

COWDEN SUPPORT PROGRAM INSTRUCTIONS

- ▶ Before each use shake the liquid products well.
- ▶ Mix the products together in a glass, porcelain or paper cup (not Styrofoam, plastic or metal) then add at least a ½ cup (4 oz./120ml) of water (clean mineralized, not distilled or reverse osmosis). Let the blended products and water sit for 1 minute before drinking (longer is fine). Minimize your exposure to plastics (try to drink from glass as much as possible and try not to eat or drink food / fluids that have been in plastics) The products are most effective when taken in water. The products can be taken directly in the mouth without water, but this should only be done when water is not available.
- ▶ Check the “done” box on the Protocol Schedule sheets after taking each dose so that there is no confusion as to whether the dose has been taken.
- ▶ Increase the **MAGNESIUM MALATE** dose from 2 capsules twice a day to as much as 6 capsules twice a day with the goal of trying to achieve at least two bowel movements, preferably 3 bowel movements, per day.
- ▶ After day 18 the lunchtime dose can be eliminated if not feeling toxic (headache, muscle ache, nausea, joint ache, etc).
- ▶ Background color changes on the schedule represent a change from what products were taken at the same time the previous day.
- ▶ If feeling toxic (headache, muscle ache, nausea, joint ache, etc) take 10 drops of **BURBUR - DETOX** or **PARSLEY - DETOX** in water or under the tongue every 10 min. until feeling better and then resume the protocol. If the symptoms do not resolve by the time of the next scheduled dose of **CUMANDA - MICROBIAL DEFENSE** then skip that one dose. If this happens more than once then consider increasing the dosage every 1-2 days instead of every dose.
- ▶ Drink 3-4 liters (quarts) of pure water daily (preferably mineral water and not distilled water).
- ▶ Unless otherwise specified mix all products produced by Nutramedix with at least ½ cup (4oz. / 120ml) of water and wait at least 1 minute before drinking.
- ▶ Do not eat supper too late in the evening because the **ADRENAL - SUPPORT** taken after supper could interfere with sleep.
- ▶ Do not discard this page or any of the pages of the protocol schedule and return all of them to your doctor when the protocol is completed.
- ▶ Please note that **ZEOLITE** used from day 4 through day 46 is a different product from **ZEOLITE HP** which begins on day 49.
- ▶ Avoid common food allergens - all cow milk and cow cheese 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**).
- ▶ NutraMedix bottles that have been imprinted should be succused every 3 - 4 days.
- ▶ Succussion (suc-cus-sion / su-kush'un) is the rapid and forceful striking of the bottle against a firm surface or palm of the hand approximately fifty times. **Remember to be cautious when succussing glass bottles.** Use a firm padded surface, like your hand, but not a hard surface.
- ▶ When ¼ - ⅓ of an inch of liquid is left in the bottle, refill the bottle using the liquid from a new bottle of identical product and then succuss. The bottle should be succussed each time it is refilled and every 3 - 4 days thereafter.
- ▶ **NOTICE:** The last ¼ - ⅓ of an inch of liquid in the first bottle is the basis for making your second bottle of imprinted product as described above. Do **NOT** use all of the liquid in the first bottle before blending with the second bottle.

Start Date ▶ M: D: Y:

PATIENT'S NAME

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| DAY # | 30min BEFORE BREAKFAST | DOSAGE | JUST BEFORE BREAKFAST | DOSAGE | AFTER BREAKFAST | DOSAGE | JUST BEFORE LUNCH | DOSAGE | 30min BEFORE SUPPER | DOSAGE | JUST BEFORE SUPPER | DOSAGE | AFTER SUPPER | DOSAGE | AT BEDTIME | DOSAGE |
|-------|---|--------|---|--------|--|--------|--|--------|--|--------|--|--------|---|--------|----------------|--------|
| 1 | | | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | | | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | | | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | | | | |
| 2 | | | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | | | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | | | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | | | | |
| 3 | | | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | | | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | | | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | | | | |
| 4 | BANDEROL 1 drop PARSLEY 10 drops SERRAPEPTASE 1 cap TRACE MINERALS 15 drops | 1 | AMANTILLA 10 drops BURBUR 10 drops ENULA 1 drop PINELLA 10 drops TRACE MINERALS 15 drops | 1 | ADRENAL 20 drops BURBUR 10 drops SPARGA 1 drop MAGNESIUM 2 +caps | 1 | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | BANDEROL 2 drops PARSLEY 10 drops TRACE MINERALS 15 drops SERRAPEPTASE 1 cap | 2 | AMANTILLA 10 drops BURBUR 10 drops ENULA 2 drops PINELLA 10 drops TRACE MINERALS 15 drops | 2 | ADRENAL 20 drops BURBUR 10 drops SPARGA 2 drops MAGNESIUM 2 +caps | 2 | ZEOLITE 2 caps | |
| 5 | BANDEROL 3 drops PARSLEY 10 drops TRACE MINERALS 15 drops SERRAPEPTASE 1 cap | 3 | AMANTILLA 10 drops BURBUR 10 drops ENULA 3 drops PINELLA 10 drops TRACE MINERALS 15 drops | 3 | ADRENAL 20 drops BURBUR 10 drops SPARGA 3 drops MAGNESIUM 2 +caps | 3 | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | BANDEROL 4 drops PARSLEY 10 drops TRACE MINERALS 15 drops SERRAPEPTASE 1 cap | 4 | AMANTILLA 10 drops BURBUR 10 drops ENULA 4 drops PINELLA 10 drops TRACE MINERALS 15 drops | 4 | ADRENAL 20 drops BURBUR 10 drops SPARGA 4 drops MAGNESIUM 2 +caps | 4 | | |
| 6 | BANDEROL 5 drops PARSLEY 10 drops TRACE MINERALS 15 drops SERRAPEPTASE 1 cap | 5 | AMANTILLA 10 drops BURBUR 10 drops ENULA 5 drops PINELLA 10 drops TRACE MINERALS 15 drops | 5 | ADRENAL 20 drops BURBUR 10 drops SPARGA 5 drops MAGNESIUM 2 +caps | 5 | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | BANDEROL 6 drops PARSLEY 10 drops TRACE MINERALS 15 drops SERRAPEPTASE 1 cap | 6 | AMANTILLA 10 drops BURBUR 10 drops ENULA 6 drops PINELLA 10 drops TRACE MINERALS 15 drops | 6 | ADRENAL 20 drops BURBUR 10 drops SPARGA 6 drops MAGNESIUM 2 +caps | 6 | | |
| 7 | BANDEROL 7 drops PARSLEY 10 drops TRACE MINERALS 15 drops SERRAPEPTASE 1 cap | 7 | AMANTILLA 10 drops BURBUR 10 drops ENULA 7 drops PINELLA 10 drops TRACE MINERALS 15 drops | 7 | ADRENAL 20 drops BURBUR 10 drops SPARGA 7 drops MAGNESIUM 2 +caps | 7 | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | BANDEROL 8 drops PARSLEY 10 drops TRACE MINERALS 15 drops SERRAPEPTASE 1 cap | 8 | AMANTILLA 10 drops BURBUR 10 drops ENULA 8 drops PINELLA 10 drops TRACE MINERALS 15 drops | 8 | ADRENAL 20 drops BURBUR 10 drops SPARGA 8 drops MAGNESIUM 2 +caps | 8 | ZEOLITE 2 caps | |
| 8 | BANDEROL 9 drops PARSLEY 10 drops TRACE MINERALS 15 drops SERRAPEPTASE 1 cap | 9 | AMANTILLA 10 drops BURBUR 10 drops ENULA 9 drops PINELLA 10 drops TRACE MINERALS 15 drops | 9 | ADRENAL 20 drops BURBUR 10 drops SPARGA 9 drops MAGNESIUM 2 +caps | 9 | AMANTILLA 10 drops BURBUR 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | | BANDEROL 10 drops PARSLEY 10 drops TRACE MINERALS 15 drops SERRAPEPTASE 1 cap | 10 | AMANTILLA 10 drops BURBUR 10 drops ENULA 10 drops PINELLA 10 drops TRACE MINERALS 15 drops | 10 | ADRENAL 20 drops BURBUR 10 drops SPARGA 10 drops MAGNESIUM 2 +caps | 10 | | |

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| DAY # | 30min BEFORE BREAKFAST | DOSAGE | JUST BEFORE BREAKFAST | DOSAGE | AFTER BREAKFAST | DOSAGE | JUST BEFORE LUNCH | DOSAGE | 30min BEFORE SUPPER | DOSAGE | JUST BEFORE SUPPER | DOSAGE | AFTER SUPPER | DOSAGE | AT BEDTIME | DOSAGE |
|-------|------------------------|----------|-----------------------|----------|-----------------|----------|-------------------|----------|---------------------|----------|--------------------|----------|--------------|----------|------------|--------|
| 9 | BANDEROL | 11 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 12 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | | |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | | |
| | TRACE MINERALS | 15 drops | ENULA | 11 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 12 drops | SPARGA | 10 drops | | |
| | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | | |
| 10 | BANDEROL | 13 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 14 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | ZEOLITE | 2 caps |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | | |
| | TRACE MINERALS | 15 drops | ENULA | 13 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 14 drops | SPARGA | 10 drops | | |
| | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | |
| 11 | BANDEROL | 15 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 16 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | | |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | | |
| | TRACE MINERALS | 15 drops | ENULA | 15 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 16 drops | SPARGA | 10 drops | | |
| | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | | |
| 12 | BANDEROL | 17 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 18 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | | |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | | |
| | TRACE MINERALS | 15 drops | ENULA | 17 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 18 drops | SPARGA | 10 drops | | |
| | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | | |
| 13 | BANDEROL | 19 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 20 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | ZEOLITE | 2 caps |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | | |
| | TRACE MINERALS | 15 drops | ENULA | 19 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 20 drops | SPARGA | 10 drops | | |
| | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | |
| 14 | BANDEROL | 21 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 22 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | | |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | | |
| | TRACE MINERALS | 15 drops | ENULA | 21 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 22 drops | SPARGA | 10 drops | | |
| | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | | |
| 15 | BANDEROL | 23 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 24 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | | |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | | |
| | TRACE MINERALS | 15 drops | ENULA | 23 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 24 drops | SPARGA | 10 drops | | |
| | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | | |
| 16 | BANDEROL | 25 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 26 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | ZEOLITE | 2 caps |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | | |
| | TRACE MINERALS | 15 drops | ENULA | 25 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 10 drops | SPARGA | 10 drops | | |
| | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | | DONE ▶ | | TRACE MINERALS | 15 drops | DONE ▶ | | DONE ▶ | |

PATIENT'S NAME

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| DAY # | 30min BEFORE BREAKFAST | DOSAGE | JUST BEFORE BREAKFAST | DOSAGE | AFTER BREAKFAST | DOSAGE | JUST BEFORE LUNCH | DOSAGE | 30min BEFORE SUPPER | DOSAGE | JUST BEFORE SUPPER | DOSAGE | AFTER SUPPER | DOSAGE | AT BEDTIME | DOSAGE |
|-------|------------------------|----------|-----------------------|----------|-----------------|----------|-------------------|----------|---------------------|----------|--------------------|----------|--------------|----------|----------------|----------|
| 17 | BANDEROL | 27 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 28 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | | |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | | |
| | TRACE MINERALS | 15 drops | PINELLA | 10 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | | |
| | SERRAPEPTASE | 1 cap | TRACE MINERALS | 15 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | | |
| 18 | BANDEROL | 29 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | SERRAPEPTASE | 1 cap | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 19 | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | 2 caps |
| 20 | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | SAMENTO | 20 drops |
| | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | | |
| | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 21 | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 22 | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | 2 caps |
| 23 | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | SAMENTO | 20 drops |
| | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | | |
| | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 24 | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | SERRAPEPTASE | 1 cap | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | TRACE MINERALS | 15 drops | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |

PLEASE NOTE: THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

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|-------|------------------------|----------|-----------------------|----------|-----------------|-----------|-------------------|----------------|---------------------|----------|--------------------|----------|--------------|----------|----------------|----------|
| 129 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 130 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | ZEOLITE HP | 2 caps |
| 131 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | | |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 132 | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | TRACE MINERALS | 15 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | TRACE MINERALS | 15 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | ----- | | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | ----- | | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | | DONE ▶ | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 133 | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | QUINA | 30 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | QUINA | 30 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | ZEOLITE HP | 2 caps |
| 134 | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | QUINA | 30 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | QUINA | 30 drops | BURBUR | 10 drops | BURBUR | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | | |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 135 | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | QUINA | 30 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | QUINA | 30 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 136 | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | QUINA | 30 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | QUINA | 30 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | ZEOLITE HP | 2 caps |

PATIENT'S NAME

▶ COWDEN SUPPORT PROGRAM

| DAY # | 30min BEFORE BREAKFAST | DOSAGE | JUST BEFORE BREAKFAST | DOSAGE | AFTER BREAKFAST | DOSAGE | JUST BEFORE LUNCH | DOSAGE | 30min BEFORE SUPPER | DOSAGE | JUST BEFORE SUPPER | DOSAGE | AFTER SUPPER | DOSAGE | AT BEDTIME | DOSAGE |
|-------|------------------------|----------|-----------------------|----------|-----------------|----------|-------------------|----------|---------------------|----------|--------------------|----------|--------------|----------|----------------|----------|
| 161 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | | |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | | | | | DONE ▶ | | TRACE MINERALS | 15 drops | | | DONE ▶ | |
| 162 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | TRACE MINERALS | 15 drops | | | | | DONE ▶ | | TRACE MINERALS | 15 drops | | | DONE ▶ | |
| 163 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | TRACE MINERALS | 15 drops | | | | | DONE ▶ | | TRACE MINERALS | 15 drops | | | ZEOLITE HP | 2 caps |
| 164 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | | |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | | | | | DONE ▶ | | TRACE MINERALS | 15 drops | | | DONE ▶ | |
| 165 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | PINELLA | 10 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | PINELLA | 10 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | TRACE MINERALS | 15 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | TRACE MINERALS | 15 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 166 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | ENULA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | TRACE MINERALS | 15 drops | | | | | DONE ▶ | | TRACE MINERALS | 15 drops | | | ZEOLITE HP | 2 caps |
| 167 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | ENULA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 30 drops | SPARGA | 10 drops | | |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | TRACE MINERALS | 15 drops | | | | | DONE ▶ | | TRACE MINERALS | 15 drops | | | DONE ▶ | |
| 168 | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | CUMANDA | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | ENULA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | ENULA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | TRACE MINERALS | 15 drops | | | | | DONE ▶ | | TRACE MINERALS | 15 drops | | | DONE ▶ | |

PATIENT'S NAME

▶ COWDEN SUPPORT PROGRAM

| DAY # | 30min BEFORE BREAKFAST | DOSAGE | JUST BEFORE BREAKFAST | DOSAGE | AFTER BREAKFAST | DOSAGE | JUST BEFORE LUNCH | DOSAGE | 30min BEFORE SUPPER | DOSAGE | JUST BEFORE SUPPER | DOSAGE | AFTER SUPPER | DOSAGE | AT BEDTIME | DOSAGE |
|-------|------------------------|----------|-----------------------|----------|-----------------|----------|-------------------|----------|---------------------|----------|--------------------|----------|--------------|----------|----------------|----------|
| 185 | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | QUINA | 30 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | QUINA | 30 drops | BURBUR | 10 drops | BURBUR | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | | |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 186 | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | PARSLEY | 10 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | TRACE MINERALS | 15 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | TRACE MINERALS | 15 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | | | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | | | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 187 | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 188 | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | SAMENTO | 20 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | | |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | | |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 189 | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |
| 190 | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 10 drops | BANDEROL | 30 drops | AMANTILLA | 10 drops | ADRENAL | 20 drops | AMANTILLA | 15 drops |
| | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops | BURBUR | 10 drops | BURBUR | 10 drops | PARSLEY | 10 drops |
| | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | PINELLA | 10 drops | TRACE MINERALS | 15 drops | MORA | 30 drops | SPARGA | 10 drops | SAMENTO | 20 drops |
| | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops | ----- | | PINELLA | 10 drops | MAGNESIUM | 2 +caps | TRACE MINERALS | 15 drops |
| | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | | DONE ▶ | |

End Date ▶ M: D: Y: