

Daily	Four drops under the tongue daily
Maintenance Dosing Regimen: Week 13 and Beyond	

At Week 13 you will begin your maintenance dose using the 1:1 Red Vial refill. Each refill vial contains a 90-day supply of drop therapy. You will take the same dose everyday for the duration of the treatment plan.

Week 4	Week 8	Week 12	Four drops under the tongue daily
Week 3	Week 7	Week 11	Three drops under the tongue daily
Week 2	Week 6	Week 10	Two drops under the tongue daily
Week 1	Week 5	Week 9	One drop under the tongue daily
Immunotherapy Blue Vial (1:25)	Immunotherapy Yellow Vial (1:5)	Immunotherapy Red Vial (1:1)	Dose

First Prescription (Build-Up)

Instructions for Use



Your particular extract is provided with a metered bottle that provides a calculated dose with each pump. Follow the steps below to accurately use your medicine.

1.

Prime the bottle by pressing the pump until you see a very small amount of solution exit the tip of the pump.

2.

Once primed, place the pump bottle near and under the tongue, and press the metered pump. If you are administering your first dose, it might help to use a mirror to assist with coordination.

3.

After pumping the drop(s) under the tongue, hold for 2 minutes prior to swallowing. This is important as the goal is to get the solution absorbed into the little blood vessels located under the tongue. If you swallow immediately after pumping, the acids in your stomach can break down the solution, making it ineffective.

4.

After finishing with the appropriate number of pumps, simply place the bottle in a convenient place to help remind you to use it the next day.

5.

Try to take your medication at the same time each day.

You will gradually increase your dose during the first 12 weeks of allergy sublingual drops. Follow the schedule in the table below. At week 10, contact your provider for your maintenance therapy refills.

# Dose Tracking Chart

Remember to pump drops under your tongue and hold for 2 minutes prior to swallowing

Week/Day	Mo	Tu	We	Th	Fr	Sa	Su
Week 1 (Blue Vial): One drop							
Week 2 (Blue Vial): Two drops							
Week 3 (Blue Vial): Three drops							
Week 4 (Blue Vial): Four drops							
Week 5 (Yellow Vial): One drop							
Week 6 (Yellow Vial): Two drops							
Week 7 (Yellow Vial): Three drops							
Week 8 (Yellow Vial): Four drops							
Week 9 (Red Vial): One drop							
<b>Contact AllerFocus to order your maintenance therapy refills at 1-888-394-5009</b>							
Week 10 (Red Vial): Two drops							
Week 11 (Red Vial): Three drops							
Week 12 (Red Vial): Four drops							

