

# Food Serum Dosage Instructions & Journal

| A Starter Phase             |            |           |
|-----------------------------|------------|-----------|
| Dropper A                   | # of drops | mo/day/yr |
| Day 1                       | 2 drops    | / /       |
| Day 2                       | 3 drops    | / /       |
| Day 3                       | 3 drops    | / /       |
| Day 4                       | 4 drops    | / /       |
| Day 5                       | 4 drops    | / /       |
| Day 6                       | 5 drops    | / /       |
| Day 7                       | 6 drops    | / /       |
| Day 8                       | 7 drops    | / /       |
| Day 9                       | 8 drops    | / /       |
| Day 10                      | 9 drops    | / /       |
| Proceed to Dropper Bottle B |            |           |

| B Starter Phase             |            |           |
|-----------------------------|------------|-----------|
| Dropper B                   | # of drops | mo/day/yr |
| Day 11                      | 2 drops    | / /       |
| Day 12                      | 3 drops    | / /       |
| Day 13                      | 3 drops    | / /       |
| Day 14                      | 4 drops    | / /       |
| Day 15                      | 4 drops    | / /       |
| Day 16                      | 5 drops    | / /       |
| Day 17                      | 6 drops    | / /       |
| Day 18                      | 7 drops    | / /       |
| Day 19                      | 8 drops    | / /       |
| Day 20                      | 9 drops    | / /       |
| Proceed to Dropper Bottle C |            |           |

| C Starter Phase             |            |           |
|-----------------------------|------------|-----------|
| Dropper C                   | # of drops | mo/day/yr |
| Day 21                      | 2 drops    | / /       |
| Day 22                      | 3 drops    | / /       |
| Day 23                      | 3 drops    | / /       |
| Day 24                      | 4 drops    | / /       |
| Day 25                      | 4 drops    | / /       |
| Day 26                      | 5 drops    | / /       |
| Day 27                      | 6 drops    | / /       |
| Day 28                      | 7 drops    | / /       |
| Day 29                      | 8 drops    | / /       |
| Day 30                      | 9 drops    | / /       |
| Proceed to Dropper Bottle D |            |           |

| D Building Phase            |            |           |
|-----------------------------|------------|-----------|
| Dropper D                   | # of drops | mo/day/yr |
| Day 31                      | 2 drops    | / /       |
| Day 32                      | 3 drops    | / /       |
| Day 33                      | 3 drops    | / /       |
| Day 34                      | 4 drops    | / /       |
| Day 35                      | 4 drops    | / /       |
| Day 36                      | 5 drops    | / /       |
| Day 37                      | 6 drops    | / /       |
| Day 38                      | 7 drops    | / /       |
| Day 39                      | 8 drops    | / /       |
| Day 40                      | 9 drops    | / /       |
| Proceed to Dropper Bottle E |            |           |

| E Building Phase            |            |           |
|-----------------------------|------------|-----------|
| Dropper E                   | # of drops | mo/day/yr |
| Day 41                      | 2 drops    | / /       |
| Day 42                      | 3 drops    | / /       |
| Day 43                      | 3 drops    | / /       |
| Day 44                      | 4 drops    | / /       |
| Day 45                      | 4 drops    | / /       |
| Day 46                      | 5 drops    | / /       |
| Day 47                      | 6 drops    | / /       |
| Day 48                      | 7 drops    | / /       |
| Day 49                      | 8 drops    | / /       |
| Day 50                      | 9 drops    | / /       |
| Proceed to Dropper Bottle F |            |           |

| F Building Phase            |            |           |
|-----------------------------|------------|-----------|
| Dropper F                   | # of drops | mo/day/yr |
| Day 51                      | 2 drops    | / /       |
| Day 52                      | 3 drops    | / /       |
| Day 53                      | 3 drops    | / /       |
| Day 54                      | 4 drops    | / /       |
| Day 55                      | 4 drops    | / /       |
| Day 56                      | 5 drops    | / /       |
| Day 57                      | 6 drops    | / /       |
| Day 58                      | 7 drops    | / /       |
| Day 59                      | 8 drops    | / /       |
| Day 60                      | 9 drops    | / /       |
| Proceed to Dropper Bottle G |            |           |

| H Food Maintenance Phase     |            |           |
|------------------------------|------------|-----------|
| Dropper H                    | # of drops | mo/day/yr |
| Day 71                       | 1 drops    | / /       |
| Day 72                       | 1 drops    | / /       |
| Day 73                       | 1 drops    | / /       |
| Day 74                       | 1 drops    | / /       |
| Day 75                       | 1 drops    | / /       |
| Day 76                       | 1 drops    | / /       |
| Day 77                       | 1 drops    | / /       |
| Day 78                       | 2 drops    | / /       |
| Day 79                       | 2 drops    | / /       |
| Day 80                       | 2 drops    | / /       |
| Continue on Dropper Bottle H |            |           |

| Dropper H                                               |           |     |
|---------------------------------------------------------|-----------|-----|
| # of drops                                              | mo/day/yr |     |
| Day 81                                                  | 2 drops   | / / |
| Day 82                                                  | 2 drops   | / / |
| Day 83                                                  | 2 drops   | / / |
| Day 84                                                  | 2 drops   | / / |
| Day 85                                                  | 3 drops   | / / |
| Day 86                                                  | 3 drops   | / / |
| Day 87                                                  | 3 drops   | / / |
| Day 88                                                  | 3 drops   | / / |
| Day 89                                                  | 3 drops   | / / |
| Day 90                                                  | 3 drops   | / / |
| Continue 3 Drops Until Finished — Proceed to New Bottle |           |     |

## Starter-Kit Information

- Allergy drops do not require refrigeration, **but do not exceed room temperature!**
- Only administer the number of drops required for the day you are on. Be sure you are only in one bottle at a time. Follow color coding of chart to bottle label.
- To ensure correct quantity, try looking in a mirror to watch and count drops. Another way is to count drops onto a spoon, then pour under tongue.
- For maximum absorption, hold the serum under the tongue for two minutes, then swallow.
- Consistency is the key to building a successful allergy tolerance!
- Single drops range .03-.07ml depending on dropper design, bottle lot and squeeze pressure.

| G Maintenance Phase         |            |           |
|-----------------------------|------------|-----------|
| Dropper G                   | # of drops | mo/day/yr |
| Day 61                      | 2 drops    | / /       |
| Day 62                      | 3 drops    | / /       |
| Day 63                      | 3 drops    | / /       |
| Day 64                      | 4 drops    | / /       |
| Day 65                      | 4 drops    | / /       |
| Day 66                      | 5 drops    | / /       |
| Day 67                      | 6 drops    | / /       |
| Day 68                      | 7 drops    | / /       |
| Day 69                      | 8 drops    | / /       |
| Day 70                      | 9 drops    | / /       |
| Proceed to Dropper Bottle H |            |           |

## Congratulations!

You have finished your starter kit and are ready for the next step of your therapy — the maintenance phase. If you do not already have your maintenance serum bottle, contact your provider and schedule a follow up appointment so you can maintain your immunotherapy.