

Dosage Journal and Instructions

1 Starter Phase Dropper 1# of drops		
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 2

2 Starter Phase Dropper 2# of drops		
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 3

3 Starter Phase Dropper 3# of drops		
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 4

4 Building Phase Dropper 4# of drops		
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 5

5 Building Phase Dropper 5# of drops		
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 6

6 Building Phase Dropper 6# of drops		
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 7

7 Maintenance Phase Dropper 7# of drops		
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 8

8 Maintenance Phase Dropper 8# of drops		
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 8

Dropper 8# of drops		
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 Maintenance Vial

As you start Dropper 8, contact your physician to order the Maintenance Vial (for use after the Starter Kit)

Starter Kit Information

- Keep drops refrigerated. (Drops should not exceed room temperature.)
- Match the color coding of the chart to the appropriate dropper label.
- Only administer the number of drops specified on the dosing schedule.
- Only dose from ONE dropper bottle at a time.
- For maximum absorption, hold the drops under the tongue for two minutes, then swallow.
- Consistency is the key. Be sure to take your drops daily.

Congratulations!

The Starter Kit is now complete. You are ready to move on to the maintenance drops. If you have not received your Maintenance Vial, contact your physician.