



## Instructions for sublingual drops – 3 month vial

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	1 drop each vial	2 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
2	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
3	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
4	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
5	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
6	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
7	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
8	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
9	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
10	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
11	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial
12	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial	3 drops each vial

Approx. 2 weeks remaining. Please call our office to order & pay for your next vial

- After the first 2 days you will always use 3 drops from each bottle once daily.
- When you begin your drops you may have some tingling and slight swelling under you tongue by this should go away within a few minutes after taking the drops. You may take an over the counter antihistamine, such as Benadryl, Claritin D, Allegra D, to control mild reactions.
- **Drops may be kept at room temperature** (on a night stand, by your toothbrush, or near other medications) wherever it is easy for you to remember to take them (make sure they are out of the reach of children).
- Mark the days/weeks off as you take your drops so you will know how many you have taken and when to reorder.
- You **MUST** call **our office 402-397-0670** and order more serum, when you have only 2 weeks remaining. Remember that **payment must be received prior** to serum being mixed.