

# BORELISET

## SCHEDULE OF USE

When to take, what and how much?

(basic sequence and timing for one day)





Onlyx®

**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)

 Week:	INFLAM	IMUN	INFEX	DUOTOX	
1	X	X	X	✓	starting period
2	✓	X	X	✓	
3	✓	✓	X	✓	
4	✓	✓	✓	X	
5	X	✓	✓	✓	
6	✓	X	✓	✓	
7	✓	✓	X	✓	
8	✓	✓	✓	X	
9	X	✓	✓	✓	
10	✓	X	✓	✓	
11	✓	✓	X	✓	
12	✓	✓	✓	X	
13	X	✓	✓	✓	
14	✓	X	✓	✓	
15	✓	✓	X	✓	
16	✓	✓	✓	X	
17	X	✓	✓	✓	
18	✓	X	✓	✓	
19	✓	✓	X	✓	
20	✓	✓	✓	X	
21	X	✓	✓	✓	
22	✓	X	✓	✓	
23	✓	✓	X	✓	
24	✓	✓	✓	X	
25	X	✓	✓	✓	
26	✓	X	✓	✓	

 Week:	INFLAM	IMUN	INFEX	DUOTOX	
27	✓	✓	X	✓	
28	✓	✓	✓	X	
29	X	✓	✓	✓	
30	✓	X	✓	✓	
31	✓	✓	X	✓	
32	✓	✓	✓	X	
33	X	✓	✓	✓	
34	✓	X	✓	✓	
35	✓	✓	X	✓	
36	✓	✓	✓	X	
37	X	✓	✓	✓	
38	✓	X	✓	✓	
39	✓	✓	X	✓	
40	✓	✓	✓	X	
41	X	✓	✓	✓	
42	✓	X	✓	✓	
43	✓	✓	X	✓	
44	✓	✓	✓	X	
45	X	✓	✓	✓	
46	✓	X	✓	✓	
47	✓	✓	X	✓	
48	✓	✓	✓	X	
49	X	✓	✓	✓	
50	✓	X	✓	✓	
51	✓	✓	X	✓	
52	✓	✓	✓	X	