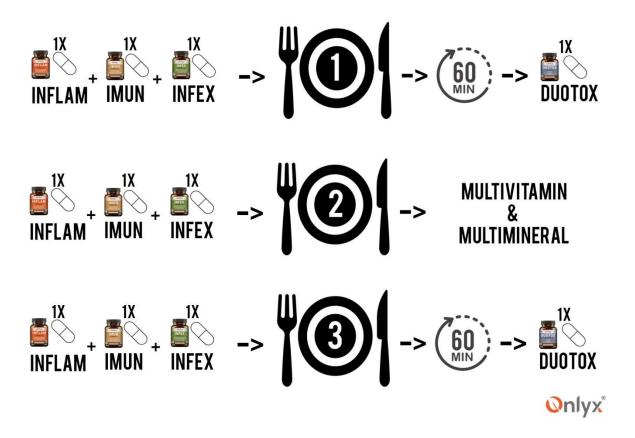


SCHEDULE OF USE

When to take, what and how much?

(basic sequence and timing for one day)



Important note: You should always start with only one product and after about 1 week (in case of good tolerance), add another (see rotation calendar). Also start with lower doses of each product (less times per day) and gradually (according to the response) increase the doses. In case of a mild worsening of symptoms (Herxheimer reaction), you can continue taking it. Please be patient, this is a normal (expected) effect. In case of a stronger (allergic) reaction, on the other hand, it is necessary to discontinue use.

In which week what not to take (pause)?

(rotation calendar for one year of use)

52 Week:	X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V V X V X V V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X V X X V X V X V X X V X V X X V X V X X V X X V X X V X X V X X V X X V X X V X X V X X V	NOMI	INFEX	XOTOUG X X X X X X X X X X X X X X X X X X X	
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10	~	X	'	/	
11	~	'	X	/	
12	~	'	'	X	
13	X	'	/	/	
14	~	X	/	/	
15	V	/	X	/	
16	~	'	/	X	
17	X	'	'	/	
18	V	X	/	/	
19	~	'	X	/	
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36	~	'	'	X	
37	X	V	'	/	
38	~	X	'	~	
39	~	'	X	/	
40	~	V	'	X	
41	X	'	/	/	
42	~	X	'	/	
43	~	'	X	/	
44	~	'	/	X	
45	X	'	'	/	
46	~	X	/	'	
47	~	V	X	'	
48	~	V	/	X	
49	X	V	V	'	
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