

35% Food Grade Hydrogen Peroxide Dosage Schedule

* Start with 3 drops per dose, 3 times a day in **8 ounces of distilled water**. Increase by 1 drop per dose each day up to 25 drops. After completing the 23-day regimen, decrease dosage by 1 drop per day until reaching a maintenance dose of 3 drops, 3 times per day.

Day	Drops per Dose	Doses per Day	Total Drops per Day	Water per Dose (oz)
1	3	3	9	8
2	4	3	12	8
3	5	3	15	8
4	6	3	18	8
5	7	3	21	8
6	8	3	24	8
7	9	3	27	8
8	10	3	30	8
9	11	3	33	8
10	12	3	36	8
11	13	3	39	8
12	14	3	42	8
13	15	3	45	8
14	16	3	48	8
15	17	3	51	8
16	18	3	54	8
17	19	3	57	8
18	20	3	60	8
19	21	3	63	8
20	22	3	66	8
21	23	3	69	8
22	24	3	72	8
23	25	3	75	8

Warning: Use only 35% food grade hydrogen peroxide. **Dilute properly before use with distilled water only. Take on an empty stomach - one hour before a meal or 3 hours after a meal.** Keep out of reach of children. Do not exceed the recommended dosage. Consult a healthcare professional before starting this regimen, especially if you have any medical conditions or are taking medications.