

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.

Important Information for Sensitive Individuals

The new Cowden+ Support Program is designed with enhanced potency and a targeted approach to address ongoing health challenges. Because of its effectiveness, there is a chance of Herxheimer-like reactions, which are generally caused by the microbial support products (NUTRA-BRL, NUTRA-BRT, and NUTRA-BBS+). For a gentler approach, sensitive individuals can follow this alternative dosing guide and slowly build toward the recommended dose.

Alternative Dosing Guide

First 3 Months

- ☐ Increase by 1 drop per dose instead of 2 for the microbial support products (NUTRA-BRL, NUTRA-BRT, or NUTRA-BBS+), depending on the month.
- ☐ When you reach 50 drops on Day 28, maintain 50 drops on Day 29 as well.

Months 4, 5, & 6

- ☐ Start at 50 drops and increase by 2 drops per dose for the microbial support products (NUTRA-BRL, NUTRA-BRT, or NUTRA-BBS+), depending on the month.
- ☐ Continue until you reach 80 drops by Day 8.
- ☐ Maintain the full dose of 80 drops for the remainder of the month.

If you experience a Herxheimer-like reaction during this schedule, follow the instructions on page 3 of the Instructions & Dosing Schedule in the “What to Expect” section.

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.

Food Caution

- Avoid drinks that are not hydrating (black tea, green tea, coffee, soda, alcohol, etc.). Vegetables and some fruit juices (lemon & lime) are hydrating. Herbal teas are hydrating if they don't have a lot of sugar. For enhanced flavor and additional microbial support, NutraMedix STEVIA is

the recommended sweetener for herbal teas and other applications.

- Avoid all known food allergies. If you are unaware of any food allergies you may have, we recommend avoiding all common food allergens – cow dairy products, wheat products, corn-based products, peanuts products, soy products, black pepper, white pepper, and sugar (may substitute NutraMedix STEVIA for sweetening).
- Fibers and most products that act as binders can be taken at least 30 minutes after a dose of any product in the Cowden+ Support Program (CSP+) and at least 4 hours before a dose of the CSP+ products.
- If you have received a long course or multiple short courses of antibiotics, it is best to avoid ALL sugars and ALL high glycemic index foods and drinks from day 18 to day 78 to not feed fungi in the gut with sugars.

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 Bundle 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
<i>Ex: Occasional Brain Fog</i>	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	☐ Burbur-Pinella 15 Drops ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Magnesium 2 Capsules
2	☐ Burbur-Pinella 15 Drops ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Magnesium 2 Capsules
3	☐ Burbur-Pinella 15 Drops ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Magnesium 2 Capsules
4	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 2 Drops ☐ Takuna 10 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 4 Drops ☐ Takuna 15 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
5	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 6 Drops ☐ Takuna 20 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 8 Drops ☐ Takuna 25 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
6	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 10 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 12 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day 30 Min. Before Breakfast 30 Min. Before Dinner

7	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 14 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 16 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
8	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 18 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 20 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
9	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 22 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 24 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
10	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 26 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 28 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
11	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 30 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 32 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
12	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 34 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 36 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day 30 Min. Before Breakfast 30 Min. Before Dinner

13	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 38 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 40 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
14	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 42 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 44 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
15	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 46 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 48 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
16	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 50 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 52 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
17	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 54 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 56 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
18	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 58 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 60 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

19	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 62 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 64 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
20	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 66 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 68 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
21	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 70 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 72 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
22	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 74 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 76 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
23	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 78 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
24	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day 30 Min. Before Breakfast 30 Min. Before Dinner

25	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
26	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
27	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
28	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
29	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
30	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Rate Your Health Challenges

Health Challenges	Please circle level of severity
<i>Ex: Occasional Brain Fog</i>	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	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 2 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 4 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
2	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 6 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 8 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
3	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 10 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 12 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
4	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 14 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 16 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day 30 Min. Before Breakfast 30 Min. Before Dinner

5	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 18 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 20 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
6	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 22 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 24 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
7	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 26 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 28 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
8	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 30 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 32 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
9	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 34 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 36 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day 30 Min. Before Breakfast 30 Min. Before Dinner

10	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 38 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 40 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
11	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 42 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 44 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
12	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 46 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 48 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
13	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 50 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 52 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
14	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 54 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 56 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day 30 Min. Before Breakfast 30 Min. Before Dinner

15	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
16	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 58 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 60 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
17	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 62 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 64 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
18	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 66 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 68 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
19	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 70 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 72 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

20	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 74 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 76 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
21	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 78 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
22	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
23	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
24	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

25	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
26	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
27	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
28	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
29	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
30	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Rate Your Health Challenges

Health Challenges	Please circle level of severity
<i>Ex: Occasional Brain Fog</i>	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	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 2 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 4 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
2	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 6 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 8 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
3	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 10 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 12 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
4	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 14 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 16 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day 30 Min. Before Breakfast 30 Min. Before Dinner

5	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 18 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 20 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
6	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 22 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 24 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
7	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 26 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 28 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
8	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 30 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 32 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
9	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 34 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 36 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

10	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 38 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 40 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
11	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 42 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 44 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
12	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 46 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 48 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
13	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 50 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 52 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
14	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 54 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 56 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

15	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Takuna 30 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
16	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 58 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 60 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
17	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 62 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 64 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
18	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 66 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 68 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
19	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 70 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 72 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

20	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 74 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 76 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
21	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 78 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
22	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
23	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
24	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Takuna 30 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Takuna 30 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day 30 Min. Before Breakfast

30 Min. Before Dinner

25	☐ Burbur-Pinella	15 Drops	☐ Burbur-Pinella	15 Drops
	☐ Dandelion	20 Drops	☐ Dandelion	20 Drops
	☐ Nutra-BBS+	80 Drops	☐ Nutra-BBS+	80 Drops
	☐ Takuna	30 Drops	☐ Takuna	30 Drops
	☐ Serrapeptase	2 Capsules	☐ GlucoMedix	80 Drops
	☐ Magnesium	2 Capsules	☐ Bromelain	2 Capsules
26	☐ Burbur-Pinella	15 Drops	☐ Burbur-Pinella	15 Drops
	☐ Dandelion	20 Drops	☐ Dandelion	20 Drops
	☐ Nutra-BBS+	80 Drops	☐ Nutra-BBS+	80 Drops
	☐ Takuna	30 Drops	☐ Takuna	30 Drops
	☐ Serrapeptase	2 Capsules	☐ GlucoMedix	80 Drops
	☐ Magnesium	2 Capsules	☐ Bromelain	2 Capsules
27	☐ Burbur-Pinella	15 Drops	☐ Burbur-Pinella	15 Drops
	☐ Dandelion	20 Drops	☐ Dandelion	20 Drops
	☐ Nutra-BBS+	80 Drops	☐ Nutra-BBS+	80 Drops
	☐ Takuna	30 Drops	☐ Takuna	30 Drops
	☐ Serrapeptase	2 Capsules	☐ GlucoMedix	80 Drops
	☐ Magnesium	2 Capsules	☐ Bromelain	2 Capsules
28	☐ Burbur-Pinella	15 Drops	☐ Burbur-Pinella	15 Drops
	☐ Dandelion	20 Drops	☐ Dandelion	20 Drops
	☐ Nutra-BBS+	80 Drops	☐ Nutra-BBS+	80 Drops
	☐ Takuna	30 Drops	☐ Takuna	30 Drops
	☐ Serrapeptase	2 Capsules	☐ GlucoMedix	80 Drops
	☐ Magnesium	2 Capsules	☐ Bromelain	2 Capsules
29	☐ Burbur-Pinella	15 Drops	☐ Burbur-Pinella	15 Drops
	☐ Dandelion	20 Drops	☐ Dandelion	20 Drops
	☐ Nutra-BBS+	80 Drops	☐ Nutra-BBS+	80 Drops
	☐ Takuna	30 Drops	☐ Takuna	30 Drops
	☐ Serrapeptase	2 Capsules	☐ GlucoMedix	80 Drops
	☐ Magnesium	2 Capsules	☐ Bromelain	2 Capsules
30	☐ Burbur-Pinella	15 Drops	☐ Burbur-Pinella	15 Drops
	☐ Dandelion	20 Drops	☐ Dandelion	20 Drops
	☐ Takuna	30 Drops	☐ Takuna	30 Drops
	☐ Serrapeptase	2 Capsules	☐ Bromelain	2 Capsules
	☐ Magnesium	2 Capsules	☐ Magnesium	2 Capsules

Rate Your Health Challenges

Health Challenges	Please circle level of severity
<i>Ex: Occasional Brain Fog</i>	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	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
2	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
3	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
4	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

5	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
6	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
7	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
8	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
9	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
10	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

11	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
12	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
13	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
14	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
15	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
16	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day 30 Min. Before Breakfast 30 Min. Before Dinner

17	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
18	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
19	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
20	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
21	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
22	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
23	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

24	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
25	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
26	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
27	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
28	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
29	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRL 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
30	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Rate Your Health Challenges

Health Challenges	Please circle level of severity
<i>Ex: Occasional Brain Fog</i>	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	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
2	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
3	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
4	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
5	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

6	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
7	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
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9	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BRT 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
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Day 30 Min. Before Breakfast 30 Min. Before Dinner

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Day 30 Min. Before Breakfast 30 Min. Before Dinner

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Day 30 Min. Before Breakfast 30 Min. Before Dinner

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Rate Your Health Challenges

Health Challenges	Please circle level of severity
<i>Ex: Occasional Brain Fog</i>	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	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
2	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
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Day

30 Min. Before Breakfast

30 Min. Before Dinner

5	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
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Day 30 Min. Before Breakfast 30 Min. Before Dinner

11	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
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Day 30 Min. Before Breakfast 30 Min. Before Dinner

17	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
18	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
19	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
20	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
21	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
22	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

30 Min. Before Dinner

23	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
24	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
25	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
26	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
27	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
28	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Day

30 Min. Before Breakfast

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29	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Nutra-BBS+ 80 Drops ☐ GlucoMedix 80 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules
30	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Serrapeptase 2 Capsules ☐ Magnesium 2 Capsules	☐ Burbur-Pinella 15 Drops ☐ Dandelion 20 Drops ☐ Bromelain 2 Capsules ☐ Magnesium 2 Capsules

Track Your Health Challenges

Health Challenges	Please circle level of severity
<i>Ex: Occasional Brain Fog</i>	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

Journal Your Experience

[illegible]

Journal Your Experience

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



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