR	10 drops	PINELLA	10 drops	BURBUR	10 drops	PINELLA	10 drops
	MAGNESIUM	2 caps	SAMENTO	30 drops	MAGNESIUM	2 caps	SAMENTO	30 drops
	SERRAPEPTASE	1 cap	SPARGA	10 drops	SERRAPEPTASE	1 cap	SPARGA	10 drops
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	ZEOLITE HP	2 caps
	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>	Done: ▶	<input type="checkbox"/>

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

COWDEN SUPPORT PROGRAM

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

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

COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
266	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
267	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
268	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap	ZEOLITE HP	2 caps
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
269	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
270	BURBUR	10 drops	CUMANDA	30 drops	BURBUR	10 drops	CUMANDA	30 drops
	MAGNESIUM	2 caps	PARSLEY	10 drops	MAGNESIUM	2 caps	PARSLEY	10 drops
	MORA	30 drops	PINELLA	10 drops	MORA	30 drops	PINELLA	10 drops
	SAMENTO	20 drops	SPARGA	10 drops	SAMENTO	20 drops	SPARGA	10 drops
	SERRAPEPTASE	1 cap			SERRAPEPTASE	1 cap		
	Done: ▶		Done: ▶	Done: ▶		Done: ▶		
END DATE		▶	M:		D:		Y:	

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

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