

Hydrogen Peroxide Schedule

Sample Daily Schedule

| Time* | Take |
|----------|--|
| 7:00 AM | 1 probiotic capsule with lemon water |
| 7:30 AM | 1 st dose of HP |
| 8:30 AM | Breakfast and morning supplements |
| 10:30 AM | Small snacks may be eaten prior to this time, but not after. |
| 11:00 AM | 2 nd dose of HP |
| 12:00 PM | Lunch and afternoon supplements |
| 4:30 | Small snacks may be eaten prior to this time, but not after. |
| 5:00 PM | 3 rd dose of HP |
| 6:00 PM | Dinner may be eaten at this time or anytime after along with any evening supplements or snacks. Do not take HP after this time, as it may keep you awake at night. If desired, you may take 1 probiotic capsule before going to bed. |

*Please note that these times are not absolutely stringent. The main point of this is to be sure that your stomach is empty of food before taking HP, because it can create foaming and discomfort if it reacts with food.

HP Dosing Schedule

| Day | 35% HP Drops at each dose** |
|-------|-----------------------------|
| 1 | 3 |
| 2 | 4 |
| 3 | 5 |
| 4 | 6 |
| 5 | 7 |
| 6 | 8 |
| 7 | 9 |
| 8 | 10 |
| 9 | 12 |
| 10 | 14 |
| 11 | 16 |
| 12 | 18 |
| 13 | 20 |
| 14 | 22 |
| 15 | 24 |
| 16*** | 25 |

**35% HP drops should be added to ½ cup water for each dose.

***Once you reach the 16th day, gradually back off until you are at a maintenance dose of 5 drops 3 times per day.