

Cowden⁺ Support Program



NutraMedix 

Providing Quality Natural Products Since 1993



Introduction

In collaboration with Lee Cowden MD, MD(H), NutraMedix has enhanced the Cowden+ Support Program to address the evolving health challenges of today. With the targets of the original program in mind, the enhanced Cowden+ Support Program offers increased potency, greater affordability, and a streamlined dosing schedule. In addition to adding scientifically substantiated herbs and enzymes to address prior gaps, the Cowden+ Support Program incorporates comprehensive and synergistic herbal blends that provide targeted microbial support. The combination of meticulously sourced ingredients and wild-harvested Peruvian herbs serve an essential purpose in the program's design and enhance outcomes when taken according to the set schedule. Packaged into individual monthly sets, this 6-month program is intended to be taken sequentially, starting with Month 1.

Cowden+ Support Program

Instructions

IMPORTANT! READ THIS BEFORE STARTING!

The Cowden+ Support Program (CSP) has been redesigned to enhance effectiveness and address evolving environmental factors. It is a protocol that utilizes 10 different NutraMedix products taken rotationally according to a set schedule. All products serve an essential purpose and are pre-packaged into individual monthly sets. Those starting the program should begin with Month 1 and follow the program in numerical order.

How to Use

- 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, of each dose, together in a glass, porcelain or paper cup (not Styrofoam, plastic, or metal) then add at least 4 oz (120 ml) of water. For best results, do not use distilled, sparkling, or reverse-osmosis water as these types of water are stripped of minerals. Let sit for at least 1 minute before drinking (longer is fine - up to 2 days).

What to Expect

- If a Herxheimer-like reaction is suspected (feeling worse in any way than you were before), take 20 drops of BURBUR-PINELLA in 2 oz (60 ml) of clean water every 10 minutes for up to 2 hours before resuming the program. The easiest way to do this is to add 4 full droppers of BURBUR-PINELLA to a bottle of water and sip it over a 2-hour period, repeating as many times as necessary until feeling better. If the reaction still exists by the time of the next scheduled dose of NutraMedix microbial support products*, then skip that dose of NUTRA-BRL, NUTRA-BRT, NUTRA-BBS+ and GLUCOMEDIX. If this happens more than once, then consider increasing the dosage of these 4 products every 1-2 days instead of every dose. NOTE: Purchasing extra bottles of BURBUR-PINELLA may be required if having prolonged Herxheimer-like reactions often.
- You will notice in the new CSP, after the first 30 days and then every 15 days after that, there is a 36-hour break from the microbial support products. For

best results of this program, it is recommended that during these 36-hour breaks, any other microbial support products and/or antibiotics should also take a break simultaneously.

For Best Results

- The Cowden+ Support Program (CSP) is most effective when drinking at least 3 quarts (2.8 liters) of water throughout the day. Drinking 4–6 oz (120–180 ml) of pure drinking water every 20–30 minutes during all waking hours is the most efficient way to hydrate the cells, mobilize toxins out of the cells, and ultimately mobilize toxins out of the body (mostly through urine & feces). Drinking large quantities of water even a few times per day does not efficiently hydrate the body and is not as effective at mobilizing toxins out of the body.
- Some people choose to use additional supplements while taking the Cowden+ Support Program (CSP). It is best to take the NutraMedix products as indicated on the dosing schedule and any additional supplements after meals and at least 1 hour after the Cowden+ Support Program (CSP) dose.
- **ADDITIONAL NUTRAMEDIX PRODUCTS:** For occasional fatigue, 20 drops of ADRENAL can be taken twice-daily 15 minutes before breakfast and lunch for at least 4 months. For occasional stress, 15 drops of AMANTILLA can be taken as needed throughout the day. For sleep support, 30 drops of AMANTILLA at bedtime is recommended (repeat during the night as needed).
- **IMPORTANT:** Reorder products for next month at least 1 week in advance to ensure no interruption of the program.

Doctor's Recommendation

- As always, consult your physician with any questions or concerns, as this is not meant to replace the advice of your healthcare provider.
- Dr. Cowden recommends following this program until feeling well, then continuing the program for 2 more months. If one chooses to follow the program for more than 6 months, Dr. Cowden recommends repeating months 4, 5, and 6 until they feel well, then continuing with the CSP Maintenance Kit going forward.
- **NUTRA-BRL, NUTRA-BRT, NUTRA-BBS+, AND GLUCOMEDIX ARE THE MICROBIAL SUPPORT PRODUCTS IN THE COWDEN+ SUPPORT PROGRAM (CSP).**

Rate Your Health Challenges

Health Challenges

Please circle level of severity

Ex. Occasional Brain Fog

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

NOTES

YOUR JOURNEY TO WELLNESS STARTS HERE



Embark on a transformative wellness journey!

Your health deserves nothing less than the best.



01

Month 1

- The Cowden+ Support Program (CSP) is most effective when drinking at least 3 quarts (2.8 liters) of water throughout the day.
- If a Herxheimer-like reaction is suspected (feeling worse in any way than you were before), take 20 drops of BURBUR-PINELLA in 2 oz (60 ml) of pure water every 10 minutes for up to 2 hours before resuming the program.

Day 30 Min. Before Breakfast 30 Min. Before Dinner

1	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Magnesium 2 Capsules
2	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Magnesium 2 Capsules
3	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Magnesium 2 Capsules
4	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 2 Drops <input type="checkbox"/> Takuna 10 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 4 Drops <input type="checkbox"/> Takuna 15 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
5	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 6 Drops <input type="checkbox"/> Takuna 20 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 8 Drops <input type="checkbox"/> Takuna 25 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
6	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 10 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 12 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

7	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 14 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 16 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
8	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 18 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
9	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 22 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 24 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
10	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 26 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 28 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
11	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 30 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 32 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
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16	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 50 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 52 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
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23	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 78 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
24	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

25	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
26	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
27	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
28	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
29	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
30	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Track Your Health Challenges

Health Challenges

Please circle level of severity

Ex. Occasional Brain Fog

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

NOTES

Your journey to wellness is a marathon, not a sprint. Stay consistent, and you'll see lasting results over time.



02

Month 2

- The Cowden+ Support Program (CSP) is most effective when drinking at least 3 quarts (2.8 liters) of water throughout the day.
- If a Herxheimer-like reaction is suspected (feeling worse in any way than you were before), take 20 drops of BURBUR-PINELLA in 2 oz (60 ml) of pure water every 10 minutes for up to 2 hours before resuming the program.

Day 30 Min. Before Breakfast 30 Min. Before Dinner

1	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 2 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 4 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
2	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 6 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 8 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
3	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 10 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 12 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
4	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 14 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 16 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Day 30 Min. Before Breakfast

30 Min. Before Dinner

5	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 18 Drops	<input type="checkbox"/> Nutra-BRT 20 Drops
	<input type="checkbox"/> Takuna 30 Drops	<input type="checkbox"/> Takuna 30 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	
6	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 22 Drops	<input type="checkbox"/> Nutra-BRT 24 Drops
	<input type="checkbox"/> Takuna 30 Drops	<input type="checkbox"/> Takuna 30 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	
7	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 26 Drops	<input type="checkbox"/> Nutra-BRT 28 Drops
	<input type="checkbox"/> Takuna 30 Drops	<input type="checkbox"/> Takuna 30 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	
8	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 30 Drops	<input type="checkbox"/> Nutra-BRT 32 Drops
	<input type="checkbox"/> Takuna 30 Drops	<input type="checkbox"/> Takuna 30 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	
9	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 34 Drops	<input type="checkbox"/> Nutra-BRT 36 Drops
	<input type="checkbox"/> Takuna 30 Drops	<input type="checkbox"/> Takuna 30 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	

Day 30 Min. Before Breakfast

30 Min. Before Dinner

10	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BRT	38 Drops	<input type="checkbox"/> Nutra-BRT	40 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
11	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BRT	42 Drops	<input type="checkbox"/> Nutra-BRT	44 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
12	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BRT	46 Drops	<input type="checkbox"/> Nutra-BRT	48 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
13	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BRT	50 Drops	<input type="checkbox"/> Nutra-BRT	52 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
14	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BRT	54 Drops	<input type="checkbox"/> Nutra-BRT	56 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules

Day 30 Min. Before Breakfast

30 Min. Before Dinner

<p>15</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>16</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 58 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 60 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>17</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 62 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 64 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>18</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 66 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 68 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>19</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 70 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 72 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>

Day 30 Min. Before Breakfast

30 Min. Before Dinner

<p>20</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 74 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 76 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>21</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 78 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>22</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>23</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>24</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>

25	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
26	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
27	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
28	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
29	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
30	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Track Your Health Challenges

Health Challenges

Please circle level of severity

Ex. Occasional Brain Fog

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

NOTES

Stay committed to the path of wellness. The journey may be challenging, but the destination is worth it.



03

Month 3

- The Cowden+ Support Program (CSP) is most effective when drinking at least 3 quarts (2.8 liters) of water throughout the day.
- If a Herxheimer-like reaction is suspected (feeling worse in any way than you were before), take 20 drops of BURBUR-PINELLA in 2 oz (60 ml) of pure water every 10 minutes for up to 2 hours before resuming the program.

Day 30 Min. Before Breakfast 30 Min. Before Dinner

1	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 2 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 4 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
2	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 6 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 8 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
3	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 10 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 12 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
4	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 14 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 16 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Day 30 Min. Before Breakfast

30 Min. Before Dinner

5	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	18 Drops	<input type="checkbox"/> Nutra-BBS+	20 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
6	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	22 Drops	<input type="checkbox"/> Nutra-BBS+	24 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
7	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	26 Drops	<input type="checkbox"/> Nutra-BBS+	28 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
8	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	30 Drops	<input type="checkbox"/> Nutra-BBS+	32 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
9	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	34 Drops	<input type="checkbox"/> Nutra-BBS+	36 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules

Day 30 Min. Before Breakfast

30 Min. Before Dinner

10	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	38 Drops	<input type="checkbox"/> Nutra-BBS+	40 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Magnesium	2 Capsules
11	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	42 Drops	<input type="checkbox"/> Nutra-BBS+	44 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Magnesium	2 Capsules
12	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	46 Drops	<input type="checkbox"/> Nutra-BBS+	48 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Magnesium	2 Capsules
13	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	50 Drops	<input type="checkbox"/> Nutra-BBS+	52 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Magnesium	2 Capsules
14	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	54 Drops	<input type="checkbox"/> Nutra-BBS+	56 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Magnesium	2 Capsules

Day 30 Min. Before Breakfast

30 Min. Before Dinner

<p>15</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>16</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 58 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 60 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>17</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 62 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 64 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>18</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 66 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 68 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>19</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 70 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 72 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>

Day 30 Min. Before Breakfast

30 Min. Before Dinner

20	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	74 Drops	<input type="checkbox"/> Nutra-BBS+	76 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
21	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	78 Drops	<input type="checkbox"/> Nutra-BBS+	80 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
22	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	80 Drops	<input type="checkbox"/> Nutra-BBS+	80 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
23	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	80 Drops	<input type="checkbox"/> Nutra-BBS+	80 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules
24	<input type="checkbox"/> Burbur-Pinella	15 Drops	<input type="checkbox"/> Burbur-Pinella	15 Drops
	<input type="checkbox"/> Dandelion	20 Drops	<input type="checkbox"/> Dandelion	20 Drops
	<input type="checkbox"/> Nutra-BBS+	80 Drops	<input type="checkbox"/> Nutra-BBS+	80 Drops
	<input type="checkbox"/> Takuna	30 Drops	<input type="checkbox"/> Takuna	30 Drops
	<input type="checkbox"/> Serrapeptase	2 Capsules	<input type="checkbox"/> GlucoMedix	80 Drops
	<input type="checkbox"/> Magnesium	2 Capsules	<input type="checkbox"/> Bromelain	2 Capsules
			<input type="checkbox"/> Magnesium	2 Capsules

25	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
26	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
27	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
28	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
29	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
30	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Takuna 30 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Track Your Health Challenges

Health Challenges

Please circle level of severity

Ex. Occasional Brain Fog

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

NOTES

Every step you take toward a healthier lifestyle is a victory.

Celebrate your progress and keep moving forward!



04

Month 4

- The Cowden+ Support Program (CSP) is most effective when drinking at least 3 quarts (2.8 liters) of water throughout the day.
- If a Herxheimer-like reaction is suspected (feeling worse in any way than you were before), take 20 drops of BURBUR-PINELLA in 2 oz (60 ml) of pure water every 10 minutes for up to 2 hours before resuming the program.

Day 30 Min. Before Breakfast 30 Min. Before Dinner

1	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
2	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
3	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
4	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Day 30 Min. Before Breakfast

30 Min. Before Dinner

5	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRL 80 Drops	<input type="checkbox"/> Nutra-BRL 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Magnesium 2 Capsules
6	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRL 80 Drops	<input type="checkbox"/> Nutra-BRL 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Magnesium 2 Capsules
7	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRL 80 Drops	<input type="checkbox"/> Nutra-BRL 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Magnesium 2 Capsules
8	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRL 80 Drops	<input type="checkbox"/> Nutra-BRL 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Magnesium 2 Capsules
9	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRL 80 Drops	<input type="checkbox"/> Nutra-BRL 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Magnesium 2 Capsules
10	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRL 80 Drops	<input type="checkbox"/> Nutra-BRL 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Magnesium 2 Capsules

Day 30 Min. Before Breakfast 30 Min. Before Dinner

<p>11</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>12</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>13</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>14</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>15</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>16</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>

17	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
18	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
19	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
20	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
21	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
22	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
23	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

24	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
25	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
26	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
27	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
28	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
29	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRL 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
30	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Track Your Health Challenges

Health Challenges

Please circle level of severity

Ex. Occasional Brain Fog

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

NOTES

Your body is capable of amazing things. Treat it with kindness and fuel it with the nourishment it deserves.



05

Month 5

- The Cowden+ Support Program (CSP) is most effective when drinking at least 3 quarts (2.8 liters) of water throughout the day.
- If a Herxheimer-like reaction is suspected (feeling worse in any way than you were before), take 20 drops of BURBUR-PINELLA in 2 oz (60 ml) of pure water every 10 minutes for up to 2 hours before resuming the program.

Day 30 Min. Before Breakfast 30 Min. Before Dinner

1	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
2	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
3	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
4	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
5	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Day 30 Min. Before Breakfast 30 Min. Before Dinner

6	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
7	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
8	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
9	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
10	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
11	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

<p>12</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>13</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>14</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>15</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>16</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>
<p>17</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>	<p><input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules</p>

Day 30 Min. Before Breakfast**30 Min. Before Dinner**

18	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 80 Drops	<input type="checkbox"/> Nutra-BRT 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
		<input type="checkbox"/> Magnesium 2 Capsules
19	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 80 Drops	<input type="checkbox"/> Nutra-BRT 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
		<input type="checkbox"/> Magnesium 2 Capsules
20	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 80 Drops	<input type="checkbox"/> Nutra-BRT 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
		<input type="checkbox"/> Magnesium 2 Capsules
21	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 80 Drops	<input type="checkbox"/> Nutra-BRT 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
		<input type="checkbox"/> Magnesium 2 Capsules
22	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 80 Drops	<input type="checkbox"/> Nutra-BRT 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
		<input type="checkbox"/> Magnesium 2 Capsules
23	<input type="checkbox"/> Burbur-Pinella 15 Drops	<input type="checkbox"/> Burbur-Pinella 15 Drops
	<input type="checkbox"/> Dandelion 20 Drops	<input type="checkbox"/> Dandelion 20 Drops
	<input type="checkbox"/> Nutra-BRT 80 Drops	<input type="checkbox"/> Nutra-BRT 80 Drops
	<input type="checkbox"/> Serrapeptase 2 Capsules	<input type="checkbox"/> GlucoMedix 80 Drops
	<input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Bromelain 2 Capsules
		<input type="checkbox"/> Magnesium 2 Capsules

24	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
25	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
26	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
27	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
28	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
29	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BRT 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
30	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Track Your Health Challenges

Health Challenges

Please circle level of severity

Ex. Occasional Brain Fog

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

NOTES

Celebrate the process, not just the outcomes. Each healthy choice is a step towards a brighter, more vibrant future. Your commitment to wellness is a gift to yourself—unwrap it daily!

06



Month 6

- The Cowden Support Program (CSP) is most effective when drinking at least 3 quarts (2.8 liters) of water throughout the day.
- If a Herxheimer-like reaction is suspected (feeling worse in any way than you were before), take 20 drops of BURBUR-PINELLA in 2 oz (60 ml) of pure water every 10 minutes for up to 2 hours before resuming the program.

Day 30 Min. Before Breakfast 30 Min. Before Dinner

1	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
2	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
3	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
4	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Day **30 Min. Before Breakfast** **30 Min. Before Dinner**

5	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
6	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
7	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
8	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
9	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
10	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Day **30 Min. Before Breakfast** **30 Min. Before Dinner**

11	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
12	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
13	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
14	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
15	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
16	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Day **30 Min. Before Breakfast** **30 Min. Before Dinner**

17	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
18	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
19	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
20	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
21	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
22	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Day **30 Min. Before Breakfast** **30 Min. Before Dinner**

23	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
24	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
25	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
26	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
27	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
28	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

29	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Nutra-BBS+ 80 Drops <input type="checkbox"/> GlucoMedix 80 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules
30	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Serrapeptase 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules	<input type="checkbox"/> Burbur-Pinella 15 Drops <input type="checkbox"/> Dandelion 20 Drops <input type="checkbox"/> Bromelain 2 Capsules <input type="checkbox"/> Magnesium 2 Capsules

Track Your Health Challenges

Health Challenges

Please circle level of severity

Ex. Occasional Brain Fog

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

NOTES



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