



Evening Primrose Oil Protocol

Begin at 37 Weeks

- Day 1 take 1000 mg (1 gram) of EPO
- Day 2 take 2000 mg (2 grams) of EPO
- Day 3 take 3000 mg of EPO
- Day 4 take 4000 mg of EPO
- Day 5 take 5000 mg of EPO
- Day 6 take 6000 mg of EPO
- Day 7 take 7000 mg of EPO
- Day 8 take 8000 mg of EPO
- Day 9 take 9000 mg of EPO

Continue taking 9000 mg each day until delivery

Please spread out the dose during the day and continue vitamins also. Remember your yogurt each day also.