

Sample Protocol 2000 Schedule

| Time | MMS1/CDH | MMS2 | Eat |
|------|----------|------|-----|
| 0800 | X | | |
| 0830 | | | X |
| 0900 | X | | |
| 0930 | | X | |
| 1000 | X | | |
| 1030 | | | X |
| 1100 | X | | |
| 1130 | | X | |
| 1200 | X | | |
| 1230 | | | X |
| 1300 | X | | |
| 1330 | | X | |
| 1400 | X | | |
| 1430 | | | X |
| 1500 | X | | |
| 1530 | | X | |
| 1600 | X | | |
| 1630 | | | X |
| 1700 | X | | |
| 1730 | | X | |
| 1800 | | | |
| 1900 | | | X |

OK to eat & take antioxidants after 1900