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ALLERGY DESENSITIZING DROP INSTRUCTIONS

These drops are to be placed under your tongue without touching the dropper to your tongue. The goal is to take 2 drops less than the number of drops which cause you symptoms eg congestion, sneezing, headache, stomachache etc.

Start with one drop under your tongue 2 x day (not with food). If this causes you no symptoms, the next day increase to 2 drops under your tongue 2 x day. When you do find a dose which causes symptoms, subtract 2 from that dose and this is the dose you will need to stay on. For example, if 8 drops cause symptoms, your dose would be 6 drops 2 x day.

Max 15 drops 2 x day.

How long to continue the drops should be decided at your visit. If no time has been decided, call so you can get clear instructions. It is apt to be either continuous for a year such as for dust and mold or a shorter time for some of the seasonal allergens. For food allergies continue the drops for a month before trying the food. If you don't react, you still need to continue the drops for two (2) more months. Some people will desensitize easily in a lasting fashion while others may have to stay on the drops to tolerate the food. Approximately 20-30% of people who try to desensitize will not have it work for them.

Keep your desensitizing drops in a cool place like a bathroom cabinet and do not place the dropper onto an unclean surface. There really is no reason to place the dropper onto anything other than the bottle.

We will review the results at your next visit.