

# Pediatric Food Serum Dosage Instructions & Journal (0-12 months)

| 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 |            |           |

## 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.
- Consistency is the key to building a successful allergy tolerance!
- After day 70, contact your physician to order your maintenance dropper (for use after the starter kit).
- Single drops range .03-.07ml depending on dropper design, bottle lot and squeeze pressure.

| 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 Maintenance 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                         | 4 drops    | / /       |
| Day 57                         | 4 drops    | / /       |
| Day 58                         | 4 drops    | / /       |
| Day 59                         | 4 drops    | / /       |
| Day 60                         | 4 drops    | / /       |
| → Continue on Dropper Bottle F |            |           |

| Dropper F                      | # of drops | mo/day/yr |
|--------------------------------|------------|-----------|
| Day 61                         | 4 drops    | / /       |
| Day 62                         | 4 drops    | / /       |
| Day 63                         | 4 drops    | / /       |
| Day 64                         | 4 drops    | / /       |
| Day 65                         | 4 drops    | / /       |
| Day 66                         | 4 drops    | / /       |
| Day 67                         | 4 drops    | / /       |
| Day 68                         | 4 drops    | / /       |
| Day 69                         | 4 drops    | / /       |
| Day 70                         | 4 drops    | / /       |
| → Continue on Dropper Bottle F |            |           |

| F Food Maintenance Phase       |            |           |
|--------------------------------|------------|-----------|
| Dropper F                      | # of drops | mo/day/yr |
| Day 71                         | 4 drops    | / /       |
| Day 72                         | 4 drops    | / /       |
| Day 73                         | 4 drops    | / /       |
| Day 74                         | 4 drops    | / /       |
| Day 75                         | 4 drops    | / /       |
| Day 76                         | 4 drops    | / /       |
| Day 77                         | 4 drops    | / /       |
| Day 78                         | 4 drops    | / /       |
| Day 79                         | 4 drops    | / /       |
| Day 80                         | 4 drops    | / /       |
| → Continue on Dropper Bottle F |            |           |

| Dropper 4                                                        | # of drops | mo/day/yr |
|------------------------------------------------------------------|------------|-----------|
| Day 81                                                           | 4 drops    | / /       |
| Day 82                                                           | 4 drops    | / /       |
| Day 83                                                           | 4 drops    | / /       |
| Day 84                                                           | 4 drops    | / /       |
| Day 85                                                           | 4 drops    | / /       |
| Day 86                                                           | 4 drops    | / /       |
| Day 87                                                           | 4 drops    | / /       |
| Day 88                                                           | 4 drops    | / /       |
| Day 89                                                           | 4 drops    | / /       |
| Day 90                                                           | 4 drops    | / /       |
| Continue 4 Drops Until Finished — Proceed to Maintenance Dropper |            |           |

## 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.