

Medication **Ativan**
 Valium Multiplier 10
 Original Dose **5.000**
 Current Dose **5.000**
 Start Date **January 1, 2006**
 Dry Dose **4.000**
 Dissolve Dose **1.000**
 Water in ML **450**
 ML Increments **1**
 Display Dates **no**

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	450	1.000	1	449	4.998	49.978	0.0022	0.04%			0.00%	
		4.000	450	1.000	2	448	4.996	49.956	0.0022	0.04%			0.09%	
		4.000	450	1.000	3	447	4.993	49.933	0.0022	0.04%			0.13%	
		4.000	450	1.000	4	446	4.991	49.911	0.0022	0.04%			0.18%	
		4.000	450	1.000	5	445	4.989	49.889	0.0022	0.04%			0.22%	
		4.000	450	1.000	6	444	4.987	49.867	0.0022	0.04%			0.27%	
		4.000	450	1.000	7	443	4.984	49.844	0.0022	0.04%			0.31%	
		4.000	450	1.000	8	442	4.982	49.822	0.0022	0.04%			0.36%	
		4.000	450	1.000	9	441	4.980	49.800	0.0022	0.04%			0.40%	
		4.000	450	1.000	10	440	4.978	49.778	0.0022	0.04%			0.44%	
		4.000	450	1.000	11	439	4.976	49.756	0.0022	0.04%			0.49%	
		4.000	450	1.000	12	438	4.973	49.733	0.0022	0.04%			0.53%	
		4.000	450	1.000	13	437	4.971	49.711	0.0022	0.04%			0.58%	
		4.000	450	1.000	14	436	4.969	49.689	0.0022	0.04%	0.029	0.58%	0.289	0.62%
		4.000	450	1.000	15	435	4.967	49.667	0.0022	0.04%			0.67%	
		4.000	450	1.000	16	434	4.964	49.644	0.0022	0.04%			0.71%	
		4.000	450	1.000	17	433	4.962	49.622	0.0022	0.04%			0.76%	
		4.000	450	1.000	18	432	4.960	49.600	0.0022	0.04%			0.80%	
		4.000	450	1.000	19	431	4.958	49.578	0.0022	0.04%			0.84%	
		4.000	450	1.000	20	430	4.956	49.556	0.0022	0.04%			0.89%	
		4.000	450	1.000	21	429	4.953	49.533	0.0022	0.04%			0.93%	
		4.000	450	1.000	22	428	4.951	49.511	0.0022	0.04%			0.98%	
		4.000	450	1.000	23	427	4.949	49.489	0.0022	0.04%			1.02%	
		4.000	450	1.000	24	426	4.947	49.467	0.0022	0.04%			1.07%	
		4.000	450	1.000	25	425	4.944	49.444	0.0022	0.04%			1.11%	
		4.000	450	1.000	26	424	4.942	49.422	0.0022	0.04%			1.16%	
		4.000	450	1.000	27	423	4.940	49.400	0.0022	0.04%			1.20%	
		4.000	450	1.000	28	422	4.938	49.378	0.0022	0.04%	0.029	0.63%	0.289	1.24%
		4.000	450	1.000	29	421	4.936	49.356	0.0022	0.05%			1.29%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	450	1.000	30	420	4.933	49.333	0.0022	0.05%			1.33%	
		4.000	450	1.000	31	419	4.931	49.311	0.0022	0.05%			1.38%	
		4.000	450	1.000	32	418	4.929	49.289	0.0022	0.05%			1.42%	
		4.000	450	1.000	33	417	4.927	49.267	0.0022	0.05%			1.47%	
		4.000	450	1.000	34	416	4.924	49.244	0.0022	0.05%			1.51%	
		4.000	450	1.000	35	415	4.922	49.222	0.0022	0.05%			1.56%	
		4.000	450	1.000	36	414	4.920	49.200	0.0022	0.05%			1.60%	
		4.000	450	1.000	37	413	4.918	49.178	0.0022	0.05%			1.64%	
		4.000	450	1.000	38	412	4.916	49.156	0.0022	0.05%			1.69%	
		4.000	450	1.000	39	411	4.913	49.133	0.0022	0.05%			1.73%	
		4.000	450	1.000	40	410	4.911	49.111	0.0022	0.05%			1.78%	
		4.000	450	1.000	41	409	4.909	49.089	0.0022	0.05%			1.82%	
		4.000	450	1.000	42	408	4.907	49.067	0.0022	0.05%	0.029	0.63%	0.289	1.87%
		4.000	450	1.000	43	407	4.904	49.044	0.0022	0.05%			1.91%	
		4.000	450	1.000	44	406	4.902	49.022	0.0022	0.05%			1.96%	
		4.000	450	1.000	45	405	4.900	49.000	0.0022	0.05%			2.00%	
		4.000	450	1.000	46	404	4.898	48.978	0.0022	0.05%			2.04%	
		4.000	450	1.000	47	403	4.896	48.956	0.0022	0.05%			2.09%	
		4.000	450	1.000	48	402	4.893	48.933	0.0022	0.05%			2.13%	
		4.000	450	1.000	49	401	4.891	48.911	0.0022	0.05%			2.18%	
		4.000	450	1.000	50	400	4.889	48.889	0.0022	0.05%			2.22%	
		4.000	450	1.000	51	399	4.887	48.867	0.0022	0.05%			2.27%	
		4.000	450	1.000	52	398	4.884	48.844	0.0022	0.05%			2.31%	
		4.000	450	1.000	53	397	4.882	48.822	0.0022	0.05%			2.36%	
		4.000	450	1.000	54	396	4.880	48.800	0.0022	0.05%			2.40%	
		4.000	450	1.000	55	395	4.878	48.778	0.0022	0.05%			2.44%	
		4.000	450	1.000	56	394	4.876	48.756	0.0022	0.05%	0.029	0.63%	0.289	2.49%
		4.000	450	1.000	57	393	4.873	48.733	0.0022	0.05%			2.53%	
		4.000	450	1.000	58	392	4.871	48.711	0.0022	0.05%			2.58%	
		4.000	450	1.000	59	391	4.869	48.689	0.0022	0.05%			2.62%	
		4.000	450	1.000	60	390	4.867	48.667	0.0022	0.05%			2.67%	
		4.000	450	1.000	61	389	4.864	48.644	0.0022	0.05%			2.71%	
		4.000	450	1.000	62	388	4.862	48.622	0.0022	0.05%			2.76%	
		4.000	450	1.000	63	387	4.860	48.600	0.0022	0.05%			2.80%	
		4.000	450	1.000	64	386	4.858	48.578	0.0022	0.05%			2.84%	
		4.000	450	1.000	65	385	4.856	48.556	0.0022	0.05%			2.89%	
		4.000	450	1.000	66	384	4.853	48.533	0.0022	0.05%			2.93%	
		4.000	450	1.000	67	383	4.851	48.511	0.0022	0.05%			2.98%	
		4.000	450	1.000	68	382	4.849	48.489	0.0022	0.05%			3.02%	
		4.000	450	1.000	69	381	4.847	48.467	0.0022	0.05%			3.07%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	450	1.000	70	380	4.844	48.444	0.0022	0.05%	0.029	0.64%	0.289	3.11%
		4.000	450	1.000	71	379	4.842	48.422	0.0022	0.05%				3.16%
		4.000	450	1.000	72	378	4.840	48.400	0.0022	0.05%				3.20%
		4.000	450	1.000	73	377	4.838	48.378	0.0022	0.05%				3.24%
		4.000	450	1.000	74	376	4.836	48.356	0.0022	0.05%				3.29%
		4.000	450	1.000	75	375	4.833	48.333	0.0022	0.05%				3.33%
		4.000	450	1.000	76	374	4.831	48.311	0.0022	0.05%				3.38%
		4.000	450	1.000	77	373	4.829	48.289	0.0022	0.05%				3.42%
		4.000	450	1.000	78	372	4.827	48.267	0.0022	0.05%				3.47%
		4.000	450	1.000	79	371	4.824	48.244	0.0022	0.05%				3.51%
		4.000	450	1.000	80	370	4.822	48.222	0.0022	0.05%				3.56%
		4.000	450	1.000	81	369	4.820	48.200	0.0022	0.05%				3.60%
		4.000	450	1.000	82	368	4.818	48.178	0.0022	0.05%				3.64%
		4.000	450	1.000	83	367	4.816	48.156	0.0022	0.05%				3.69%
		4.000	450	1.000	84	366	4.813	48.133	0.0022	0.05%	0.029	0.64%	0.289	3.73%
		4.000	450	1.000	85	365	4.811	48.111	0.0022	0.05%				3.78%
		4.000	450	1.000	86	364	4.809	48.089	0.0022	0.05%				3.82%
		4.000	450	1.000	87	363	4.807	48.067	0.0022	0.05%				3.87%
		4.000	450	1.000	88	362	4.804	48.044	0.0022	0.05%				3.91%
		4.000	450	1.000	89	361	4.802	48.022	0.0022	0.05%				3.96%
		4.000	450	1.000	90	360	4.800	48.000	0.0022	0.05%				4.00%
		4.000	450	1.000	91	359	4.798	47.978	0.0022	0.05%				4.04%
		4.000	450	1.000	92	358	4.796	47.956	0.0022	0.05%				4.09%
		4.000	450	1.000	93	357	4.793	47.933	0.0022	0.05%				4.13%
		4.000	450	1.000	94	356	4.791	47.911	0.0022	0.05%				4.18%
		4.000	450	1.000	95	355	4.789	47.889	0.0022	0.05%				4.22%
		4.000	450	1.000	96	354	4.787	47.867	0.0022	0.05%				4.27%
		4.000	450	1.000	97	353	4.784	47.844	0.0022	0.05%				4.31%
		4.000	450	1.000	98	352	4.782	47.822	0.0022	0.05%	0.029	0.65%	0.289	4.36%
		4.000	450	1.000	99	351	4.780	47.800	0.0022	0.05%				4.40%
		4.000	450	1.000	100	350	4.778	47.778	0.0022	0.05%				4.44%
		4.000	450	1.000	101	349	4.776	47.756	0.0022	0.05%				4.49%
		4.000	450	1.000	102	348	4.773	47.733	0.0022	0.05%				4.53%
		4.000	450	1.000	103	347	4.771	47.711	0.0022	0.05%				4.58%
		4.000	450	1.000	104	346	4.769	47.689	0.0022	0.05%				4.62%
		4.000	450	1.000	105	345	4.767	47.667	0.0022	0.05%				4.67%
		4.000	450	1.000	106	344	4.764	47.644	0.0022	0.05%				4.71%
		4.000	450	1.000	107	343	4.762	47.622	0.0022	0.05%				4.76%
		4.000	450	1.000	108	342	4.760	47.600	0.0022	0.05%				4.80%
		4.000	450	1.000	109	341	4.758	47.578	0.0022	0.05%				4.84%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
		4.000	450	1.000	110	340	4.756	47.556	0.0022	0.05%			4.89%
		4.000	450	1.000	111	339	4.753	47.533	0.0022	0.05%			4.93%
		4.000	450	1.000	112	338	4.751	47.511	0.0022	0.05%	0.029	0.65%	4.98%
		4.000	450	1.000	113	337	4.749	47.489	0.0022	0.05%			5.02%
		4.000	450	1.000	114	336	4.747	47.467	0.0022	0.05%			5.07%
		4.000	450	1.000	115	335	4.744	47.444	0.0022	0.05%			5.11%
		4.000	450	1.000	116	334	4.742	47.422	0.0022	0.05%			5.16%
		4.000	450	1.000	117	333	4.740	47.400	0.0022	0.05%			5.20%
		4.000	450	1.000	118	332	4.738	47.378	0.0022	0.05%			5.24%
		4.000	450	1.000	119	331	4.736	47.356	0.0022	0.05%			5.29%
		4.000	450	1.000	120	330	4.733	47.333	0.0022	0.05%			5.33%
		4.000	450	1.000	121	329	4.731	47.311	0.0022	0.05%			5.38%
		4.000	450	1.000	122	328	4.729	47.289	0.0022	0.05%			5.42%
		4.000	450	1.000	123	327	4.727	47.267	0.0022	0.05%			5.47%
		4.000	450	1.000	124	326	4.724	47.244	0.0022	0.05%			5.51%
		4.000	450	1.000	125	325	4.722	47.222	0.0022	0.05%			5.56%
		4.000	450	1.000	126	324	4.720	47.200	0.0022	0.05%	0.029	0.65%	5.60%
		4.000	450	1.000	127	323	4.718	47.178	0.0022	0.05%			5.64%
		4.000	450	1.000	128	322	4.716	47.156	0.0022	0.05%			5.69%
		4.000	450	1.000	129	321	4.713	47.133	0.0022	0.05%			5.73%
		4.000	450	1.000	130	320	4.711	47.111	0.0022	0.05%			5.78%
		4.000	450	1.000	131	319	4.709	47.089	0.0022	0.05%			5.82%
		4.000	450	1.000	132	318	4.707	47.067	0.0022	0.05%			5.87%
		4.000	450	1.000	133	317	4.704	47.044	0.0022	0.05%			5.91%
		4.000	450	1.000	134	316	4.702	47.022	0.0022	0.05%			5.96%
		4.000	450	1.000	135	315	4.700	47.000	0.0022	0.05%			6.00%
		4.000	450	1.000	136	314	4.698	46.978	0.0022	0.05%			6.04%
		4.000	450	1.000	137	313	4.696	46.956	0.0022	0.05%			6.09%
		4.000	450	1.000	138	312	4.693	46.933	0.0022	0.05%			6.13%
		4.000	450	1.000	139	311	4.691	46.911	0.0022	0.05%			6.18%
		4.000	450	1.000	140	310	4.689	46.889	0.0022	0.05%	0.029	0.66%	6.22%
		4.000	450	1.000	141	309	4.687	46.867	0.0022	0.05%			6.27%
		4.000	450	1.000	142	308	4.684	46.844	0.0022	0.05%			6.31%
		4.000	450	1.000	143	307	4.682	46.822	0.0022	0.05%			6.36%
		4.000	450	1.000	144	306	4.680	46.800	0.0022	0.05%			6.40%
		4.000	450	1.000	145	305	4.678	46.778	0.0022	0.05%			6.44%
		4.000	450	1.000	146	304	4.676	46.756	0.0022	0.05%			6.49%
		4.000	450	1.000	147	303	4.673	46.733	0.0022	0.05%			6.53%
		4.000	450	1.000	148	302	4.671	46.711	0.0022	0.05%			6.58%
		4.000	450	1.000	149	301	4.669	46.689	0.0022	0.05%			6.62%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	450	1.000	150	300	4.667	46.667	0.0022	0.05%			6.67%	
		4.000	450	1.000	151	299	4.664	46.644	0.0022	0.05%			6.71%	
		4.000	450	1.000	152	298	4.662	46.622	0.0022	0.05%			6.76%	
		4.000	450	1.000	153	297	4.660	46.600	0.0022	0.05%			6.80%	
		4.000	450	1.000	154	296	4.658	46.578	0.0022	0.05%	0.029	0.66%	0.289	6.84%
		4.000	450	1.000	155	295	4.656	46.556	0.0022	0.05%			6.89%	
		4.000	450	1.000	156	294	4.653	46.533	0.0022	0.05%			6.93%	
		4.000	450	1.000	157	293	4.651	46.511	0.0022	0.05%			6.98%	
		4.000	450	1.000	158	292	4.649	46.489	0.0022	0.05%			7.02%	
		4.000	450	1.000	159	291	4.647	46.467	0.0022	0.05%			7.07%	
		4.000	450	1.000	160	290	4.644	46.444	0.0022	0.05%			7.11%	
		4.000	450	1.000	161	289	4.642	46.422	0.0022	0.05%			7.16%	
		4.000	450	1.000	162	288	4.640	46.400	0.0022	0.05%			7.20%	
		4.000	450	1.000	163	287	4.638	46.378	0.0022	0.05%			7.24%	
		4.000	450	1.000	164	286	4.636	46.356	0.0022	0.05%			7.29%	
		4.000	450	1.000	165	285	4.633	46.333	0.0022	0.05%			7.33%	
		4.000	450	1.000	166	284	4.631	46.311	0.0022	0.05%			7.38%	
		4.000	450	1.000	167	283	4.629	46.289	0.0022	0.05%			7.42%	
		4.000	450	1.000	168	282	4.627	46.267	0.0022	0.05%	0.029	0.67%	0.289	7.47%
		4.000	450	1.000	169	281	4.624	46.244	0.0022	0.05%			7.51%	
		4.000	450	1.000	170	280	4.622	46.222	0.0022	0.05%			7.56%	
		4.000	450	1.000	171	279	4.620	46.200	0.0022	0.05%			7.60%	
		4.000	450	1.000	172	278	4.618	46.178	0.0022	0.05%			7.64%	
		4.000	450	1.000	173	277	4.616	46.156	0.0022	0.05%			7.69%	
		4.000	450	1.000	174	276	4.613	46.133	0.0022	0.05%			7.73%	
		4.000	450	1.000	175	275	4.611	46.111	0.0022	0.05%			7.78%	
		4.000	450	1.000	176	274	4.609	46.089	0.0022	0.05%			7.82%	
		4.000	450	1.000	177	273	4.607	46.067	0.0022	0.05%			7.87%	
		4.000	450	1.000	178	272	4.604	46.044	0.0022	0.05%			7.91%	
		4.000	450	1.000	179	271	4.602	46.022	0.0022	0.05%			7.96%	
		4.000	450	1.000	180	270	4.600	46.000	0.0022	0.05%			8.00%	
		4.000	450	1.000	181	269	4.598	45.978	0.0022	0.05%			8.04%	
		4.000	450	1.000	182	268	4.596	45.956	0.0022	0.05%	0.029	0.67%	0.289	8.09%
		4.000	450	1.000	183	267	4.593	45.933	0.0022	0.05%			8.13%	
		4.000	450	1.000	184	266	4.591	45.911	0.0022	0.05%			8.18%	
		4.000	450	1.000	185	265	4.589	45.889	0.0022	0.05%			8.22%	
		4.000	450	1.000	186	264	4.587	45.867	0.0022	0.05%			8.27%	
		4.000	450	1.000	187	263	4.584	45.844	0.0022	0.05%			8.31%	
		4.000	450	1.000	188	262	4.582	45.822	0.0022	0.05%			8.36%	
		4.000	450	1.000	189	261	4.580	45.800	0.0022	0.05%			8.40%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	450	1.000	190	260	4.578	45.778	0.0022	0.05%			8.44%	
		4.000	450	1.000	191	259	4.576	45.756	0.0022	0.05%			8.49%	
		4.000	450	1.000	192	258	4.573	45.733	0.0022	0.05%			8.53%	
		4.000	450	1.000	193	257	4.571	45.711	0.0022	0.05%			8.58%	
		4.000	450	1.000	194	256	4.569	45.689	0.0022	0.05%			8.62%	
		4.000	450	1.000	195	255	4.567	45.667	0.0022	0.05%			8.67%	
		4.000	450	1.000	196	254	4.564	45.644	0.0022	0.05%	0.029	0.68%	0.289	8.71%
		4.000	450	1.000	197	253	4.562	45.622	0.0022	0.05%				8.76%
		4.000	450	1.000	198	252	4.560	45.600	0.0022	0.05%				8.80%
		4.000	450	1.000	199	251	4.558	45.578	0.0022	0.05%				8.84%
		4.000	450	1.000	200	250	4.556	45.556	0.0022	0.05%				8.89%
		4.000	450	1.000	201	249	4.553	45.533	0.0022	0.05%				8.93%
		4.000	450	1.000	202	248	4.551	45.511	0.0022	0.05%				8.98%
		4.000	450	1.000	203	247	4.549	45.489	0.0022	0.05%				9.02%
		4.000	450	1.000	204	246	4.547	45.467	0.0022	0.05%				9.07%
		4.000	450	1.000	205	245	4.544	45.444	0.0022	0.05%				9.11%
		4.000	450	1.000	206	244	4.542	45.422	0.0022	0.05%				9.16%
		4.000	450	1.000	207	243	4.540	45.400	0.0022	0.05%				9.20%
		4.000	450	1.000	208	242	4.538	45.378	0.0022	0.05%				9.24%
		4.000	450	1.000	209	241	4.536	45.356	0.0022	0.05%				9.29%
		4.000	450	1.000	210	240	4.533	45.333	0.0022	0.05%	0.029	0.68%	0.289	9.33%
		4.000	450	1.000	211	239	4.531	45.311	0.0022	0.05%				9.38%
		4.000	450	1.000	212	238	4.529	45.289	0.0022	0.05%				9.42%
		4.000	450	1.000	213	237	4.527	45.267	0.0022	0.05%				9.47%
		4.000	450	1.000	214	236	4.524	45.244	0.0022	0.05%				9.51%
		4.000	450	1.000	215	235	4.522	45.222	0.0022	0.05%				9.56%
		4.000	450	1.000	216	234	4.520	45.200	0.0022	0.05%				9.60%
		4.000	450	1.000	217	233	4.518	45.178	0.0022	0.05%				9.64%
		4.000	450	1.000	218	232	4.516	45.156	0.0022	0.05%				9.69%
		4.000	450	1.000	219	231	4.513	45.133	0.0022	0.05%				9.73%
		4.000	450	1.000	220	230	4.511	45.111	0.0022	0.05%				9.78%
		4.000	450	1.000	221	229	4.509	45.089	0.0022	0.05%				9.82%
		4.000	450	1.000	222	228	4.507	45.067	0.0022	0.05%				9.87%
		4.000	450	1.000	223	227	4.504	45.044	0.0022	0.05%				9.91%
		4.000	450	1.000	224	226	4.502	45.022	0.0022	0.05%	0.029	0.69%	0.289	9.96%
		4.000	450	1.000	225	225	4.500	45.000	0.0022	0.05%				10.00%
		4.000	450	1.000	226	224	4.498	44.978	0.0022	0.05%				10.04%
		4.000	450	1.000	227	223	4.496	44.956	0.0022	0.05%				10.09%
		4.000	450	1.000	228	222	4.493	44.933	0.0022	0.05%				10.13%
		4.000	450	1.000	229	221	4.491	44.911	0.0022	0.05%				10.18%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	450	1.000	230	220	4.489	44.889	0.0022	0.05%			10.22%	
		4.000	450	1.000	231	219	4.487	44.867	0.0022	0.05%			10.27%	
		4.000	450	1.000	232	218	4.484	44.844	0.0022	0.05%			10.31%	
		4.000	450	1.000	233	217	4.482	44.822	0.0022	0.05%			10.36%	
		4.000	450	1.000	234	216	4.480	44.800	0.0022	0.05%			10.40%	
		4.000	450	1.000	235	215	4.478	44.778	0.0022	0.05%			10.44%	
		4.000	450	1.000	236	214	4.476	44.756	0.0022	0.05%			10.49%	
		4.000	450	1.000	237	213	4.473	44.733	0.0022	0.05%			10.53%	
		4.000	450	1.000	238	212	4.471	44.711	0.0022	0.05%	0.029	0.69%	0.289	10.58%
		4.000	450	1.000	239	211	4.469	44.689	0.0022	0.05%			10.62%	
		4.000	450	1.000	240	210	4.467	44.667	0.0022	0.05%			10.67%	
		4.000	450	1.000	241	209	4.464	44.644	0.0022	0.05%			10.71%	
		4.000	450	1.000	242	208	4.462	44.622	0.0022	0.05%			10.76%	
		4.000	450	1.000	243	207	4.460	44.600	0.0022	0.05%			10.80%	
		4.000	450	1.000	244	206	4.458	44.578	0.0022	0.05%			10.84%	
		4.000	450	1.000	245	205	4.456	44.556	0.0022	0.05%			10.89%	
		4.000	450	1.000	246	204	4.453	44.533	0.0022	0.05%			10.93%	
		4.000	450	1.000	247	203	4.451	44.511	0.0022	0.05%			10.98%	
		4.000	450	1.000	248	202	4.449	44.489	0.0022	0.05%			11.02%	
		4.000	450	1.000	249	201	4.447	44.467	0.0022	0.05%			11.07%	
		4.000	450	1.000	250	200	4.444	44.444	0.0022	0.05%			11.11%	
		4.000	450	1.000	251	199	4.442	44.422	0.0022	0.05%			11.16%	
		4.000	450	1.000	252	198	4.440	44.400	0.0022	0.05%	0.029	0.70%	0.289	11.20%
		4.000	450	1.000	253	197	4.438	44.378	0.0022	0.05%			11.24%	
		4.000	450	1.000	254	196	4.436	44.356	0.0022	0.05%			11.29%	
		4.000	450	1.000	255	195	4.433	44.333	0.0022	0.05%			11.33%	
		4.000	450	1.000	256	194	4.431	44.311	0.0022	0.05%			11.38%	
		4.000	450	1.000	257	193	4.429	44.289	0.0022	0.05%			11.42%	
		4.000	450	1.000	258	192	4.427	44.267	0.0022	0.05%			11.47%	
		4.000	450	1.000	259	191	4.424	44.244	0.0022	0.05%			11.51%	
		4.000	450	1.000	260	190	4.422	44.222	0.0022	0.05%			11.56%	
		4.000	450	1.000	261	189	4.420	44.200	0.0022	0.05%			11.60%	
		4.000	450	1.000	262	188	4.418	44.178	0.0022	0.05%			11.64%	
		4.000	450	1.000	263	187	4.416	44.156	0.0022	0.05%			11.69%	
		4.000	450	1.000	264	186	4.413	44.133	0.0022	0.05%			11.73%	
		4.000	450	1.000	265	185	4.411	44.111	0.0022	0.05%			11.78%	
		4.000	450	1.000	266	184	4.409	44.089	0.0022	0.05%	0.029	0.70%	0.289	11.82%
		4.000	450	1.000	267	183	4.407	44.067	0.0022	0.05%			11.87%	
		4.000	450	1.000	268	182	4.404	44.044	0.0022	0.05%			11.91%	
		4.000	450	1.000	269	181	4.402	44.022	0.0022	0.05%			11.96%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	450	1.000	270	180	4.400	44.000	0.0022	0.05%			12.00%	
		4.000	450	1.000	271	179	4.398	43.978	0.0022	0.05%			12.04%	
		4.000	450	1.000	272	178	4.396	43.956	0.0022	0.05%			12.09%	
		4.000	450	1.000	273	177	4.393	43.933	0.0022	0.05%			12.13%	
		4.000	450	1.000	274	176	4.391	43.911	0.0022	0.05%			12.18%	
		4.000	450	1.000	275	175	4.389	43.889	0.0022	0.05%			12.22%	
		4.000	450	1.000	276	174	4.387	43.867	0.0022	0.05%			12.27%	
		4.000	450	1.000	277	173	4.384	43.844	0.0022	0.05%			12.31%	
		4.000	450	1.000	278	172	4.382	43.822	0.0022	0.05%			12.36%	
		4.000	450	1.000	279	171	4.380	43.800	0.0022	0.05%			12.40%	
		4.000	450	1.000	280	170	4.378	43.778	0.0022	0.05%	0.029	0.71%	0.289	12.44%
		4.000	450	1.000	281	169	4.376	43.756	0.0022	0.05%			12.49%	
		4.000	450	1.000	282	168	4.373	43.733	0.0022	0.05%			12.53%	
		4.000	450	1.000	283	167	4.371	43.711	0.0022	0.05%			12.58%	
		4.000	450	1.000	284	166	4.369	43.689	0.0022	0.05%			12.62%	
		4.000	450	1.000	285	165	4.367	43.667	0.0022	0.05%			12.67%	
		4.000	450	1.000	286	164	4.364	43.644	0.0022	0.05%			12.71%	
		4.000	450	1.000	287	163	4.362	43.622	0.0022	0.05%			12.76%	
		4.000	450	1.000	288	162	4.360	43.600	0.0022	0.05%			12.80%	
		4.000	450	1.000	289	161	4.358	43.578	0.0022	0.05%			12.84%	
		4.000	450	1.000	290	160	4.356	43.556	0.0022	0.05%			12.89%	
		4.000	450	1.000	291	159	4.353	43.533	0.0022	0.05%			12.93%	
		4.000	450	1.000	292	158	4.351	43.511	0.0022	0.05%			12.98%	
		4.000	450	1.000	293	157	4.349	43.489	0.0022	0.05%			13.02%	
		4.000	450	1.000	294	156	4.347	43.467	0.0022	0.05%	0.029	0.71%	0.289	13.07%
		4.000	450	1.000	295	155	4.344	43.444	0.0022	0.05%			13.11%	
		4.000	450	1.000	296	154	4.342	43.422	0.0022	0.05%			13.16%	
		4.000	450	1.000	297	153	4.340	43.400	0.0022	0.05%			13.20%	
		4.000	450	1.000	298	152	4.338	43.378	0.0022	0.05%			13.24%	
		4.000	450	1.000	299	151	4.336	43.356	0.0022	0.05%			13.29%	
		4.000	450	1.000	300	150	4.333	43.333	0.0022	0.05%			13.33%	
		4.000	450	1.000	301	149	4.331	43.311	0.0022	0.05%			13.38%	
		4.000	450	1.000	302	148	4.329	43.289	0.0022	0.05%			13.42%	
		4.000	450	1.000	303	147	4.327	43.267	0.0022	0.05%			13.47%	
		4.000	450	1.000	304	146	4.324	43.244	0.0022	0.05%			13.51%	
		4.000	450	1.000	305	145	4.322	43.222	0.0022	0.05%			13.56%	
		4.000	450	1.000	306	144	4.320	43.200	0.0022	0.05%			13.60%	
		4.000	450	1.000	307	143	4.318	43.178	0.0022	0.05%			13.64%	
		4.000	450	1.000	308	142	4.316	43.156	0.0022	0.05%	0.029	0.72%	0.289	13.69%
		4.000	450	1.000	309	141	4.313	43.133	0.0022	0.05%			13.73%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	450	1.000	310	140	4.311	43.111	0.0022	0.05%			13.78%	
		4.000	450	1.000	311	139	4.309	43.089	0.0022	0.05%			13.82%	
		4.000	450	1.000	312	138	4.307	43.067	0.0022	0.05%			13.87%	
		4.000	450	1.000	313	137	4.304	43.044	0.0022	0.05%			13.91%	
		4.000	450	1.000	314	136	4.302	43.022	0.0022	0.05%			13.96%	
		4.000	450	1.000	315	135	4.300	43.000	0.0022	0.05%			14.00%	
		4.000	450	1.000	316	134	4.298	42.978	0.0022	0.05%			14.04%	
		4.000	450	1.000	317	133	4.296	42.956	0.0022	0.05%			14.09%	
		4.000	450	1.000	318	132	4.293	42.933	0.0022	0.05%			14.13%	
		4.000	450	1.000	319	131	4.291	42.911	0.0022	0.05%			14.18%	
		4.000	450	1.000	320	130	4.289	42.889	0.0022	0.05%			14.22%	
		4.000	450	1.000	321	129	4.287	42.867	0.0022	0.05%			14.27%	
		4.000	450	1.000	322	128	4.284	42.844	0.0022	0.05%	0.029	0.72%	0.289	14.31%
		4.000	450	1.000	323	127	4.282	42.822	0.0022	0.05%			14.36%	
		4.000	450	1.000	324	126	4.280	42.800	0.0022	0.05%			14.40%	
		4.000	450	1.000	325	125	4.278	42.778	0.0022	0.05%			14.44%	
		4.000	450	1.000	326	124	4.276	42.756	0.0022	0.05%			14.49%	
		4.000	450	1.000	327	123	4.273	42.733	0.0022	0.05%			14.53%	
		4.000	450	1.000	328	122	4.271	42.711	0.0022	0.05%			14.58%	
		4.000	450	1.000	329	121	4.269	42.689	0.0022	0.05%			14.62%	
		4.000	450	1.000	330	120	4.267	42.667	0.0022	0.05%			14.67%	
		4.000	450	1.000	331	119	4.264	42.644	0.0022	0.05%			14.71%	
		4.000	450	1.000	332	118	4.262	42.622	0.0022	0.05%			14.76%	
		4.000	450	1.000	333	117	4.260	42.600	0.0022	0.05%			14.80%	
		4.000	450	1.000	334	116	4.258	42.578	0.0022	0.05%			14.84%	
		4.000	450	1.000	335	115	4.256	42.556	0.0022	0.05%			14.89%	
		4.000	450	1.000	336	114	4.253	42.533	0.0022	0.05%	0.029	0.73%	0.289	14.93%
		4.000	450	1.000	337	113	4.251	42.511	0.0022	0.05%			14.98%	
		4.000	450	1.000	338	112	4.249	42.489	0.0022	0.05%			15.02%	
		4.000	450	1.000	339	111	4.247	42.467	0.0022	0.05%			15.07%	
		4.000	450	1.000	340	110	4.244	42.444	0.0022	0.05%			15.11%	
		4.000	450	1.000	341	109	4.242	42.422	0.0022	0.05%			15.16%	
		4.000	450	1.000	342	108	4.240	42.400	0.0022	0.05%			15.20%	
		4.000	450	1.000	343	107	4.238	42.378	0.0022	0.05%			15.24%	
		4.000	450	1.000	344	106	4.236	42.356	0.0022	0.05%			15.29%	
		4.000	450	1.000	345	105	4.233	42.333	0.0022	0.05%			15.33%	
		4.000	450	1.000	346	104	4.231	42.311	0.0022	0.05%			15.38%	
		4.000	450	1.000	347	103	4.229	42.289	0.0022	0.05%			15.42%	
		4.000	450	1.000	348	102	4.227	42.267	0.0022	0.05%			15.47%	
		4.000	450	1.000	349	101	4.224	42.244	0.0022	0.05%			15.51%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	450	1.000	350	100	4.222	42.222	0.0022	0.05%	0.029	0.73%	0.289	15.56%
		4.000	450	1.000	351	99	4.220	42.200	0.0022	0.05%				15.60%
		4.000	450	1.000	352	98	4.218	42.178	0.0022	0.05%				15.64%
		4.000	450	1.000	353	97	4.216	42.156	0.0022	0.05%				15.69%
		4.000	450	1.000	354	96	4.213	42.133	0.0022	0.05%				15.73%
		4.000	450	1.000	355	95	4.211	42.111	0.0022	0.05%				15.78%
		4.000	450	1.000	356	94	4.209	42.089	0.0022	0.05%				15.82%
		4.000	450	1.000	357	93	4.207	42.067	0.0022	0.05%				15.87%
		4.000	450	1.000	358	92	4.204	42.044	0.0022	0.05%				15.91%
		4.000	450	1.000	359	91	4.202	42.022	0.0022	0.05%				15.96%
		4.000	450	1.000	360	90	4.200	42.000	0.0022	0.05%				16.00%
		4.000	450	1.000	361	89	4.198	41.978	0.0022	0.05%				16.04%
		4.000	450	1.000	362	88	4.196	41.956	0.0022	0.05%				16.09%
		4.000	450	1.000	363	87	4.193	41.933	0.0022	0.05%				16.13%
		4.000	450	1.000	364	86	4.191	41.911	0.0022	0.05%	0.029	0.74%	0.289	16.18%
		4.000	450	1.000	365	85	4.189	41.889	0.0022	0.05%				16.22%
		4.000	450	1.000	366	84	4.187	41.867	0.0022	0.05%				16.27%
		4.000	450	1.000	367	83	4.184	41.844	0.0022	0.05%				16.31%
		4.000	450	1.000	368	82	4.182	41.822	0.0022	0.05%				16.36%
		4.000	450	1.000	369	81	4.180	41.800	0.0022	0.05%				16.40%
		4.000	450	1.000	370	80	4.178	41.778	0.0022	0.05%				16.44%
		4.000	450	1.000	371	79	4.176	41.756	0.0022	0.05%				16.49%
		4.000	450	1.000	372	78	4.173	41.733	0.0022	0.05%				16.53%
		4.000	450	1.000	373	77	4.171	41.711	0.0022	0.05%				16.58%
		4.000	450	1.000	374	76	4.169	41.689	0.0022	0.05%				16.62%
		4.000	450	1.000	375	75	4.167	41.667	0.0022	0.05%				16.67%
		4.000	450	1.000	376	74	4.164	41.644	0.0022	0.05%				16.71%
		4.000	450	1.000	377	73	4.162	41.622	0.0022	0.05%				16.76%
		4.000	450	1.000	378	72	4.160	41.600	0.0022	0.05%	0.029	0.74%	0.289	16.80%
		4.000	450	1.000	379	71	4.158	41.578	0.0022	0.05%				16.84%
		4.000	450	1.000	380	70	4.156	41.556	0.0022	0.05%				16.89%
		4.000	450	1.000	381	69	4.153	41.533	0.0022	0.05%				16.93%
		4.000	450	1.000	382	68	4.151	41.511	0.0022	0.05%				16.98%
		4.000	450	1.000	383	67	4.149	41.489	0.0022	0.05%				17.02%
		4.000	450	1.000	384	66	4.147	41.467	0.0022	0.05%				17.07%
		4.000	450	1.000	385	65	4.144	41.444	0.0022	0.05%				17.11%
		4.000	450	1.000	386	64	4.142	41.422	0.0022	0.05%				17.16%
		4.000	450	1.000	387	63	4.140	41.400	0.0022	0.05%				17.20%
		4.000	450	1.000	388	62	4.138	41.378	0.0022	0.05%				17.24%
		4.000	450	1.000	389	61	4.136	41.356	0.0022	0.05%				17.29%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	450	1.000	390	60	4.133	41.333	0.0022	0.05%			17.33%	
		4.000	450	1.000	391	59	4.131	41.311	0.0022	0.05%			17.38%	
		4.000	450	1.000	392	58	4.129	41.289	0.0022	0.05%	0.029	0.75%	0.289	17.42%
		4.000	450	1.000	393	57	4.127	41.267	0.0022	0.05%				17.47%
		4.000	450	1.000	394	56	4.124	41.244	0.0022	0.05%				17.51%
		4.000	450	1.000	395	55	4.122	41.222	0.0022	0.05%				17.56%
		4.000	450	1.000	396	54	4.120	41.200	0.0022	0.05%				17.60%
		4.000	450	1.000	397	53	4.118	41.178	0.0022	0.05%				17.64%
		4.000	450	1.000	398	52	4.116	41.156	0.0022	0.05%				17.69%
		4.000	450	1.000	399	51	4.113	41.133	0.0022	0.05%				17.73%
		4.000	450	1.000	400	50	4.111	41.111	0.0022	0.05%				17.78%
		4.000	450	1.000	401	49	4.109	41.089	0.0022	0.05%				17.82%
		4.000	450	1.000	402	48	4.107	41.067	0.0022	0.05%				17.87%
		4.000	450	1.000	403	47	4.104	41.044	0.0022	0.05%				17.91%
		4.000	450	1.000	404	46	4.102	41.022	0.0022	0.05%				17.96%
		4.000	450	1.000	405	45	4.100	41.000	0.0022	0.05%				18.00%
		4.000	450	1.000	406	44	4.098	40.978	0.0022	0.05%	0.029	0.75%	0.289	18.04%
		4.000	450	1.000	407	43	4.096	40.956	0.0022	0.05%				18.09%
		4.000	450	1.000	408	42	4.093	40.933	0.0022	0.05%				18.13%
		4.000	450	1.000	409	41	4.091	40.911	0.0022	0.05%				18.18%
		4.000	450	1.000	410	40	4.089	40.889	0.0022	0.05%				18.22%
		4.000	450	1.000	411	39	4.087	40.867	0.0022	0.05%				18.27%
		4.000	450	1.000	412	38	4.084	40.844	0.0022	0.05%				18.31%
		4.000	450	1.000	413	37	4.082	40.822	0.0022	0.05%				18.36%
		4.000	450	1.000	414	36	4.080	40.800	0.0022	0.05%				18.40%
		4.000	450	1.000	415	35	4.078	40.778	0.0022	0.05%				18.44%
		4.000	450	1.000	416	34	4.076	40.756	0.0022	0.05%				18.49%
		4.000	450	1.000	417	33	4.073	40.733	0.0022	0.05%				18.53%
		4.000	450	1.000	418	32	4.071	40.711	0.0022	0.05%				18.58%
		4.000	450	1.000	419	31	4.069	40.689	0.0022	0.05%				18.62%
		4.000	450	1.000	420	30	4.067	40.667	0.0022	0.05%	0.029	0.76%	0.289	18.67%
		4.000	450	1.000	421	29	4.064	40.644	0.0022	0.05%				18.71%
		4.000	450	1.000	422	28	4.062	40.622	0.0022	0.05%				18.76%
		4.000	450	1.000	423	27	4.060	40.600	0.0022	0.05%				18.80%
		4.000	450	1.000	424	26	4.058	40.578	0.0022	0.05%				18.84%
		4.000	450	1.000	425	25	4.056	40.556	0.0022	0.05%				18.89%
		4.000	450	1.000	426	24	4.053	40.533	0.0022	0.05%				18.93%
		4.000	450	1.000	427	23	4.051	40.511	0.0022	0.05%				18.98%
		4.000	450	1.000	428	22	4.049	40.489	0.0022	0.05%				19.02%
		4.000	450	1.000	429	21	4.047	40.467	0.0022	0.05%				19.07%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5.000
 Current Dose 4.000
 Start Date March 27, 2007
 Dry Dose 3.000
 Dissolve Dose 1.000
 Water in ML 450
 ML Increments 1
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	450	1.000	1	449	3.998	39.978	0.0022	0.06%			20.04%	
		3.000	450	1.000	2	448	3.996	39.956	0.0022	0.06%			20.09%	
		3.000	450	1.000	3	447	3.993	39.933	0.0022	0.06%			20.13%	
		3.000	450	1.000	4	446	3.991	39.911	0.0022	0.06%			20.18%	
		3.000	450	1.000	5	445	3.989	39.889	0.0022	0.06%			20.22%	
		3.000	450	1.000	6	444	3.987	39.867	0.0022	0.06%			20.27%	
		3.000	450	1.000	7	443	3.984	39.844	0.0022	0.06%			20.31%	
		3.000	450	1.000	8	442	3.982	39.822	0.0022	0.06%			20.36%	
		3.000	450	1.000	9	441	3.980	39.800	0.0022	0.06%			20.40%	
		3.000	450	1.000	10	440	3.978	39.778	0.0022	0.06%			20.44%	
		3.000	450	1.000	11	439	3.976	39.756	0.0022	0.06%			20.49%	
		3.000	450	1.000	12	438	3.973	39.733	0.0022	0.06%			20.53%	
		3.000	450	1.000	13	437	3.971	39.711	0.0022	0.06%			20.58%	
		3.000	450	1.000	14	436	3.969	39.689	0.0022	0.06%	0.029	0.72%	0.289	20.62%
		3.000	450	1.000	15	435	3.967	39.667	0.0022	0.06%			20.67%	
		3.000	450	1.000	16	434	3.964	39.644	0.0022	0.06%			20.71%	
		3.000	450	1.000	17	433	3.962	39.622	0.0022	0.06%			20.76%	
		3.000	450	1.000	18	432	3.960	39.600	0.0022	0.06%			20.80%	
		3.000	450	1.000	19	431	3.958	39.578	0.0022	0.06%			20.84%	
		3.000	450	1.000	20	430	3.956	39.556	0.0022	0.06%			20.89%	
		3.000	450	1.000	21	429	3.953	39.533	0.0022	0.06%			20.93%	
		3.000	450	1.000	22	428	3.951	39.511	0.0022	0.06%			20.98%	
		3.000	450	1.000	23	427	3.949	39.489	0.0022	0.06%			21.02%	
		3.000	450	1.000	24	426	3.947	39.467	0.0022	0.06%			21.07%	
		3.000	450	1.000	25	425	3.944	39.444	0.0022	0.06%			21.11%	
		3.000	450	1.000	26	424	3.942	39.422	0.0022	0.06%			21.16%	
		3.000	450	1.000	27	423	3.940	39.400	0.0022	0.06%			21.20%	
		3.000	450	1.000	28	422	3.938	39.378	0.0022	0.06%	0.029	0.78%	0.289	21.24%
		3.000	450	1.000	29	421	3.936	39.356	0.0022	0.06%			21.29%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	450	1.000	30	420	3.933	39.333	0.0022	0.06%			21.33%	
		3.000	450	1.000	31	419	3.931	39.311	0.0022	0.06%			21.38%	
		3.000	450	1.000	32	418	3.929	39.289	0.0022	0.06%			21.42%	
		3.000	450	1.000	33	417	3.927	39.267	0.0022	0.06%			21.47%	
		3.000	450	1.000	34	416	3.924	39.244	0.0022	0.06%			21.51%	
		3.000	450	1.000	35	415	3.922	39.222	0.0022	0.06%			21.56%	
		3.000	450	1.000	36	414	3.920	39.200	0.0022	0.06%			21.60%	
		3.000	450	1.000	37	413	3.918	39.178	0.0022	0.06%			21.64%	
		3.000	450	1.000	38	412	3.916	39.156	0.0022	0.06%			21.69%	
		3.000	450	1.000	39	411	3.913	39.133	0.0022	0.06%			21.73%	
		3.000	450	1.000	40	410	3.911	39.111	0.0022	0.06%			21.78%	
		3.000	450	1.000	41	409	3.909	39.089	0.0022	0.06%			21.82%	
		3.000	450	1.000	42	408	3.907	39.067	0.0022	0.06%	0.029	0.79%	0.289	21.87%
		3.000	450	1.000	43	407	3.904	39.044	0.0022	0.06%			21.91%	
		3.000	450	1.000	44	406	3.902	39.022	0.0022	0.06%			21.96%	
		3.000	450	1.000	45	405	3.900	39.000	0.0022	0.06%			22.00%	
		3.000	450	1.000	46	404	3.898	38.978	0.0022	0.06%			22.04%	
		3.000	450	1.000	47	403	3.896	38.956	0.0022	0.06%			22.09%	
		3.000	450	1.000	48	402	3.893	38.933	0.0022	0.06%			22.13%	
		3.000	450	1.000	49	401	3.891	38.911	0.0022	0.06%			22.18%	
		3.000	450	1.000	50	400	3.889	38.889	0.0022	0.06%			22.22%	
		3.000	450	1.000	51	399	3.887	38.867	0.0022	0.06%			22.27%	
		3.000	450	1.000	52	398	3.884	38.844	0.0022	0.06%			22.31%	
		3.000	450	1.000	53	397	3.882	38.822	0.0022	0.06%			22.36%	
		3.000	450	1.000	54	396	3.880	38.800	0.0022	0.06%			22.40%	
		3.000	450	1.000	55	395	3.878	38.778	0.0022	0.06%			22.44%	
		3.000	450	1.000	56	394	3.876	38.756	0.0022	0.06%	0.029	0.80%	0.289	22.49%
		3.000	450	1.000	57	393	3.873	38.733	0.0022	0.06%			22.53%	
		3.000	450	1.000	58	392	3.871	38.711	0.0022	0.06%			22.58%	
		3.000	450	1.000	59	391	3.869	38.689	0.0022	0.06%			22.62%	
		3.000	450	1.000	60	390	3.867	38.667	0.0022	0.06%			22.67%	
		3.000	450	1.000	61	389	3.864	38.644	0.0022	0.06%			22.71%	
		3.000	450	1.000	62	388	3.862	38.622	0.0022	0.06%			22.76%	
		3.000	450	1.000	63	387	3.860	38.600	0.0022	0.06%			22.80%	
		3.000	450	1.000	64	386	3.858	38.578	0.0022	0.06%			22.84%	
		3.000	450	1.000	65	385	3.856	38.556	0.0022	0.06%			22.89%	
		3.000	450	1.000	66	384	3.853	38.533	0.0022	0.06%			22.93%	
		3.000	450	1.000	67	383	3.851	38.511	0.0022	0.06%			22.98%	
		3.000	450	1.000	68	382	3.849	38.489	0.0022	0.06%			23.02%	
		3.000	450	1.000	69	381	3.847	38.467	0.0022	0.06%			23.07%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	450	1.000	70	380	3.844	38.444	0.0022	0.06%	0.029	0.80%	0.289	23.11%
		3.000	450	1.000	71	379	3.842	38.422	0.0022	0.06%				23.16%
		3.000	450	1.000	72	378	3.840	38.400	0.0022	0.06%				23.20%
		3.000	450	1.000	73	377	3.838	38.378	0.0022	0.06%				23.24%
		3.000	450	1.000	74	376	3.836	38.356	0.0022	0.06%				23.29%
		3.000	450	1.000	75	375	3.833	38.333	0.0022	0.06%				23.33%
		3.000	450	1.000	76	374	3.831	38.311	0.0022	0.06%				23.38%
		3.000	450	1.000	77	373	3.829	38.289	0.0022	0.06%				23.42%
		3.000	450	1.000	78	372	3.827	38.267	0.0022	0.06%				23.47%
		3.000	450	1.000	79	371	3.824	38.244	0.0022	0.06%				23.51%
		3.000	450	1.000	80	370	3.822	38.222	0.0022	0.06%				23.56%
		3.000	450	1.000	81	369	3.820	38.200	0.0022	0.06%				23.60%
		3.000	450	1.000	82	368	3.818	38.178	0.0022	0.06%				23.64%
		3.000	450	1.000	83	367	3.816	38.156	0.0022	0.06%				23.69%
		3.000	450	1.000	84	366	3.813	38.133	0.0022	0.06%	0.029	0.81%	0.289	23.73%
		3.000	450	1.000	85	365	3.811	38.111	0.0022	0.06%				23.78%
		3.000	450	1.000	86	364	3.809	38.089	0.0022	0.06%				23.82%
		3.000	450	1.000	87	363	3.807	38.067	0.0022	0.06%				23.87%
		3.000	450	1.000	88	362	3.804	38.044	0.0022	0.06%				23.91%
		3.000	450	1.000	89	361	3.802	38.022	0.0022	0.06%				23.96%
		3.000	450	1.000	90	360	3.800	38.000	0.0022	0.06%				24.00%
		3.000	450	1.000	91	359	3.798	37.978	0.0022	0.06%				24.04%
		3.000	450	1.000	92	358	3.796	37.956	0.0022	0.06%				24.09%
		3.000	450	1.000	93	357	3.793	37.933	0.0022	0.06%				24.13%
		3.000	450	1.000	94	356	3.791	37.911	0.0022	0.06%				24.18%
		3.000	450	1.000	95	355	3.789	37.889	0.0022	0.06%				24.22%
		3.000	450	1.000	96	354	3.787	37.867	0.0022	0.06%				24.27%
		3.000	450	1.000	97	353	3.784	37.844	0.0022	0.06%				24.31%
		3.000	450	1.000	98	352	3.782	37.822	0.0022	0.06%	0.029	0.82%	0.289	24.36%
		3.000	450	1.000	99	351	3.780	37.800	0.0022	0.06%				24.40%
		3.000	450	1.000	100	350	3.778	37.778	0.0022	0.06%				24.44%
		3.000	450	1.000	101	349	3.776	37.756	0.0022	0.06%				24.49%
		3.000	450	1.000	102	348	3.773	37.733	0.0022	0.06%				24.53%
		3.000	450	1.000	103	347	3.771	37.711	0.0022	0.06%				24.58%
		3.000	450	1.000	104	346	3.769	37.689	0.0022	0.06%				24.62%
		3.000	450	1.000	105	345	3.767	37.667	0.0022	0.06%				24.67%
		3.000	450	1.000	106	344	3.764	37.644	0.0022	0.06%				24.71%
		3.000	450	1.000	107	343	3.762	37.622	0.0022	0.06%				24.76%
		3.000	450	1.000	108	342	3.760	37.600	0.0022	0.06%				24.80%
		3.000	450	1.000	109	341	3.758	37.578	0.0022	0.06%				24.84%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
		3.000	450	1.000	110	340	3.756	37.556	0.0022	0.06%			24.89%
		3.000	450	1.000	111	339	3.753	37.533	0.0022	0.06%			24.93%
		3.000	450	1.000	112	338	3.751	37.511	0.0022	0.06%	0.029	0.82%	24.98%
		3.000	450	1.000	113	337	3.749	37.489	0.0022	0.06%			25.02%
		3.000	450	1.000	114	336	3.747	37.467	0.0022	0.06%			25.07%
		3.000	450	1.000	115	335	3.744	37.444	0.0022	0.06%			25.11%
		3.000	450	1.000	116	334	3.742	37.422	0.0022	0.06%			25.16%
		3.000	450	1.000	117	333	3.740	37.400	0.0022	0.06%			25.20%
		3.000	450	1.000	118	332	3.738	37.378	0.0022	0.06%			25.24%
		3.000	450	1.000	119	331	3.736	37.356	0.0022	0.06%			25.29%
		3.000	450	1.000	120	330	3.733	37.333	0.0022	0.06%			25.33%
		3.000	450	1.000	121	329	3.731	37.311	0.0022	0.06%			25.38%
		3.000	450	1.000	122	328	3.729	37.289	0.0022	0.06%			25.42%
		3.000	450	1.000	123	327	3.727	37.267	0.0022	0.06%			25.47%
		3.000	450	1.000	124	326	3.724	37.244	0.0022	0.06%			25.51%
		3.000	450	1.000	125	325	3.722	37.222	0.0022	0.06%			25.56%
		3.000	450	1.000	126	324	3.720	37.200	0.0022	0.06%	0.029	0.83%	25.60%
		3.000	450	1.000	127	323	3.718	37.178	0.0022	0.06%			25.64%
		3.000	450	1.000	128	322	3.716	37.156	0.0022	0.06%			25.69%
		3.000	450	1.000	129	321	3.713	37.133	0.0022	0.06%			25.73%
		3.000	450	1.000	130	320	3.711	37.111	0.0022	0.06%			25.78%
		3.000	450	1.000	131	319	3.709	37.089	0.0022	0.06%			25.82%
		3.000	450	1.000	132	318	3.707	37.067	0.0022	0.06%			25.87%
		3.000	450	1.000	133	317	3.704	37.044	0.0022	0.06%			25.91%
		3.000	450	1.000	134	316	3.702	37.022	0.0022	0.06%			25.96%
		3.000	450	1.000	135	315	3.700	37.000	0.0022	0.06%			26.00%
		3.000	450	1.000	136	314	3.698	36.978	0.0022	0.06%			26.04%
		3.000	450	1.000	137	313	3.696	36.956	0.0022	0.06%			26.09%
		3.000	450	1.000	138	312	3.693	36.933	0.0022	0.06%			26.13%
		3.000	450	1.000	139	311	3.691	36.911	0.0022	0.06%			26.18%
		3.000	450	1.000	140	310	3.689	36.889	0.0022	0.06%	0.029	0.84%	26.22%
		3.000	450	1.000	141	309	3.687	36.867	0.0022	0.06%			26.27%
		3.000	450	1.000	142	308	3.684	36.844	0.0022	0.06%			26.31%
		3.000	450	1.000	143	307	3.682	36.822	0.0022	0.06%			26.36%
		3.000	450	1.000	144	306	3.680	36.800	0.0022	0.06%			26.40%
		3.000	450	1.000	145	305	3.678	36.778	0.0022	0.06%			26.44%
		3.000	450	1.000	146	304	3.676	36.756	0.0022	0.06%			26.49%
		3.000	450	1.000	147	303	3.673	36.733	0.0022	0.06%			26.53%
		3.000	450	1.000	148	302	3.671	36.711	0.0022	0.06%			26.58%
		3.000	450	1.000	149	301	3.669	36.689	0.0022	0.06%			26.62%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	450	1.000	150	300	3.667	36.667	0.0022	0.06%			26.67%	
		3.000	450	1.000	151	299	3.664	36.644	0.0022	0.06%			26.71%	
		3.000	450	1.000	152	298	3.662	36.622	0.0022	0.06%			26.76%	
		3.000	450	1.000	153	297	3.660	36.600	0.0022	0.06%			26.80%	
		3.000	450	1.000	154	296	3.658	36.578	0.0022	0.06%	0.029	0.84%	0.289	26.84%
		3.000	450	1.000	155	295	3.656	36.556	0.0022	0.06%			26.89%	
		3.000	450	1.000	156	294	3.653	36.533	0.0022	0.06%			26.93%	
		3.000	450	1.000	157	293	3.651	36.511	0.0022	0.06%			26.98%	
		3.000	450	1.000	158	292	3.649	36.489	0.0022	0.06%			27.02%	
		3.000	450	1.000	159	291	3.647	36.467	0.0022	0.06%			27.07%	
		3.000	450	1.000	160	290	3.644	36.444	0.0022	0.06%			27.11%	
		3.000	450	1.000	161	289	3.642	36.422	0.0022	0.06%			27.16%	
		3.000	450	1.000	162	288	3.640	36.400	0.0022	0.06%			27.20%	
		3.000	450	1.000	163	287	3.638	36.378	0.0022	0.06%			27.24%	
		3.000	450	1.000	164	286	3.636	36.356	0.0022	0.06%			27.29%	
		3.000	450	1.000	165	285	3.633	36.333	0.0022	0.06%			27.33%	
		3.000	450	1.000	166	284	3.631	36.311	0.0022	0.06%			27.38%	
		3.000	450	1.000	167	283	3.629	36.289	0.0022	0.06%			27.42%	
		3.000	450	1.000	168	282	3.627	36.267	0.0022	0.06%	0.029	0.85%	0.289	27.47%
		3.000	450	1.000	169	281	3.624	36.244	0.0022	0.06%			27.51%	
		3.000	450	1.000	170	280	3.622	36.222	0.0022	0.06%			27.56%	
		3.000	450	1.000	171	279	3.620	36.200	0.0022	0.06%			27.60%	
		3.000	450	1.000	172	278	3.618	36.178	0.0022	0.06%			27.64%	
		3.000	450	1.000	173	277	3.616	36.156	0.0022	0.06%			27.69%	
		3.000	450	1.000	174	276	3.613	36.133	0.0022	0.06%			27.73%	
		3.000	450	1.000	175	275	3.611	36.111	0.0022	0.06%			27.78%	
		3.000	450	1.000	176	274	3.609	36.089	0.0022	0.06%			27.82%	
		3.000	450	1.000	177	273	3.607	36.067	0.0022	0.06%			27.87%	
		3.000	450	1.000	178	272	3.604	36.044	0.0022	0.06%			27.91%	
		3.000	450	1.000	179	271	3.602	36.022	0.0022	0.06%			27.96%	
		3.000	450	1.000	180	270	3.600	36.000	0.0022	0.06%			28.00%	
		3.000	450	1.000	181	269	3.598	35.978	0.0022	0.06%			28.04%	
		3.000	450	1.000	182	268	3.596	35.956	0.0022	0.06%	0.029	0.86%	0.289	28.09%
		3.000	450	1.000	183	267	3.593	35.933	0.0022	0.06%			28.13%	
		3.000	450	1.000	184	266	3.591	35.911	0.0022	0.06%			28.18%	
		3.000	450	1.000	185	265	3.589	35.889	0.0022	0.06%			28.22%	
		3.000	450	1.000	186	264	3.587	35.867	0.0022	0.06%			28.27%	
		3.000	450	1.000	187	263	3.584	35.844	0.0022	0.06%			28.31%	
		3.000	450	1.000	188	262	3.582	35.822	0.0022	0.06%			28.36%	
		3.000	450	1.000	189	261	3.580	35.800	0.0022	0.06%			28.40%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	450	1.000	190	260	3.578	35.778	0.0022	0.06%			28.44%	
		3.000	450	1.000	191	259	3.576	35.756	0.0022	0.06%			28.49%	
		3.000	450	1.000	192	258	3.573	35.733	0.0022	0.06%			28.53%	
		3.000	450	1.000	193	257	3.571	35.711	0.0022	0.06%			28.58%	
		3.000	450	1.000	194	256	3.569	35.689	0.0022	0.06%			28.62%	
		3.000	450	1.000	195	255	3.567	35.667	0.0022	0.06%			28.67%	
		3.000	450	1.000	196	254	3.564	35.644	0.0022	0.06%	0.029	0.87%	0.289	28.71%
		3.000	450	1.000	197	253	3.562	35.622	0.0022	0.06%				28.76%
		3.000	450	1.000	198	252	3.560	35.600	0.0022	0.06%				28.80%
		3.000	450	1.000	199	251	3.558	35.578	0.0022	0.06%				28.84%
		3.000	450	1.000	200	250	3.556	35.556	0.0022	0.06%				28.89%
		3.000	450	1.000	201	249	3.553	35.533	0.0022	0.06%				28.93%
		3.000	450	1.000	202	248	3.551	35.511	0.0022	0.06%				28.98%
		3.000	450	1.000	203	247	3.549	35.489	0.0022	0.06%				29.02%
		3.000	450	1.000	204	246	3.547	35.467	0.0022	0.06%				29.07%
		3.000	450	1.000	205	245	3.544	35.444	0.0022	0.06%				29.11%
		3.000	450	1.000	206	244	3.542	35.422	0.0022	0.06%				29.16%
		3.000	450	1.000	207	243	3.540	35.400	0.0022	0.06%				29.20%
		3.000	450	1.000	208	242	3.538	35.378	0.0022	0.06%				29.24%
		3.000	450	1.000	209	241	3.536	35.356	0.0022	0.06%				29.29%
		3.000	450	1.000	210	240	3.533	35.333	0.0022	0.06%	0.029	0.87%	0.289	29.33%
		3.000	450	1.000	211	239	3.531	35.311	0.0022	0.06%				29.38%
		3.000	450	1.000	212	238	3.529	35.289	0.0022	0.06%				29.42%
		3.000	450	1.000	213	237	3.527	35.267	0.0022	0.06%				29.47%
		3.000	450	1.000	214	236	3.524	35.244	0.0022	0.06%				29.51%
		3.000	450	1.000	215	235	3.522	35.222	0.0022	0.06%				29.56%
		3.000	450	1.000	216	234	3.520	35.200	0.0022	0.06%				29.60%
		3.000	450	1.000	217	233	3.518	35.178	0.0022	0.06%				29.64%
		3.000	450	1.000	218	232	3.516	35.156	0.0022	0.06%				29.69%
		3.000	450	1.000	219	231	3.513	35.133	0.0022	0.06%				29.73%
		3.000	450	1.000	220	230	3.511	35.111	0.0022	0.06%				29.78%
		3.000	450	1.000	221	229	3.509	35.089	0.0022	0.06%				29.82%
		3.000	450	1.000	222	228	3.507	35.067	0.0022	0.06%				29.87%
		3.000	450	1.000	223	227	3.504	35.044	0.0022	0.06%				29.91%
		3.000	450	1.000	224	226	3.502	35.022	0.0022	0.06%	0.029	0.88%	0.289	29.96%
		3.000	450	1.000	225	225	3.500	35.000	0.0022	0.06%				30.00%
		3.000	450	1.000	226	224	3.498	34.978	0.0022	0.06%				30.04%
		3.000	450	1.000	227	223	3.496	34.956	0.0022	0.06%				30.09%
		3.000	450	1.000	228	222	3.493	34.933	0.0022	0.06%				30.13%
		3.000	450	1.000	229	221	3.491	34.911	0.0022	0.06%				30.18%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	450	1.000	230	220	3.489	34.889	0.0022	0.06%			30.22%	
		3.000	450	1.000	231	219	3.487	34.867	0.0022	0.06%			30.27%	
		3.000	450	1.000	232	218	3.484	34.844	0.0022	0.06%			30.31%	
		3.000	450	1.000	233	217	3.482	34.822	0.0022	0.06%			30.36%	
		3.000	450	1.000	234	216	3.480	34.800	0.0022	0.06%			30.40%	
		3.000	450	1.000	235	215	3.478	34.778	0.0022	0.06%			30.44%	
		3.000	450	1.000	236	214	3.476	34.756	0.0022	0.06%			30.49%	
		3.000	450	1.000	237	213	3.473	34.733	0.0022	0.06%			30.53%	
		3.000	450	1.000	238	212	3.471	34.711	0.0022	0.06%	0.029	0.89%	0.289	30.58%
		3.000	450	1.000	239	211	3.469	34.689	0.0022	0.06%			30.62%	
		3.000	450	1.000	240	210	3.467	34.667	0.0022	0.06%			30.67%	
		3.000	450	1.000	241	209	3.464	34.644	0.0022	0.06%			30.71%	
		3.000	450	1.000	242	208	3.462	34.622	0.0022	0.06%			30.76%	
		3.000	450	1.000	243	207	3.460	34.600	0.0022	0.06%			30.80%	
		3.000	450	1.000	244	206	3.458	34.578	0.0022	0.06%			30.84%	
		3.000	450	1.000	245	205	3.456	34.556	0.0022	0.06%			30.89%	
		3.000	450	1.000	246	204	3.453	34.533	0.0022	0.06%			30.93%	
		3.000	450	1.000	247	203	3.451	34.511	0.0022	0.06%			30.98%	
		3.000	450	1.000	248	202	3.449	34.489	0.0022	0.06%			31.02%	
		3.000	450	1.000	249	201	3.447	34.467	0.0022	0.06%			31.07%	
		3.000	450	1.000	250	200	3.444	34.444	0.0022	0.06%			31.11%	
		3.000	450	1.000	251	199	3.442	34.422	0.0022	0.06%			31.16%	
		3.000	450	1.000	252	198	3.440	34.400	0.0022	0.06%	0.029	0.90%	0.289	31.20%
		3.000	450	1.000	253	197	3.438	34.378	0.0022	0.06%			31.24%	
		3.000	450	1.000	254	196	3.436	34.356	0.0022	0.06%			31.29%	
		3.000	450	1.000	255	195	3.433	34.333	0.0022	0.06%			31.33%	
		3.000	450	1.000	256	194	3.431	34.311	0.0022	0.06%			31.38%	
		3.000	450	1.000	257	193	3.429	34.289	0.0022	0.06%			31.42%	
		3.000	450	1.000	258	192	3.427	34.267	0.0022	0.06%			31.47%	
		3.000	450	1.000	259	191	3.424	34.244	0.0022	0.06%			31.51%	
		3.000	450	1.000	260	190	3.422	34.222	0.0022	0.06%			31.56%	
		3.000	450	1.000	261	189	3.420	34.200	0.0022	0.06%			31.60%	
		3.000	450	1.000	262	188	3.418	34.178	0.0022	0.06%			31.64%	
		3.000	450	1.000	263	187	3.416	34.156	0.0022	0.07%			31.69%	
		3.000	450	1.000	264	186	3.413	34.133	0.0022	0.07%			31.73%	
		3.000	450	1.000	265	185	3.411	34.111	0.0022	0.07%			31.78%	
		3.000	450	1.000	266	184	3.409	34.089	0.0022	0.07%	0.029	0.90%	0.289	31.82%
		3.000	450	1.000	267	183	3.407	34.067	0.0022	0.07%			31.87%	
		3.000	450	1.000	268	182	3.404	34.044	0.0022	0.07%			31.91%	
		3.000	450	1.000	269	181	3.402	34.022	0.0022	0.07%			31.96%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	450	1.000	270	180	3.400	34.000	0.0022	0.07%			32.00%	
		3.000	450	1.000	271	179	3.398	33.978	0.0022	0.07%			32.04%	
		3.000	450	1.000	272	178	3.396	33.956	0.0022	0.07%			32.09%	
		3.000	450	1.000	273	177	3.393	33.933	0.0022	0.07%			32.13%	
		3.000	450	1.000	274	176	3.391	33.911	0.0022	0.07%			32.18%	
		3.000	450	1.000	275	175	3.389	33.889	0.0022	0.07%			32.22%	
		3.000	450	1.000	276	174	3.387	33.867	0.0022	0.07%			32.27%	
		3.000	450	1.000	277	173	3.384	33.844	0.0022	0.07%			32.31%	
		3.000	450	1.000	278	172	3.382	33.822	0.0022	0.07%			32.36%	
		3.000	450	1.000	279	171	3.380	33.800	0.0022	0.07%			32.40%	
		3.000	450	1.000	280	170	3.378	33.778	0.0022	0.07%	0.029	0.91%	0.289	32.44%
		3.000	450	1.000	281	169	3.376	33.756	0.0022	0.07%			32.49%	
		3.000	450	1.000	282	168	3.373	33.733	0.0022	0.07%			32.53%	
		3.000	450	1.000	283	167	3.371	33.711	0.0022	0.07%			32.58%	
		3.000	450	1.000	284	166	3.369	33.689	0.0022	0.07%			32.62%	
		3.000	450	1.000	285	165	3.367	33.667	0.0022	0.07%			32.67%	
		3.000	450	1.000	286	164	3.364	33.644	0.0022	0.07%			32.71%	
		3.000	450	1.000	287	163	3.362	33.622	0.0022	0.07%			32.76%	
		3.000	450	1.000	288	162	3.360	33.600	0.0022	0.07%			32.80%	
		3.000	450	1.000	289	161	3.358	33.578	0.0022	0.07%			32.84%	
		3.000	450	1.000	290	160	3.356	33.556	0.0022	0.07%			32.89%	
		3.000	450	1.000	291	159	3.353	33.533	0.0022	0.07%			32.93%	
		3.000	450	1.000	292	158	3.351	33.511	0.0022	0.07%			32.98%	
		3.000	450	1.000	293	157	3.349	33.489	0.0022	0.07%			33.02%	
		3.000	450	1.000	294	156	3.347	33.467	0.0022	0.07%	0.029	0.92%	0.289	33.07%
		3.000	450	1.000	295	155	3.344	33.444	0.0022	0.07%			33.11%	
		3.000	450	1.000	296	154	3.342	33.422	0.0022	0.07%			33.16%	
		3.000	450	1.000	297	153	3.340	33.400	0.0022	0.07%			33.20%	
		3.000	450	1.000	298	152	3.338	33.378	0.0022	0.07%			33.24%	
		3.000	450	1.000	299	151	3.336	33.356	0.0022	0.07%			33.29%	
		3.000	450	1.000	300	150	3.333	33.333	0.0022	0.07%			33.33%	
		3.000	450	1.000	301	149	3.331	33.311	0.0022	0.07%			33.38%	
		3.000	450	1.000	302	148	3.329	33.289	0.0022	0.07%			33.42%	
		3.000	450	1.000	303	147	3.327	33.267	0.0022	0.07%			33.47%	
		3.000	450	1.000	304	146	3.324	33.244	0.0022	0.07%			33.51%	
		3.000	450	1.000	305	145	3.322	33.222	0.0022	0.07%			33.56%	
		3.000	450	1.000	306	144	3.320	33.200	0.0022	0.07%			33.60%	
		3.000	450	1.000	307	143	3.318	33.178	0.0022	0.07%			33.64%	
		3.000	450	1.000	308	142	3.316	33.156	0.0022	0.07%	0.029	0.93%	0.289	33.69%
		3.000	450	1.000	309	141	3.313	33.133	0.0022	0.07%			33.73%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	450	1.000	310	140	3.311	33.111	0.0022	0.07%			33.78%	
		3.000	450	1.000	311	139	3.309	33.089	0.0022	0.07%			33.82%	
		3.000	450	1.000	312	138	3.307	33.067	0.0022	0.07%			33.87%	
		3.000	450	1.000	313	137	3.304	33.044	0.0022	0.07%			33.91%	
		3.000	450	1.000	314	136	3.302	33.022	0.0022	0.07%			33.96%	
		3.000	450	1.000	315	135	3.300	33.000	0.0022	0.07%			34.00%	
		3.000	450	1.000	316	134	3.298	32.978	0.0022	0.07%			34.04%	
		3.000	450	1.000	317	133	3.296	32.956	0.0022	0.07%			34.09%	
		3.000	450	1.000	318	132	3.293	32.933	0.0022	0.07%			34.13%	
		3.000	450	1.000	319	131	3.291	32.911	0.0022	0.07%			34.18%	
		3.000	450	1.000	320	130	3.289	32.889	0.0022	0.07%			34.22%	
		3.000	450	1.000	321	129	3.287	32.867	0.0022	0.07%			34.27%	
		3.000	450	1.000	322	128	3.284	32.844	0.0022	0.07%	0.029	0.94%	0.289	34.31%
		3.000	450	1.000	323	127	3.282	32.822	0.0022	0.07%			34.36%	
		3.000	450	1.000	324	126	3.280	32.800	0.0022	0.07%			34.40%	
		3.000	450	1.000	325	125	3.278	32.778	0.0022	0.07%			34.44%	
		3.000	450	1.000	326	124	3.276	32.756	0.0022	0.07%			34.49%	
		3.000	450	1.000	327	123	3.273	32.733	0.0022	0.07%			34.53%	
		3.000	450	1.000	328	122	3.271	32.711	0.0022	0.07%			34.58%	
		3.000	450	1.000	329	121	3.269	32.689	0.0022	0.07%			34.62%	
		3.000	450	1.000	330	120	3.267	32.667	0.0022	0.07%			34.67%	
		3.000	450	1.000	331	119	3.264	32.644	0.0022	0.07%			34.71%	
		3.000	450	1.000	332	118	3.262	32.622	0.0022	0.07%			34.76%	
		3.000	450	1.000	333	117	3.260	32.600	0.0022	0.07%			34.80%	
		3.000	450	1.000	334	116	3.258	32.578	0.0022	0.07%			34.84%	
		3.000	450	1.000	335	115	3.256	32.556	0.0022	0.07%			34.89%	
		3.000	450	1.000	336	114	3.253	32.533	0.0022	0.07%	0.029	0.95%	0.289	34.93%
		3.000	450	1.000	337	113	3.251	32.511	0.0022	0.07%			34.98%	
		3.000	450	1.000	338	112	3.249	32.489	0.0022	0.07%			35.02%	
		3.000	450	1.000	339	111	3.247	32.467	0.0022	0.07%			35.07%	
		3.000	450	1.000	340	110	3.244	32.444	0.0022	0.07%			35.11%	
		3.000	450	1.000	341	109	3.242	32.422	0.0022	0.07%			35.16%	
		3.000	450	1.000	342	108	3.240	32.400	0.0022	0.07%			35.20%	
		3.000	450	1.000	343	107	3.238	32.378	0.0022	0.07%			35.24%	
		3.000	450	1.000	344	106	3.236	32.356	0.0022	0.07%			35.29%	
		3.000	450	1.000	345	105	3.233	32.333	0.0022	0.07%			35.33%	
		3.000	450	1.000	346	104	3.231	32.311	0.0022	0.07%			35.38%	
		3.000	450	1.000	347	103	3.229	32.289	0.0022	0.07%			35.42%	
		3.000	450	1.000	348	102	3.227	32.267	0.0022	0.07%			35.47%	
		3.000	450	1.000	349	101	3.224	32.244	0.0022	0.07%			35.51%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	450	1.000	350	100	3.222	32.222	0.0022	0.07%	0.029	0.96%	0.289	35.56%
		3.000	450	1.000	351	99	3.220	32.200	0.0022	0.07%				35.60%
		3.000	450	1.000	352	98	3.218	32.178	0.0022	0.07%				35.64%
		3.000	450	1.000	353	97	3.216	32.156	0.0022	0.07%				35.69%
		3.000	450	1.000	354	96	3.213	32.133	0.0022	0.07%				35.73%
		3.000	450	1.000	355	95	3.211	32.111	0.0022	0.07%				35.78%
		3.000	450	1.000	356	94	3.209	32.089	0.0022	0.07%				35.82%
		3.000	450	1.000	357	93	3.207	32.067	0.0022	0.07%				35.87%
		3.000	450	1.000	358	92	3.204	32.044	0.0022	0.07%				35.91%
		3.000	450	1.000	359	91	3.202	32.022	0.0022	0.07%				35.96%
		3.000	450	1.000	360	90	3.200	32.000	0.0022	0.07%				36.00%
		3.000	450	1.000	361	89	3.198	31.978	0.0022	0.07%				36.04%
		3.000	450	1.000	362	88	3.196	31.956	0.0022	0.07%				36.09%
		3.000	450	1.000	363	87	3.193	31.933	0.0022	0.07%				36.13%
		3.000	450	1.000	364	86	3.191	31.911	0.0022	0.07%	0.029	0.97%	0.289	36.18%
		3.000	450	1.000	365	85	3.189	31.889	0.0022	0.07%				36.22%
		3.000	450	1.000	366	84	3.187	31.867	0.0022	0.07%				36.27%
		3.000	450	1.000	367	83	3.184	31.844	0.0022	0.07%				36.31%
		3.000	450	1.000	368	82	3.182	31.822	0.0022	0.07%				36.36%
		3.000	450	1.000	369	81	3.180	31.800	0.0022	0.07%				36.40%
		3.000	450	1.000	370	80	3.178	31.778	0.0022	0.07%				36.44%
		3.000	450	1.000	371	79	3.176	31.756	0.0022	0.07%				36.49%
		3.000	450	1.000	372	78	3.173	31.733	0.0022	0.07%				36.53%
		3.000	450	1.000	373	77	3.171	31.711	0.0022	0.07%				36.58%
		3.000	450	1.000	374	76	3.169	31.689	0.0022	0.07%				36.62%
		3.000	450	1.000	375	75	3.167	31.667	0.0022	0.07%				36.67%
		3.000	450	1.000	376	74	3.164	31.644	0.0022	0.07%				36.71%
		3.000	450	1.000	377	73	3.162	31.622	0.0022	0.07%				36.76%
		3.000	450	1.000	378	72	3.160	31.600	0.0022	0.07%	0.029	0.97%	0.289	36.80%
		3.000	450	1.000	379	71	3.158	31.578	0.0022	0.07%				36.84%
		3.000	450	1.000	380	70	3.156	31.556	0.0022	0.07%				36.89%
		3.000	450	1.000	381	69	3.153	31.533	0.0022	0.07%				36.93%
		3.000	450	1.000	382	68	3.151	31.511	0.0022	0.07%				36.98%
		3.000	450	1.000	383	67	3.149	31.489	0.0022	0.07%				37.02%
		3.000	450	1.000	384	66	3.147	31.467	0.0022	0.07%				37.07%
		3.000	450	1.000	385	65	3.144	31.444	0.0022	0.07%				37.11%
		3.000	450	1.000	386	64	3.142	31.422	0.0022	0.07%				37.16%
		3.000	450	1.000	387	63	3.140	31.400	0.0022	0.07%				37.20%
		3.000	450	1.000	388	62	3.138	31.378	0.0022	0.07%				37.24%
		3.000	450	1.000	389	61	3.136	31.356	0.0022	0.07%				37.29%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	450	1.000	390	60	3.133	31.333	0.0022	0.07%			37.33%	
		3.000	450	1.000	391	59	3.131	31.311	0.0022	0.07%			37.38%	
		3.000	450	1.000	392	58	3.129	31.289	0.0022	0.07%	0.029	0.98%	0.289	37.42%
		3.000	450	1.000	393	57	3.127	31.267	0.0022	0.07%				37.47%
		3.000	450	1.000	394	56	3.124	31.244	0.0022	0.07%				37.51%
		3.000	450	1.000	395	55	3.122	31.222	0.0022	0.07%				37.56%
		3.000	450	1.000	396	54	3.120	31.200	0.0022	0.07%				37.60%
		3.000	450	1.000	397	53	3.118	31.178	0.0022	0.07%				37.64%
		3.000	450	1.000	398	52	3.116	31.156	0.0022	0.07%				37.69%
		3.000	450	1.000	399	51	3.113	31.133	0.0022	0.07%				37.73%
		3.000	450	1.000	400	50	3.111	31.111	0.0022	0.07%				37.78%
		3.000	450	1.000	401	49	3.109	31.089	0.0022	0.07%				37.82%
		3.000	450	1.000	402	48	3.107	31.067	0.0022	0.07%				37.87%
		3.000	450	1.000	403	47	3.104	31.044	0.0022	0.07%				37.91%
		3.000	450	1.000	404	46	3.102	31.022	0.0022	0.07%				37.96%
		3.000	450	1.000	405	45	3.100	31.000	0.0022	0.07%				38.00%
		3.000	450	1.000	406	44	3.098	30.978	0.0022	0.07%	0.029	0.99%	0.289	38.04%
		3.000	450	1.000	407	43	3.096	30.956	0.0022	0.07%				38.09%
		3.000	450	1.000	408	42	3.093	30.933	0.0022	0.07%				38.13%
		3.000	450	1.000	409	41	3.091	30.911	0.0022	0.07%				38.18%
		3.000	450	1.000	410	40	3.089	30.889	0.0022	0.07%				38.22%
		3.000	450	1.000	411	39	3.087	30.867	0.0022	0.07%				38.27%
		3.000	450	1.000	412	38	3.084	30.844	0.0022	0.07%				38.31%
		3.000	450	1.000	413	37	3.082	30.822	0.0022	0.07%				38.36%
		3.000	450	1.000	414	36	3.080	30.800	0.0022	0.07%				38.40%
		3.000	450	1.000	415	35	3.078	30.778	0.0022	0.07%				38.44%
		3.000	450	1.000	416	34	3.076	30.756	0.0022	0.07%				38.49%
		3.000	450	1.000	417	33	3.073	30.733	0.0022	0.07%				38.53%
		3.000	450	1.000	418	32	3.071	30.711	0.0022	0.07%				38.58%
		3.000	450	1.000	419	31	3.069	30.689	0.0022	0.07%				38.62%
		3.000	450	1.000	420	30	3.067	30.667	0.0022	0.07%	0.029	1.00%	0.289	38.67%
		3.000	450	1.000	421	29	3.064	30.644	0.0022	0.07%				38.71%
		3.000	450	1.000	422	28	3.062	30.622	0.0022	0.07%				38.76%
		3.000	450	1.000	423	27	3.060	30.600	0.0022	0.07%				38.80%
		3.000	450	1.000	424	26	3.058	30.578	0.0022	0.07%				38.84%
		3.000	450	1.000	425	25	3.056	30.556	0.0022	0.07%				38.89%
		3.000	450	1.000	426	24	3.053	30.533	0.0022	0.07%				38.93%
		3.000	450	1.000	427	23	3.051	30.511	0.0022	0.07%				38.98%
		3.000	450	1.000	428	22	3.049	30.489	0.0022	0.07%				39.02%
		3.000	450	1.000	429	21	3.047	30.467	0.0022	0.07%				39.07%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5.000
 Current Dose 3.000
 Start Date June 19, 2008
 Dry Dose 2.000
 Dissolve Dose 1.000
 Water in ML 450
 ML Increments 1
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	1	449	2.998	29.978	0.0022	0.07%			40.04%	
		2.000	450	1.000	2	448	2.996	29.956	0.0022	0.07%			40.09%	
		2.000	450	1.000	3	447	2.993	29.933	0.0022	0.07%			40.13%	
		2.000	450	1.000	4	446	2.991	29.911	0.0022	0.07%			40.18%	
		2.000	450	1.000	5	445	2.989	29.889	0.0022	0.07%			40.22%	
		2.000	450	1.000	6	444	2.987	29.867	0.0022	0.07%			40.27%	
		2.000	450	1.000	7	443	2.984	29.844	0.0022	0.07%			40.31%	
		2.000	450	1.000	8	442	2.982	29.822	0.0022	0.07%			40.36%	
		2.000	450	1.000	9	441	2.980	29.800	0.0022	0.07%			40.40%	
		2.000	450	1.000	10	440	2.978	29.778	0.0022	0.07%			40.44%	
		2.000	450	1.000	11	439	2.976	29.756	0.0022	0.07%			40.49%	
		2.000	450	1.000	12	438	2.973	29.733	0.0022	0.07%			40.53%	
		2.000	450	1.000	13	437	2.971	29.711	0.0022	0.07%			40.58%	
		2.000	450	1.000	14	436	2.969	29.689	0.0022	0.07%	0.029	0.96%	0.289	40.62%
		2.000	450	1.000	15	435	2.967	29.667	0.0022	0.07%			40.67%	
		2.000	450	1.000	16	434	2.964	29.644	0.0022	0.07%			40.71%	
		2.000	450	1.000	17	433	2.962	29.622	0.0022	0.07%			40.76%	
		2.000	450	1.000	18	432	2.960	29.600	0.0022	0.08%			40.80%	
		2.000	450	1.000	19	431	2.958	29.578	0.0022	0.08%			40.84%	
		2.000	450	1.000	20	430	2.956	29.556	0.0022	0.08%			40.89%	
		2.000	450	1.000	21	429	2.953	29.533	0.0022	0.08%			40.93%	
		2.000	450	1.000	22	428	2.951	29.511	0.0022	0.08%			40.98%	
		2.000	450	1.000	23	427	2.949	29.489	0.0022	0.08%			41.02%	
		2.000	450	1.000	24	426	2.947	29.467	0.0022	0.08%			41.07%	
		2.000	450	1.000	25	425	2.944	29.444	0.0022	0.08%			41.11%	
		2.000	450	1.000	26	424	2.942	29.422	0.0022	0.08%			41.16%	
		2.000	450	1.000	27	423	2.940	29.400	0.0022	0.08%			41.20%	
		2.000	450	1.000	28	422	2.938	29.378	0.0022	0.08%	0.029	1.05%	0.289	41.24%
		2.000	450	1.000	29	421	2.936	29.356	0.0022	0.08%			41.29%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	30	420	2.933	29.333	0.0022	0.08%			41.33%	
		2.000	450	1.000	31	419	2.931	29.311	0.0022	0.08%			41.38%	
		2.000	450	1.000	32	418	2.929	29.289	0.0022	0.08%			41.42%	
		2.000	450	1.000	33	417	2.927	29.267	0.0022	0.08%			41.47%	
		2.000	450	1.000	34	416	2.924	29.244	0.0022	0.08%			41.51%	
		2.000	450	1.000	35	415	2.922	29.222	0.0022	0.08%			41.56%	
		2.000	450	1.000	36	414	2.920	29.200	0.0022	0.08%			41.60%	
		2.000	450	1.000	37	413	2.918	29.178	0.0022	0.08%			41.64%	
		2.000	450	1.000	38	412	2.916	29.156	0.0022	0.08%			41.69%	
		2.000	450	1.000	39	411	2.913	29.133	0.0022	0.08%			41.73%	
		2.000	450	1.000	40	410	2.911	29.111	0.0022	0.08%			41.78%	
		2.000	450	1.000	41	409	2.909	29.089	0.0022	0.08%			41.82%	
		2.000	450	1.000	42	408	2.907	29.067	0.0022	0.08%	0.029	1.06%	0.289	41.87%
		2.000	450	1.000	43	407	2.904	29.044	0.0022	0.08%			41.91%	
		2.000	450	1.000	44	406	2.902	29.022	0.0022	0.08%			41.96%	
		2.000	450	1.000	45	405	2.900	29.000	0.0022	0.08%			42.00%	
		2.000	450	1.000	46	404	2.898	28.978	0.0022	0.08%			42.04%	
		2.000	450	1.000	47	403	2.896	28.956	0.0022	0.08%			42.09%	
		2.000	450	1.000	48	402	2.893	28.933	0.0022	0.08%			42.13%	
		2.000	450	1.000	49	401	2.891	28.911	0.0022	0.08%			42.18%	
		2.000	450	1.000	50	400	2.889	28.889	0.0022	0.08%			42.22%	
		2.000	450	1.000	51	399	2.887	28.867	0.0022	0.08%			42.27%	
		2.000	450	1.000	52	398	2.884	28.844	0.0022	0.08%			42.31%	
		2.000	450	1.000	53	397	2.882	28.822	0.0022	0.08%			42.36%	
		2.000	450	1.000	54	396	2.880	28.800	0.0022	0.08%			42.40%	
		2.000	450	1.000	55	395	2.878	28.778	0.0022	0.08%			42.44%	
		2.000	450	1.000	56	394	2.876	28.756	0.0022	0.08%	0.029	1.07%	0.289	42.49%
		2.000	450	1.000	57	393	2.873	28.733	0.0022	0.08%			42.53%	
		2.000	450	1.000	58	392	2.871	28.711	0.0022	0.08%			42.58%	
		2.000	450	1.000	59	391	2.869	28.689	0.0022	0.08%			42.62%	
		2.000	450	1.000	60	390	2.867	28.667	0.0022	0.08%			42.67%	
		2.000	450	1.000	61	389	2.864	28.644	0.0022	0.08%			42.71%	
		2.000	450	1.000	62	388	2.862	28.622	0.0022	0.08%			42.76%	
		2.000	450	1.000	63	387	2.860	28.600	0.0022	0.08%			42.80%	
		2.000	450	1.000	64	386	2.858	28.578	0.0022	0.08%			42.84%	
		2.000	450	1.000	65	385	2.856	28.556	0.0022	0.08%			42.89%	
		2.000	450	1.000	66	384	2.853	28.533	0.0022	0.08%			42.93%	
		2.000	450	1.000	67	383	2.851	28.511	0.0022	0.08%			42.98%	
		2.000	450	1.000	68	382	2.849	28.489	0.0022	0.08%			43.02%	
		2.000	450	1.000	69	381	2.847	28.467	0.0022	0.08%			43.07%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	70	380	2.844	28.444	0.0022	0.08%	0.029	1.08%	0.289	43.11%
		2.000	450	1.000	71	379	2.842	28.422	0.0022	0.08%				43.16%
		2.000	450	1.000	72	378	2.840	28.400	0.0022	0.08%				43.20%
		2.000	450	1.000	73	377	2.838	28.378	0.0022	0.08%				43.24%
		2.000	450	1.000	74	376	2.836	28.356	0.0022	0.08%				43.29%
		2.000	450	1.000	75	375	2.833	28.333	0.0022	0.08%				43.33%
		2.000	450	1.000	76	374	2.831	28.311	0.0022	0.08%				43.38%
		2.000	450	1.000	77	373	2.829	28.289	0.0022	0.08%				43.42%
		2.000	450	1.000	78	372	2.827	28.267	0.0022	0.08%				43.47%
		2.000	450	1.000	79	371	2.824	28.244	0.0022	0.08%				43.51%
		2.000	450	1.000	80	370	2.822	28.222	0.0022	0.08%				43.56%
		2.000	450	1.000	81	369	2.820	28.200	0.0022	0.08%				43.60%
		2.000	450	1.000	82	368	2.818	28.178	0.0022	0.08%				43.64%
		2.000	450	1.000	83	367	2.816	28.156	0.0022	0.08%				43.69%
		2.000	450	1.000	84	366	2.813	28.133	0.0022	0.08%	0.029	1.09%	0.289	43.73%
		2.000	450	1.000	85	365	2.811	28.111	0.0022	0.08%				43.78%
		2.000	450	1.000	86	364	2.809	28.089	0.0022	0.08%				43.82%
		2.000	450	1.000	87	363	2.807	28.067	0.0022	0.08%				43.87%
		2.000	450	1.000	88	362	2.804	28.044	0.0022	0.08%				43.91%
		2.000	450	1.000	89	361	2.802	28.022	0.0022	0.08%				43.96%
		2.000	450	1.000	90	360	2.800	28.000	0.0022	0.08%				44.00%
		2.000	450	1.000	91	359	2.798	27.978	0.0022	0.08%				44.04%
		2.000	450	1.000	92	358	2.796	27.956	0.0022	0.08%				44.09%
		2.000	450	1.000	93	357	2.793	27.933	0.0022	0.08%				44.13%
		2.000	450	1.000	94	356	2.791	27.911	0.0022	0.08%				44.18%
		2.000	450	1.000	95	355	2.789	27.889	0.0022	0.08%				44.22%
		2.000	450	1.000	96	354	2.787	27.867	0.0022	0.08%				44.27%
		2.000	450	1.000	97	353	2.784	27.844	0.0022	0.08%				44.31%
		2.000	450	1.000	98	352	2.782	27.822	0.0022	0.08%	0.029	1.11%	0.289	44.36%
		2.000	450	1.000	99	351	2.780	27.800	0.0022	0.08%				44.40%
		2.000	450	1.000	100	350	2.778	27.778	0.0022	0.08%				44.44%
		2.000	450	1.000	101	349	2.776	27.756	0.0022	0.08%				44.49%
		2.000	450	1.000	102	348	2.773	27.733	0.0022	0.08%				44.53%
		2.000	450	1.000	103	347	2.771	27.711	0.0022	0.08%				44.58%
		2.000	450	1.000	104	346	2.769	27.689	0.0022	0.08%				44.62%
		2.000	450	1.000	105	345	2.767	27.667	0.0022	0.08%				44.67%
		2.000	450	1.000	106	344	2.764	27.644	0.0022	0.08%				44.71%
		2.000	450	1.000	107	343	2.762	27.622	0.0022	0.08%				44.76%
		2.000	450	1.000	108	342	2.760	27.600	0.0022	0.08%				44.80%
		2.000	450	1.000	109	341	2.758	27.578	0.0022	0.08%				44.84%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	110	340	2.756	27.556	0.0022	0.08%			44.89%	
		2.000	450	1.000	111	339	2.753	27.533	0.0022	0.08%			44.93%	
		2.000	450	1.000	112	338	2.751	27.511	0.0022	0.08%	0.029	1.12%	0.289	44.98%
		2.000	450	1.000	113	337	2.749	27.489	0.0022	0.08%				45.02%
		2.000	450	1.000	114	336	2.747	27.467	0.0022	0.08%				45.07%
		2.000	450	1.000	115	335	2.744	27.444	0.0022	0.08%				45.11%
		2.000	450	1.000	116	334	2.742	27.422	0.0022	0.08%				45.16%
		2.000	450	1.000	117	333	2.740	27.400	0.0022	0.08%				45.20%
		2.000	450	1.000	118	332	2.738	27.378	0.0022	0.08%				45.24%
		2.000	450	1.000	119	331	2.736	27.356	0.0022	0.08%				45.29%
		2.000	450	1.000	120	330	2.733	27.333	0.0022	0.08%				45.33%
		2.000	450	1.000	121	329	2.731	27.311	0.0022	0.08%				45.38%
		2.000	450	1.000	122	328	2.729	27.289	0.0022	0.08%				45.42%
		2.000	450	1.000	123	327	2.727	27.267	0.0022	0.08%				45.47%
		2.000	450	1.000	124	326	2.724	27.244	0.0022	0.08%				45.51%
		2.000	450	1.000	125	325	2.722	27.222	0.0022	0.08%				45.56%
		2.000	450	1.000	126	324	2.720	27.200	0.0022	0.08%	0.029	1.13%	0.289	45.60%
		2.000	450	1.000	127	323	2.718	27.178	0.0022	0.08%				45.64%
		2.000	450	1.000	128	322	2.716	27.156	0.0022	0.08%				45.69%
		2.000	450	1.000	129	321	2.713	27.133	0.0022	0.08%				45.73%
		2.000	450	1.000	130	320	2.711	27.111	0.0022	0.08%				45.78%
		2.000	450	1.000	131	319	2.709	27.089	0.0022	0.08%				45.82%
		2.000	450	1.000	132	318	2.707	27.067	0.0022	0.08%				45.87%
		2.000	450	1.000	133	317	2.704	27.044	0.0022	0.08%				45.91%
		2.000	450	1.000	134	316	2.702	27.022	0.0022	0.08%				45.96%
		2.000	450	1.000	135	315	2.700	27.000	0.0022	0.08%				46.00%
		2.000	450	1.000	136	314	2.698	26.978	0.0022	0.08%				46.04%
		2.000	450	1.000	137	313	2.696	26.956	0.0022	0.08%				46.09%
		2.000	450	1.000	138	312	2.693	26.933	0.0022	0.08%				46.13%
		2.000	450	1.000	139	311	2.691	26.911	0.0022	0.08%				46.18%
		2.000	450	1.000	140	310	2.689	26.889	0.0022	0.08%	0.029	1.14%	0.289	46.22%
		2.000	450	1.000	141	309	2.687	26.867	0.0022	0.08%				46.27%
		2.000	450	1.000	142	308	2.684	26.844	0.0022	0.08%				46.31%
		2.000	450	1.000	143	307	2.682	26.822	0.0022	0.08%				46.36%
		2.000	450	1.000	144	306	2.680	26.800	0.0022	0.08%				46.40%
		2.000	450	1.000	145	305	2.678	26.778	0.0022	0.08%				46.44%
		2.000	450	1.000	146	304	2.676	26.756	0.0022	0.08%				46.49%
		2.000	450	1.000	147	303	2.673	26.733	0.0022	0.08%				46.53%
		2.000	450	1.000	148	302	2.671	26.711	0.0022	0.08%				46.58%
		2.000	450	1.000	149	301	2.669	26.689	0.0022	0.08%				46.62%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	150	300	2.667	26.667	0.0022	0.08%			46.67%	
		2.000	450	1.000	151	299	2.664	26.644	0.0022	0.08%			46.71%	
		2.000	450	1.000	152	298	2.662	26.622	0.0022	0.08%			46.76%	
		2.000	450	1.000	153	297	2.660	26.600	0.0022	0.08%			46.80%	
		2.000	450	1.000	154	296	2.658	26.578	0.0022	0.08%	0.029	1.16%	0.289	46.84%
		2.000	450	1.000	155	295	2.656	26.556	0.0022	0.08%			46.89%	
		2.000	450	1.000	156	294	2.653	26.533	0.0022	0.08%			46.93%	
		2.000	450	1.000	157	293	2.651	26.511	0.0022	0.08%			46.98%	
		2.000	450	1.000	158	292	2.649	26.489	0.0022	0.08%			47.02%	
		2.000	450	1.000	159	291	2.647	26.467	0.0022	0.08%			47.07%	
		2.000	450	1.000	160	290	2.644	26.444	0.0022	0.08%			47.11%	
		2.000	450	1.000	161	289	2.642	26.422	0.0022	0.08%			47.16%	
		2.000	450	1.000	162	288	2.640	26.400	0.0022	0.08%			47.20%	
		2.000	450	1.000	163	287	2.638	26.378	0.0022	0.08%			47.24%	
		2.000	450	1.000	164	286	2.636	26.356	0.0022	0.08%			47.29%	
		2.000	450	1.000	165	285	2.633	26.333	0.0022	0.08%			47.33%	
		2.000	450	1.000	166	284	2.631	26.311	0.0022	0.08%			47.38%	
		2.000	450	1.000	167	283	2.629	26.289	0.0022	0.08%			47.42%	
		2.000	450	1.000	168	282	2.627	26.267	0.0022	0.08%	0.029	1.17%	0.289	47.47%
		2.000	450	1.000	169	281	2.624	26.244	0.0022	0.08%			47.51%	
		2.000	450	1.000	170	280	2.622	26.222	0.0022	0.08%			47.56%	
		2.000	450	1.000	171	279	2.620	26.200	0.0022	0.08%			47.60%	
		2.000	450	1.000	172	278	2.618	26.178	0.0022	0.08%			47.64%	
		2.000	450	1.000	173	277	2.616	26.156	0.0022	0.08%			47.69%	
		2.000	450	1.000	174	276	2.613	26.133	0.0022	0.08%			47.73%	
		2.000	450	1.000	175	275	2.611	26.111	0.0022	0.09%			47.78%	
		2.000	450	1.000	176	274	2.609	26.089	0.0022	0.09%			47.82%	
		2.000	450	1.000	177	273	2.607	26.067	0.0022	0.09%			47.87%	
		2.000	450	1.000	178	272	2.604	26.044	0.0022	0.09%			47.91%	
		2.000	450	1.000	179	271	2.602	26.022	0.0022	0.09%			47.96%	
		2.000	450	1.000	180	270	2.600	26.000	0.0022	0.09%			48.00%	
		2.000	450	1.000	181	269	2.598	25.978	0.0022	0.09%			48.04%	
		2.000	450	1.000	182	268	2.596	25.956	0.0022	0.09%	0.029	1.18%	0.289	48.09%
		2.000	450	1.000	183	267	2.593	25.933	0.0022	0.09%			48.13%	
		2.000	450	1.000	184	266	2.591	25.911	0.0022	0.09%			48.18%	
		2.000	450	1.000	185	265	2.589	25.889	0.0022	0.09%			48.22%	
		2.000	450	1.000	186	264	2.587	25.867	0.0022	0.09%			48.27%	
		2.000	450	1.000	187	263	2.584	25.844	0.0022	0.09%			48.31%	
		2.000	450	1.000	188	262	2.582	25.822	0.0022	0.09%			48.36%	
		2.000	450	1.000	189	261	2.580	25.800	0.0022	0.09%			48.40%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	190	260	2.578	25.778	0.0022	0.09%			48.44%	
		2.000	450	1.000	191	259	2.576	25.756	0.0022	0.09%			48.49%	
		2.000	450	1.000	192	258	2.573	25.733	0.0022	0.09%			48.53%	
		2.000	450	1.000	193	257	2.571	25.711	0.0022	0.09%			48.58%	
		2.000	450	1.000	194	256	2.569	25.689	0.0022	0.09%			48.62%	
		2.000	450	1.000	195	255	2.567	25.667	0.0022	0.09%			48.67%	
		2.000	450	1.000	196	254	2.564	25.644	0.0022	0.09%	0.029	1.20%	0.289	48.71%
		2.000	450	1.000	197	253	2.562	25.622	0.0022	0.09%			48.76%	
		2.000	450	1.000	198	252	2.560	25.600	0.0022	0.09%			48.80%	
		2.000	450	1.000	199	251	2.558	25.578	0.0022	0.09%			48.84%	
		2.000	450	1.000	200	250	2.556	25.556	0.0022	0.09%			48.89%	
		2.000	450	1.000	201	249	2.553	25.533	0.0022	0.09%			48.93%	
		2.000	450	1.000	202	248	2.551	25.511	0.0022	0.09%			48.98%	
		2.000	450	1.000	203	247	2.549	25.489	0.0022	0.09%			49.02%	
		2.000	450	1.000	204	246	2.547	25.467	0.0022	0.09%			49.07%	
		2.000	450	1.000	205	245	2.544	25.444	0.0022	0.09%			49.11%	
		2.000	450	1.000	206	244	2.542	25.422	0.0022	0.09%			49.16%	
		2.000	450	1.000	207	243	2.540	25.400	0.0022	0.09%			49.20%	
		2.000	450	1.000	208	242	2.538	25.378	0.0022	0.09%			49.24%	
		2.000	450	1.000	209	241	2.536	25.356	0.0022	0.09%			49.29%	
		2.000	450	1.000	210	240	2.533	25.333	0.0022	0.09%	0.029	1.21%	0.289	49.33%
		2.000	450	1.000	211	239	2.531	25.311	0.0022	0.09%			49.38%	
		2.000	450	1.000	212	238	2.529	25.289	0.0022	0.09%			49.42%	
		2.000	450	1.000	213	237	2.527	25.267	0.0022	0.09%			49.47%	
		2.000	450	1.000	214	236	2.524	25.244	0.0022	0.09%			49.51%	
		2.000	450	1.000	215	235	2.522	25.222	0.0022	0.09%			49.56%	
		2.000	450	1.000	216	234	2.520	25.200	0.0022	0.09%			49.60%	
		2.000	450	1.000	217	233	2.518	25.178	0.0022	0.09%			49.64%	
		2.000	450	1.000	218	232	2.516	25.156	0.0022	0.09%			49.69%	
		2.000	450	1.000	219	231	2.513	25.133	0.0022	0.09%			49.73%	
		2.000	450	1.000	220	230	2.511	25.111	0.0022	0.09%			49.78%	
		2.000	450	1.000	221	229	2.509	25.089	0.0022	0.09%			49.82%	
		2.000	450	1.000	222	228	2.507	25.067	0.0022	0.09%			49.87%	
		2.000	450	1.000	223	227	2.504	25.044	0.0022	0.09%			49.91%	
		2.000	450	1.000	224	226	2.502	25.022	0.0022	0.09%	0.029	1.23%	0.289	49.96%
		2.000	450	1.000	225	225	2.500	25.000	0.0022	0.09%			50.00%	
		2.000	450	1.000	226	224	2.498	24.978	0.0022	0.09%			50.04%	
		2.000	450	1.000	227	223	2.496	24.956	0.0022	0.09%			50.09%	
		2.000	450	1.000	228	222	2.493	24.933	0.0022	0.09%			50.13%	
		2.000	450	1.000	229	221	2.491	24.911	0.0022	0.09%			50.18%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	230	220	2.489	24.889	0.0022	0.09%			50.22%	
		2.000	450	1.000	231	219	2.487	24.867	0.0022	0.09%			50.27%	
		2.000	450	1.000	232	218	2.484	24.844	0.0022	0.09%			50.31%	
		2.000	450	1.000	233	217	2.482	24.822	0.0022	0.09%			50.36%	
		2.000	450	1.000	234	216	2.480	24.800	0.0022	0.09%			50.40%	
		2.000	450	1.000	235	215	2.478	24.778	0.0022	0.09%			50.44%	
		2.000	450	1.000	236	214	2.476	24.756	0.0022	0.09%			50.49%	
		2.000	450	1.000	237	213	2.473	24.733	0.0022	0.09%			50.53%	
		2.000	450	1.000	238	212	2.471	24.711	0.0022	0.09%	0.029	1.24%	0.289	50.58%
		2.000	450	1.000	239	211	2.469	24.689	0.0022	0.09%			50.62%	
		2.000	450	1.000	240	210	2.467	24.667	0.0022	0.09%			50.67%	
		2.000	450	1.000	241	209	2.464	24.644	0.0022	0.09%			50.71%	
		2.000	450	1.000	242	208	2.462	24.622	0.0022	0.09%			50.76%	
		2.000	450	1.000	243	207	2.460	24.600	0.0022	0.09%			50.80%	
		2.000	450	1.000	244	206	2.458	24.578	0.0022	0.09%			50.84%	
		2.000	450	1.000	245	205	2.456	24.556	0.0022	0.09%			50.89%	
		2.000	450	1.000	246	204	2.453	24.533	0.0022	0.09%			50.93%	
		2.000	450	1.000	247	203	2.451	24.511	0.0022	0.09%			50.98%	
		2.000	450	1.000	248	202	2.449	24.489	0.0022	0.09%			51.02%	
		2.000	450	1.000	249	201	2.447	24.467	0.0022	0.09%			51.07%	
		2.000	450	1.000	250	200	2.444	24.444	0.0022	0.09%			51.11%	
		2.000	450	1.000	251	199	2.442	24.422	0.0022	0.09%			51.16%	
		2.000	450	1.000	252	198	2.440	24.400	0.0022	0.09%	0.029	1.26%	0.289	51.20%
		2.000	450	1.000	253	197	2.438	24.378	0.0022	0.09%			51.24%	
		2.000	450	1.000	254	196	2.436	24.356	0.0022	0.09%			51.29%	
		2.000	450	1.000	255	195	2.433	24.333	0.0022	0.09%			51.33%	
		2.000	450	1.000	256	194	2.431	24.311	0.0022	0.09%			51.38%	
		2.000	450	1.000	257	193	2.429	24.289	0.0022	0.09%			51.42%	
		2.000	450	1.000	258	192	2.427	24.267	0.0022	0.09%			51.47%	
		2.000	450	1.000	259	191	2.424	24.244	0.0022	0.09%			51.51%	
		2.000	450	1.000	260	190	2.422	24.222	0.0022	0.09%			51.56%	
		2.000	450	1.000	261	189	2.420	24.200	0.0022	0.09%			51.60%	
		2.000	450	1.000	262	188	2.418	24.178	0.0022	0.09%			51.64%	
		2.000	450	1.000	263	187	2.416	24.156	0.0022	0.09%			51.69%	
		2.000	450	1.000	264	186	2.413	24.133	0.0022	0.09%			51.73%	
		2.000	450	1.000	265	185	2.411	24.111	0.0022	0.09%			51.78%	
		2.000	450	1.000	266	184	2.409	24.089	0.0022	0.09%	0.029	1.28%	0.289	51.82%
		2.000	450	1.000	267	183	2.407	24.067	0.0022	0.09%			51.87%	
		2.000	450	1.000	268	182	2.404	24.044	0.0022	0.09%			51.91%	
		2.000	450	1.000	269	181	2.402	24.022	0.0022	0.09%			51.96%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	270	180	2.400	24.000	0.0022	0.09%			52.00%	
		2.000	450	1.000	271	179	2.398	23.978	0.0022	0.09%			52.04%	
		2.000	450	1.000	272	178	2.396	23.956	0.0022	0.09%			52.09%	
		2.000	450	1.000	273	177	2.393	23.933	0.0022	0.09%			52.13%	
		2.000	450	1.000	274	176	2.391	23.911	0.0022	0.09%			52.18%	
		2.000	450	1.000	275	175	2.389	23.889	0.0022	0.09%			52.22%	
		2.000	450	1.000	276	174	2.387	23.867	0.0022	0.09%			52.27%	
		2.000	450	1.000	277	173	2.384	23.844	0.0022	0.09%			52.31%	
		2.000	450	1.000	278	172	2.382	23.822	0.0022	0.09%			52.36%	
		2.000	450	1.000	279	171	2.380	23.800	0.0022	0.09%			52.40%	
		2.000	450	1.000	280	170	2.378	23.778	0.0022	0.09%	0.029	1.29%	0.289	52.44%
		2.000	450	1.000	281	169	2.376	23.756	0.0022	0.09%			52.49%	
		2.000	450	1.000	282	168	2.373	23.733	0.0022	0.09%			52.53%	
		2.000	450	1.000	283	167	2.371	23.711	0.0022	0.09%			52.58%	
		2.000	450	1.000	284	166	2.369	23.689	0.0022	0.09%			52.62%	
		2.000	450	1.000	285	165	2.367	23.667	0.0022	0.09%			52.67%	
		2.000	450	1.000	286	164	2.364	23.644	0.0022	0.09%			52.71%	
		2.000	450	1.000	287	163	2.362	23.622	0.0022	0.09%			52.76%	
		2.000	450	1.000	288	162	2.360	23.600	0.0022	0.09%			52.80%	
		2.000	450	1.000	289	161	2.358	23.578	0.0022	0.09%			52.84%	
		2.000	450	1.000	290	160	2.356	23.556	0.0022	0.09%			52.89%	
		2.000	450	1.000	291	159	2.353	23.533	0.0022	0.09%			52.93%	
		2.000	450	1.000	292	158	2.351	23.511	0.0022	0.09%			52.98%	
		2.000	450	1.000	293	157	2.349	23.489	0.0022	0.09%			53.02%	
		2.000	450	1.000	294	156	2.347	23.467	0.0022	0.09%	0.029	1.31%	0.289	53.07%
		2.000	450	1.000	295	155	2.344	23.444	0.0022	0.09%			53.11%	
		2.000	450	1.000	296	154	2.342	23.422	0.0022	0.09%			53.16%	
		2.000	450	1.000	297	153	2.340	23.400	0.0022	0.09%			53.20%	
		2.000	450	1.000	298	152	2.338	23.378	0.0022	0.09%			53.24%	
		2.000	450	1.000	299	151	2.336	23.356	0.0022	0.10%			53.29%	
		2.000	450	1.000	300	150	2.333	23.333	0.0022	0.10%			53.33%	
		2.000	450	1.000	301	149	2.331	23.311	0.0022	0.10%			53.38%	
		2.000	450	1.000	302	148	2.329	23.289	0.0022	0.10%			53.42%	
		2.000	450	1.000	303	147	2.327	23.267	0.0022	0.10%			53.47%	
		2.000	450	1.000	304	146	2.324	23.244	0.0022	0.10%			53.51%	
		2.000	450	1.000	305	145	2.322	23.222	0.0022	0.10%			53.56%	
		2.000	450	1.000	306	144	2.320	23.200	0.0022	0.10%			53.60%	
		2.000	450	1.000	307	143	2.318	23.178	0.0022	0.10%			53.64%	
		2.000	450	1.000	308	142	2.316	23.156	0.0022	0.10%	0.029	1.33%	0.289	53.69%
		2.000	450	1.000	309	141	2.313	23.133	0.0022	0.10%			53.73%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	310	140	2.311	23.111	0.0022	0.10%			53.78%	
		2.000	450	1.000	311	139	2.309	23.089	0.0022	0.10%			53.82%	
		2.000	450	1.000	312	138	2.307	23.067	0.0022	0.10%			53.87%	
		2.000	450	1.000	313	137	2.304	23.044	0.0022	0.10%			53.91%	
		2.000	450	1.000	314	136	2.302	23.022	0.0022	0.10%			53.96%	
		2.000	450	1.000	315	135	2.300	23.000	0.0022	0.10%			54.00%	
		2.000	450	1.000	316	134	2.298	22.978	0.0022	0.10%			54.04%	
		2.000	450	1.000	317	133	2.296	22.956	0.0022	0.10%			54.09%	
		2.000	450	1.000	318	132	2.293	22.933	0.0022	0.10%			54.13%	
		2.000	450	1.000	319	131	2.291	22.911	0.0022	0.10%			54.18%	
		2.000	450	1.000	320	130	2.289	22.889	0.0022	0.10%			54.22%	
		2.000	450	1.000	321	129	2.287	22.867	0.0022	0.10%			54.27%	
		2.000	450	1.000	322	128	2.284	22.844	0.0022	0.10%	0.029	1.34%	0.289	54.31%
		2.000	450	1.000	323	127	2.282	22.822	0.0022	0.10%			54.36%	
		2.000	450	1.000	324	126	2.280	22.800	0.0022	0.10%			54.40%	
		2.000	450	1.000	325	125	2.278	22.778	0.0022	0.10%			54.44%	
		2.000	450	1.000	326	124	2.276	22.756	0.0022	0.10%			54.49%	
		2.000	450	1.000	327	123	2.273	22.733	0.0022	0.10%			54.53%	
		2.000	450	1.000	328	122	2.271	22.711	0.0022	0.10%			54.58%	
		2.000	450	1.000	329	121	2.269	22.689	0.0022	0.10%			54.62%	
		2.000	450	1.000	330	120	2.267	22.667	0.0022	0.10%			54.67%	
		2.000	450	1.000	331	119	2.264	22.644	0.0022	0.10%			54.71%	
		2.000	450	1.000	332	118	2.262	22.622	0.0022	0.10%			54.76%	
		2.000	450	1.000	333	117	2.260	22.600	0.0022	0.10%			54.80%	
		2.000	450	1.000	334	116	2.258	22.578	0.0022	0.10%			54.84%	
		2.000	450	1.000	335	115	2.256	22.556	0.0022	0.10%			54.89%	
		2.000	450	1.000	336	114	2.253	22.533	0.0022	0.10%	0.029	1.36%	0.289	54.93%
		2.000	450	1.000	337	113	2.251	22.511	0.0022	0.10%			54.98%	
		2.000	450	1.000	338	112	2.249	22.489	0.0022	0.10%			55.02%	
		2.000	450	1.000	339	111	2.247	22.467	0.0022	0.10%			55.07%	
		2.000	450	1.000	340	110	2.244	22.444	0.0022	0.10%			55.11%	
		2.000	450	1.000	341	109	2.242	22.422	0.0022	0.10%			55.16%	
		2.000	450	1.000	342	108	2.240	22.400	0.0022	0.10%			55.20%	
		2.000	450	1.000	343	107	2.238	22.378	0.0022	0.10%			55.24%	
		2.000	450	1.000	344	106	2.236	22.356	0.0022	0.10%			55.29%	
		2.000	450	1.000	345	105	2.233	22.333	0.0022	0.10%			55.33%	
		2.000	450	1.000	346	104	2.231	22.311	0.0022	0.10%			55.38%	
		2.000	450	1.000	347	103	2.229	22.289	0.0022	0.10%			55.42%	
		2.000	450	1.000	348	102	2.227	22.267	0.0022	0.10%			55.47%	
		2.000	450	1.000	349	101	2.224	22.244	0.0022	0.10%			55.51%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	350	100	2.222	22.222	0.0022	0.10%	0.029	1.38%	0.289	55.56%
		2.000	450	1.000	351	99	2.220	22.200	0.0022	0.10%				55.60%
		2.000	450	1.000	352	98	2.218	22.178	0.0022	0.10%				55.64%
		2.000	450	1.000	353	97	2.216	22.156	0.0022	0.10%				55.69%
		2.000	450	1.000	354	96	2.213	22.133	0.0022	0.10%				55.73%
		2.000	450	1.000	355	95	2.211	22.111	0.0022	0.10%				55.78%
		2.000	450	1.000	356	94	2.209	22.089	0.0022	0.10%				55.82%
		2.000	450	1.000	357	93	2.207	22.067	0.0022	0.10%				55.87%
		2.000	450	1.000	358	92	2.204	22.044	0.0022	0.10%				55.91%
		2.000	450	1.000	359	91	2.202	22.022	0.0022	0.10%				55.96%
		2.000	450	1.000	360	90	2.200	22.000	0.0022	0.10%				56.00%
		2.000	450	1.000	361	89	2.198	21.978	0.0022	0.10%				56.04%
		2.000	450	1.000	362	88	2.196	21.956	0.0022	0.10%				56.09%
		2.000	450	1.000	363	87	2.193	21.933	0.0022	0.10%				56.13%
		2.000	450	1.000	364	86	2.191	21.911	0.0022	0.10%	0.029	1.40%	0.289	56.18%
		2.000	450	1.000	365	85	2.189	21.889	0.0022	0.10%				56.22%
		2.000	450	1.000	366	84	2.187	21.867	0.0022	0.10%				56.27%
		2.000	450	1.000	367	83	2.184	21.844	0.0022	0.10%				56.31%
		2.000	450	1.000	368	82	2.182	21.822	0.0022	0.10%				56.36%
		2.000	450	1.000	369	81	2.180	21.800	0.0022	0.10%				56.40%
		2.000	450	1.000	370	80	2.178	21.778	0.0022	0.10%				56.44%
		2.000	450	1.000	371	79	2.176	21.756	0.0022	0.10%				56.49%
		2.000	450	1.000	372	78	2.173	21.733	0.0022	0.10%				56.53%
		2.000	450	1.000	373	77	2.171	21.711	0.0022	0.10%				56.58%
		2.000	450	1.000	374	76	2.169	21.689	0.0022	0.10%				56.62%
		2.000	450	1.000	375	75	2.167	21.667	0.0022	0.10%				56.67%
		2.000	450	1.000	376	74	2.164	21.644	0.0022	0.10%				56.71%
		2.000	450	1.000	377	73	2.162	21.622	0.0022	0.10%				56.76%
		2.000	450	1.000	378	72	2.160	21.600	0.0022	0.10%	0.029	1.42%	0.289	56.80%
		2.000	450	1.000	379	71	2.158	21.578	0.0022	0.10%				56.84%
		2.000	450	1.000	380	70	2.156	21.556	0.0022	0.10%				56.89%
		2.000	450	1.000	381	69	2.153	21.533	0.0022	0.10%				56.93%
		2.000	450	1.000	382	68	2.151	21.511	0.0022	0.10%				56.98%
		2.000	450	1.000	383	67	2.149	21.489	0.0022	0.10%				57.02%
		2.000	450	1.000	384	66	2.147	21.467	0.0022	0.10%				57.07%
		2.000	450	1.000	385	65	2.144	21.444	0.0022	0.10%				57.11%
		2.000	450	1.000	386	64	2.142	21.422	0.0022	0.10%				57.16%
		2.000	450	1.000	387	63	2.140	21.400	0.0022	0.10%				57.20%
		2.000	450	1.000	388	62	2.138	21.378	0.0022	0.10%				57.24%
		2.000	450	1.000	389	61	2.136	21.356	0.0022	0.10%				57.29%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	390	60	2.133	21.333	0.0022	0.10%			57.33%	
		2.000	450	1.000	391	59	2.131	21.311	0.0022	0.10%			57.38%	
		2.000	450	1.000	392	58	2.129	21.289	0.0022	0.10%	0.029	1.44%	0.289	57.42%
		2.000	450	1.000	393	57	2.127	21.267	0.0022	0.10%				57.47%
		2.000	450	1.000	394	56	2.124	21.244	0.0022	0.10%				57.51%
		2.000	450	1.000	395	55	2.122	21.222	0.0022	0.10%				57.56%
		2.000	450	1.000	396	54	2.120	21.200	0.0022	0.10%				57.60%
		2.000	450	1.000	397	53	2.118	21.178	0.0022	0.10%				57.64%
		2.000	450	1.000	398	52	2.116	21.156	0.0022	0.10%				57.69%
		2.000	450	1.000	399	51	2.113	21.133	0.0022	0.11%				57.73%
		2.000	450	1.000	400	50	2.111	21.111	0.0022	0.11%				57.78%
		2.000	450	1.000	401	49	2.109	21.089	0.0022	0.11%				57.82%
		2.000	450	1.000	402	48	2.107	21.067	0.0022	0.11%				57.87%
		2.000	450	1.000	403	47	2.104	21.044	0.0022	0.11%				57.91%
		2.000	450	1.000	404	46	2.102	21.022	0.0022	0.11%				57.96%
		2.000	450	1.000	405	45	2.100	21.000	0.0022	0.11%				58.00%
		2.000	450	1.000	406	44	2.098	20.978	0.0022	0.11%	0.029	1.46%	0.289	58.04%
		2.000	450	1.000	407	43	2.096	20.956	0.0022	0.11%				58.09%
		2.000	450	1.000	408	42	2.093	20.933	0.0022	0.11%				58.13%
		2.000	450	1.000	409	41	2.091	20.911	0.0022	0.11%				58.18%
		2.000	450	1.000	410	40	2.089	20.889	0.0022	0.11%				58.22%
		2.000	450	1.000	411	39	2.087	20.867	0.0022	0.11%				58.27%
		2.000	450	1.000	412	38	2.084	20.844	0.0022	0.11%				58.31%
		2.000	450	1.000	413	37	2.082	20.822	0.0022	0.11%				58.36%
		2.000	450	1.000	414	36	2.080	20.800	0.0022	0.11%				58.40%
		2.000	450	1.000	415	35	2.078	20.778	0.0022	0.11%				58.44%
		2.000	450	1.000	416	34	2.076	20.756	0.0022	0.11%				58.49%
		2.000	450	1.000	417	33	2.073	20.733	0.0022	0.11%				58.53%
		2.000	450	1.000	418	32	2.071	20.711	0.0022	0.11%				58.58%
		2.000	450	1.000	419	31	2.069	20.689	0.0022	0.11%				58.62%
		2.000	450	1.000	420	30	2.067	20.667	0.0022	0.11%	0.029	1.48%	0.289	58.67%
		2.000	450	1.000	421	29	2.064	20.644	0.0022	0.11%				58.71%
		2.000	450	1.000	422	28	2.062	20.622	0.0022	0.11%				58.76%
		2.000	450	1.000	423	27	2.060	20.600	0.0022	0.11%				58.80%
		2.000	450	1.000	424	26	2.058	20.578	0.0022	0.11%				58.84%
		2.000	450	1.000	425	25	2.056	20.556	0.0022	0.11%				58.89%
		2.000	450	1.000	426	24	2.053	20.533	0.0022	0.11%				58.93%
		2.000	450	1.000	427	23	2.051	20.511	0.0022	0.11%				58.98%
		2.000	450	1.000	428	22	2.049	20.489	0.0022	0.11%				59.02%
		2.000	450	1.000	429	21	2.047	20.467	0.0022	0.11%				59.07%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	450	1.000	430	20	2.044	20.444	0.0022	0.11%			59.11%	
		2.000	450	1.000	431	19	2.042	20.422	0.0022	0.11%			59.16%	
		2.000	450	1.000	432	18	2.040	20.400	0.0022	0.11%			59.20%	
		2.000	450	1.000	433	17	2.038	20.378	0.0022	0.11%			59.24%	
		2.000	450	1.000	434	16	2.036	20.356	0.0022	0.11%	0.029	1.51%	0.289	59.29%
		2.000	450	1.000	435	15	2.033	20.333	0.0022	0.11%			59.33%	
		2.000	450	1.000	436	14	2.031	20.311	0.0022	0.11%			59.38%	
		2.000	450	1.000	437	13	2.029	20.289	0.0022	0.11%			59.42%	
		2.000	450	1.000	438	12	2.027	20.267	0.0022	0.11%			59.47%	
		2.000	450	1.000	439	11	2.024	20.244	0.0022	0.11%			59.51%	
		2.000	450	1.000	440	10	2.022	20.222	0.0022	0.11%			59.56%	
		2.000	450	1.000	441	9	2.020	20.200	0.0022	0.11%			59.60%	
		2.000	450	1.000	442	8	2.018	20.178	0.0022	0.11%			59.64%	
		2.000	450	1.000	443	7	2.016	20.156	0.0022	0.11%			59.69%	
		2.000	450	1.000	444	6	2.013	20.133	0.0022	0.11%			59.73%	
		2.000	450	1.000	445	5	2.011	20.111	0.0022	0.11%			59.78%	
		2.000	450	1.000	446	4	2.009	20.089	0.0022	0.11%			59.82%	
		2.000	450	1.000	447	3	2.007	20.067	0.0022	0.11%			59.87%	
		2.000	450	1.000	448	2	2.004	20.044	0.0022	0.11%	0.029	1.53%	0.289	59.91%
		2.000	450	1.000	449	1	2.002	20.022	0.0022	0.11%			59.96%	
		2.000	450	1.000	450	0	2.000	20.000	0.0022	0.11%			60.00%	

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 2.000
 Start Date September 12, 2009
 Dry Dose 1.000
 Dissolve Dose 1.000
 Water in ML **450**
 ML Increments **1**
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	1	449	1.998	19.978	0.0022	0.11%			60.04%	
		1.000	450	1.000	2	448	1.996	19.956	0.0022	0.11%			60.09%	
		1.000	450	1.000	3	447	1.993	19.933	0.0022	0.11%			60.13%	
		1.000	450	1.000	4	446	1.991	19.911	0.0022	0.11%			60.18%	
		1.000	450	1.000	5	445	1.989	19.889	0.0022	0.11%			60.22%	
		1.000	450	1.000	6	444	1.987	19.867	0.0022	0.11%			60.27%	
		1.000	450	1.000	7	443	1.984	19.844	0.0022	0.11%			60.31%	
		1.000	450	1.000	8	442	1.982	19.822	0.0022	0.11%			60.36%	
		1.000	450	1.000	9	441	1.980	19.800	0.0022	0.11%			60.40%	
		1.000	450	1.000	10	440	1.978	19.778	0.0022	0.11%			60.44%	
		1.000	450	1.000	11	439	1.976	19.756	0.0022	0.11%			60.49%	
		1.000	450	1.000	12	438	1.973	19.733	0.0022	0.11%			60.53%	
		1.000	450	1.000	13	437	1.971	19.711	0.0022	0.11%			60.58%	
		1.000	450	1.000	14	436	1.969	19.689	0.0022	0.11%	0.029	1.45%	0.289	60.62%
		1.000	450	1.000	15	435	1.967	19.667	0.0022	0.11%			60.67%	
		1.000	450	1.000	16	434	1.964	19.644	0.0022	0.11%			60.71%	
		1.000	450	1.000	17	433	1.962	19.622	0.0022	0.11%			60.76%	
		1.000	450	1.000	18	432	1.960	19.600	0.0022	0.11%			60.80%	
		1.000	450	1.000	19	431	1.958	19.578	0.0022	0.11%			60.84%	
		1.000	450	1.000	20	430	1.956	19.556	0.0022	0.11%			60.89%	
		1.000	450	1.000	21	429	1.953	19.533	0.0022	0.11%			60.93%	
		1.000	450	1.000	22	428	1.951	19.511	0.0022	0.11%			60.98%	
		1.000	450	1.000	23	427	1.949	19.489	0.0022	0.11%			61.02%	
		1.000	450	1.000	24	426	1.947	19.467	0.0022	0.11%			61.07%	
		1.000	450	1.000	25	425	1.944	19.444	0.0022	0.11%			61.11%	
		1.000	450	1.000	26	424	1.942	19.422	0.0022	0.11%			61.16%	
		1.000	450	1.000	27	423	1.940	19.400	0.0022	0.11%			61.20%	
		1.000	450	1.000	28	422	1.938	19.378	0.0022	0.11%	0.029	1.58%	0.289	61.24%
		1.000	450	1.000	29	421	1.936	19.356	0.0022	0.11%			61.29%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	30	420	1.933	19.333	0.0022	0.11%			61.33%	
		1.000	450	1.000	31	419	1.931	19.311	0.0022	0.11%			61.38%	
		1.000	450	1.000	32	418	1.929	19.289	0.0022	0.12%			61.42%	
		1.000	450	1.000	33	417	1.927	19.267	0.0022	0.12%			61.47%	
		1.000	450	1.000	34	416	1.924	19.244	0.0022	0.12%			61.51%	
		1.000	450	1.000	35	415	1.922	19.222	0.0022	0.12%			61.56%	
		1.000	450	1.000	36	414	1.920	19.200	0.0022	0.12%			61.60%	
		1.000	450	1.000	37	413	1.918	19.178	0.0022	0.12%			61.64%	
		1.000	450	1.000	38	412	1.916	19.156	0.0022	0.12%			61.69%	
		1.000	450	1.000	39	411	1.913	19.133	0.0022	0.12%			61.73%	
		1.000	450	1.000	40	410	1.911	19.111	0.0022	0.12%			61.78%	
		1.000	450	1.000	41	409	1.909	19.089	0.0022	0.12%			61.82%	
		1.000	450	1.000	42	408	1.907	19.067	0.0022	0.12%	0.029	1.61%	0.289	61.87%
		1.000	450	1.000	43	407	1.904	19.044	0.0022	0.12%			61.91%	
		1.000	450	1.000	44	406	1.902	19.022	0.0022	0.12%			61.96%	
		1.000	450	1.000	45	405	1.900	19.000	0.0022	0.12%			62.00%	
		1.000	450	1.000	46	404	1.898	18.978	0.0022	0.12%			62.04%	
		1.000	450	1.000	47	403	1.896	18.956	0.0022	0.12%			62.09%	
		1.000	450	1.000	48	402	1.893	18.933	0.0022	0.12%			62.13%	
		1.000	450	1.000	49	401	1.891	18.911	0.0022	0.12%			62.18%	
		1.000	450	1.000	50	400	1.889	18.889	0.0022	0.12%			62.22%	
		1.000	450	1.000	51	399	1.887	18.867	0.0022	0.12%			62.27%	
		1.000	450	1.000	52	398	1.884	18.844	0.0022	0.12%			62.31%	
		1.000	450	1.000	53	397	1.882	18.822	0.0022	0.12%			62.36%	
		1.000	450	1.000	54	396	1.880	18.800	0.0022	0.12%			62.40%	
		1.000	450	1.000	55	395	1.878	18.778	0.0022	0.12%			62.44%	
		1.000	450	1.000	56	394	1.876	18.756	0.0022	0.12%	0.029	1.63%	0.289	62.49%
		1.000	450	1.000	57	393	1.873	18.733	0.0022	0.12%			62.53%	
		1.000	450	1.000	58	392	1.871	18.711	0.0022	0.12%			62.58%	
		1.000	450	1.000	59	391	1.869	18.689	0.0022	0.12%			62.62%	
		1.000	450	1.000	60	390	1.867	18.667	0.0022	0.12%			62.67%	
		1.000	450	1.000	61	389	1.864	18.644	0.0022	0.12%			62.71%	
		1.000	450	1.000	62	388	1.862	18.622	0.0022	0.12%			62.76%	
		1.000	450	1.000	63	387	1.860	18.600	0.0022	0.12%			62.80%	
		1.000	450	1.000	64	386	1.858	18.578	0.0022	0.12%			62.84%	
		1.000	450	1.000	65	385	1.856	18.556	0.0022	0.12%			62.89%	
		1.000	450	1.000	66	384	1.853	18.533	0.0022	0.12%			62.93%	
		1.000	450	1.000	67	383	1.851	18.511	0.0022	0.12%			62.98%	
		1.000	450	1.000	68	382	1.849	18.489	0.0022	0.12%			63.02%	
		1.000	450	1.000	69	381	1.847	18.467	0.0022	0.12%			63.07%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	70	380	1.844	18.444	0.0022	0.12%	0.029	1.66%	0.289	63.11%
		1.000	450	1.000	71	379	1.842	18.422	0.0022	0.12%				63.16%
		1.000	450	1.000	72	378	1.840	18.400	0.0022	0.12%				63.20%
		1.000	450	1.000	73	377	1.838	18.378	0.0022	0.12%				63.24%
		1.000	450	1.000	74	376	1.836	18.356	0.0022	0.12%				63.29%
		1.000	450	1.000	75	375	1.833	18.333	0.0022	0.12%				63.33%
		1.000	450	1.000	76	374	1.831	18.311	0.0022	0.12%				63.38%
		1.000	450	1.000	77	373	1.829	18.289	0.0022	0.12%				63.42%
		1.000	450	1.000	78	372	1.827	18.267	0.0022	0.12%				63.47%
		1.000	450	1.000	79	371	1.824	18.244	0.0022	0.12%				63.51%
		1.000	450	1.000	80	370	1.822	18.222	0.0022	0.12%				63.56%
		1.000	450	1.000	81	369	1.820	18.200	0.0022	0.12%				63.60%
		1.000	450	1.000	82	368	1.818	18.178	0.0022	0.12%				63.64%
		1.000	450	1.000	83	367	1.816	18.156	0.0022	0.12%				63.69%
		1.000	450	1.000	84	366	1.813	18.133	0.0022	0.12%	0.029	1.69%	0.289	63.73%
		1.000	450	1.000	85	365	1.811	18.111	0.0022	0.12%				63.78%
		1.000	450	1.000	86	364	1.809	18.089	0.0022	0.12%				63.82%
		1.000	450	1.000	87	363	1.807	18.067	0.0022	0.12%				63.87%
		1.000	450	1.000	88	362	1.804	18.044	0.0022	0.12%				63.91%
		1.000	450	1.000	89	361	1.802	18.022	0.0022	0.12%				63.96%
		1.000	450	1.000	90	360	1.800	18.000	0.0022	0.12%				64.00%
		1.000	450	1.000	91	359	1.798	17.978	0.0022	0.12%				64.04%
		1.000	450	1.000	92	358	1.796	17.956	0.0022	0.12%				64.09%
		1.000	450	1.000	93	357	1.793	17.933	0.0022	0.12%				64.13%
		1.000	450	1.000	94	356	1.791	17.911	0.0022	0.12%				64.18%
		1.000	450	1.000	95	355	1.789	17.889	0.0022	0.12%				64.22%
		1.000	450	1.000	96	354	1.787	17.867	0.0022	0.12%				64.27%
		1.000	450	1.000	97	353	1.784	17.844	0.0022	0.12%				64.31%
		1.000	450	1.000	98	352	1.782	17.822	0.0022	0.12%	0.029	1.72%	0.289	64.36%
		1.000	450	1.000	99	351	1.780	17.800	0.0022	0.12%				64.40%
		1.000	450	1.000	100	350	1.778	17.778	0.0022	0.12%				64.44%
		1.000	450	1.000	101	349	1.776	17.756	0.0022	0.12%				64.49%
		1.000	450	1.000	102	348	1.773	17.733	0.0022	0.13%				64.53%
		1.000	450	1.000	103	347	1.771	17.711	0.0022	0.13%				64.58%
		1.000	450	1.000	104	346	1.769	17.689	0.0022	0.13%				64.62%
		1.000	450	1.000	105	345	1.767	17.667	0.0022	0.13%				64.67%
		1.000	450	1.000	106	344	1.764	17.644	0.0022	0.13%				64.71%
		1.000	450	1.000	107	343	1.762	17.622	0.0022	0.13%				64.76%
		1.000	450	1.000	108	342	1.760	17.600	0.0022	0.13%				64.80%
		1.000	450	1.000	109	341	1.758	17.578	0.0022	0.13%				64.84%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	110	340	1.756	17.556	0.0022	0.13%			64.89%	
		1.000	450	1.000	111	339	1.753	17.533	0.0022	0.13%			64.93%	
		1.000	450	1.000	112	338	1.751	17.511	0.0022	0.13%	0.029	1.75%	0.289	64.98%
		1.000	450	1.000	113	337	1.749	17.489	0.0022	0.13%			65.02%	
		1.000	450	1.000	114	336	1.747	17.467	0.0022	0.13%			65.07%	
		1.000	450	1.000	115	335	1.744	17.444	0.0022	0.13%			65.11%	
		1.000	450	1.000	116	334	1.742	17.422	0.0022	0.13%			65.16%	
		1.000	450	1.000	117	333	1.740	17.400	0.0022	0.13%			65.20%	
		1.000	450	1.000	118	332	1.738	17.378	0.0022	0.13%			65.24%	
		1.000	450	1.000	119	331	1.736	17.356	0.0022	0.13%			65.29%	
		1.000	450	1.000	120	330	1.733	17.333	0.0022	0.13%			65.33%	
		1.000	450	1.000	121	329	1.731	17.311	0.0022	0.13%			65.38%	
		1.000	450	1.000	122	328	1.729	17.289	0.0022	0.13%			65.42%	
		1.000	450	1.000	123	327	1.727	17.267	0.0022	0.13%			65.47%	
		1.000	450	1.000	124	326	1.724	17.244	0.0022	0.13%			65.51%	
		1.000	450	1.000	125	325	1.722	17.222	0.0022	0.13%			65.56%	
		1.000	450	1.000	126	324	1.720	17.200	0.0022	0.13%	0.029	1.78%	0.289	65.60%
		1.000	450	1.000	127	323	1.718	17.178	0.0022	0.13%			65.64%	
		1.000	450	1.000	128	322	1.716	17.156	0.0022	0.13%			65.69%	
		1.000	450	1.000	129	321	1.713	17.133	0.0022	0.13%			65.73%	
		1.000	450	1.000	130	320	1.711	17.111	0.0022	0.13%			65.78%	
		1.000	450	1.000	131	319	1.709	17.089	0.0022	0.13%			65.82%	
		1.000	450	1.000	132	318	1.707	17.067	0.0022	0.13%			65.87%	
		1.000	450	1.000	133	317	1.704	17.044	0.0022	0.13%			65.91%	
		1.000	450	1.000	134	316	1.702	17.022	0.0022	0.13%			65.96%	
		1.000	450	1.000	135	315	1.700	17.000	0.0022	0.13%			66.00%	
		1.000	450	1.000	136	314	1.698	16.978	0.0022	0.13%			66.04%	
		1.000	450	1.000	137	313	1.696	16.956	0.0022	0.13%			66.09%	
		1.000	450	1.000	138	312	1.693	16.933	0.0022	0.13%			66.13%	
		1.000	450	1.000	139	311	1.691	16.911	0.0022	0.13%			66.18%	
		1.000	450	1.000	140	310	1.689	16.889	0.0022	0.13%	0.029	1.81%	0.289	66.22%
		1.000	450	1.000	141	309	1.687	16.867	0.0022	0.13%			66.27%	
		1.000	450	1.000	142	308	1.684	16.844	0.0022	0.13%			66.31%	
		1.000	450	1.000	143	307	1.682	16.822	0.0022	0.13%			66.36%	
		1.000	450	1.000	144	306	1.680	16.800	0.0022	0.13%			66.40%	
		1.000	450	1.000	145	305	1.678	16.778	0.0022	0.13%			66.44%	
		1.000	450	1.000	146	304	1.676	16.756	0.0022	0.13%			66.49%	
		1.000	450	1.000	147	303	1.673	16.733	0.0022	0.13%			66.53%	
		1.000	450	1.000	148	302	1.671	16.711	0.0022	0.13%			66.58%	
		1.000	450	1.000	149	301	1.669	16.689	0.0022	0.13%			66.62%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	150	300	1.667	16.667	0.0022	0.13%			66.67%	
		1.000	450	1.000	151	299	1.664	16.644	0.0022	0.13%			66.71%	
		1.000	450	1.000	152	298	1.662	16.622	0.0022	0.13%			66.76%	
		1.000	450	1.000	153	297	1.660	16.600	0.0022	0.13%			66.80%	
		1.000	450	1.000	154	296	1.658	16.578	0.0022	0.13%	0.029	1.84%	0.289	66.84%
		1.000	450	1.000	155	295	1.656	16.556	0.0022	0.13%			66.89%	
		1.000	450	1.000	156	294	1.653	16.533	0.0022	0.13%			66.93%	
		1.000	450	1.000	157	293	1.651	16.511	0.0022	0.13%			66.98%	
		1.000	450	1.000	158	292	1.649	16.489	0.0022	0.13%			67.02%	
		1.000	450	1.000	159	291	1.647	16.467	0.0022	0.13%			67.07%	
		1.000	450	1.000	160	290	1.644	16.444	0.0022	0.13%			67.11%	
		1.000	450	1.000	161	289	1.642	16.422	0.0022	0.14%			67.16%	
		1.000	450	1.000	162	288	1.640	16.400	0.0022	0.14%			67.20%	
		1.000	450	1.000	163	287	1.638	16.378	0.0022	0.14%			67.24%	
		1.000	450	1.000	164	286	1.636	16.356	0.0022	0.14%			67.29%	
		1.000	450	1.000	165	285	1.633	16.333	0.0022	0.14%			67.33%	
		1.000	450	1.000	166	284	1.631	16.311	0.0022	0.14%			67.38%	
		1.000	450	1.000	167	283	1.629	16.289	0.0022	0.14%			67.42%	
		1.000	450	1.000	168	282	1.627	16.267	0.0022	0.14%	0.029	1.88%	0.289	67.47%
		1.000	450	1.000	169	281	1.624	16.244	0.0022	0.14%			67.51%	
		1.000	450	1.000	170	280	1.622	16.222	0.0022	0.14%			67.56%	
		1.000	450	1.000	171	279	1.620	16.200	0.0022	0.14%			67.60%	
		1.000	450	1.000	172	278	1.618	16.178	0.0022	0.14%			67.64%	
		1.000	450	1.000	173	277	1.616	16.156	0.0022	0.14%			67.69%	
		1.000	450	1.000	174	276	1.613	16.133	0.0022	0.14%			67.73%	
		1.000	450	1.000	175	275	1.611	16.111	0.0022	0.14%			67.78%	
		1.000	450	1.000	176	274	1.609	16.089	0.0022	0.14%			67.82%	
		1.000	450	1.000	177	273	1.607	16.067	0.0022	0.14%			67.87%	
		1.000	450	1.000	178	272	1.604	16.044	0.0022	0.14%			67.91%	
		1.000	450	1.000	179	271	1.602	16.022	0.0022	0.14%			67.96%	
		1.000	450	1.000	180	270	1.600	16.000	0.0022	0.14%			68.00%	
		1.000	450	1.000	181	269	1.598	15.978	0.0022	0.14%			68.04%	
		1.000	450	1.000	182	268	1.596	15.956	0.0022	0.14%	0.029	1.91%	0.289	68.09%
		1.000	450	1.000	183	267	1.593	15.933	0.0022	0.14%			68.13%	
		1.000	450	1.000	184	266	1.591	15.911	0.0022	0.14%			68.18%	
		1.000	450	1.000	185	265	1.589	15.889	0.0022	0.14%			68.22%	
		1.000	450	1.000	186	264	1.587	15.867	0.0022	0.14%			68.27%	
		1.000	450	1.000	187	263	1.584	15.844	0.0022	0.14%			68.31%	
		1.000	450	1.000	188	262	1.582	15.822	0.0022	0.14%			68.36%	
		1.000	450	1.000	189	261	1.580	15.800	0.0022	0.14%			68.40%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	190	260	1.578	15.778	0.0022	0.14%			68.44%	
		1.000	450	1.000	191	259	1.576	15.756	0.0022	0.14%			68.49%	
		1.000	450	1.000	192	258	1.573	15.733	0.0022	0.14%			68.53%	
		1.000	450	1.000	193	257	1.571	15.711	0.0022	0.14%			68.58%	
		1.000	450	1.000	194	256	1.569	15.689	0.0022	0.14%			68.62%	
		1.000	450	1.000	195	255	1.567	15.667	0.0022	0.14%			68.67%	
		1.000	450	1.000	196	254	1.564	15.644	0.0022	0.14%	0.029	1.95%	0.289	68.71%
		1.000	450	1.000	197	253	1.562	15.622	0.0022	0.14%			68.76%	
		1.000	450	1.000	198	252	1.560	15.600	0.0022	0.14%			68.80%	
		1.000	450	1.000	199	251	1.558	15.578	0.0022	0.14%			68.84%	
		1.000	450	1.000	200	250	1.556	15.556	0.0022	0.14%			68.89%	
		1.000	450	1.000	201	249	1.553	15.533	0.0022	0.14%			68.93%	
		1.000	450	1.000	202	248	1.551	15.511	0.0022	0.14%			68.98%	
		1.000	450	1.000	203	247	1.549	15.489	0.0022	0.14%			69.02%	
		1.000	450	1.000	204	246	1.547	15.467	0.0022	0.14%			69.07%	
		1.000	450	1.000	205	245	1.544	15.444	0.0022	0.14%			69.11%	
		1.000	450	1.000	206	244	1.542	15.422	0.0022	0.14%			69.16%	
		1.000	450	1.000	207	243	1.540	15.400	0.0022	0.14%			69.20%	
		1.000	450	1.000	208	242	1.538	15.378	0.0022	0.14%			69.24%	
		1.000	450	1.000	209	241	1.536	15.356	0.0022	0.14%			69.29%	
		1.000	450	1.000	210	240	1.533	15.333	0.0022	0.14%	0.029	1.99%	0.289	69.33%
		1.000	450	1.000	211	239	1.531	15.311	0.0022	0.14%			69.38%	
		1.000	450	1.000	212	238	1.529	15.289	0.0022	0.15%			69.42%	
		1.000	450	1.000	213	237	1.527	15.267	0.0022	0.15%			69.47%	
		1.000	450	1.000	214	236	1.524	15.244	0.0022	0.15%			69.51%	
		1.000	450	1.000	215	235	1.522	15.222	0.0022	0.15%			69.56%	
		1.000	450	1.000	216	234	1.520	15.200	0.0022	0.15%			69.60%	
		1.000	450	1.000	217	233	1.518	15.178	0.0022	0.15%			69.64%	
		1.000	450	1.000	218	232	1.516	15.156	0.0022	0.15%			69.69%	
		1.000	450	1.000	219	231	1.513	15.133	0.0022	0.15%			69.73%	
		1.000	450	1.000	220	230	1.511	15.111	0.0022	0.15%			69.78%	
		1.000	450	1.000	221	229	1.509	15.089	0.0022	0.15%			69.82%	
		1.000	450	1.000	222	228	1.507	15.067	0.0022	0.15%			69.87%	
		1.000	450	1.000	223	227	1.504	15.044	0.0022	0.15%			69.91%	
		1.000	450	1.000	224	226	1.502	15.022	0.0022	0.15%	0.029	2.03%	0.289	69.96%
		1.000	450	1.000	225	225	1.500	15.000	0.0022	0.15%			70.00%	
		1.000	450	1.000	226	224	1.498	14.978	0.0022	0.15%			70.04%	
		1.000	450	1.000	227	223	1.496	14.956	0.0022	0.15%			70.09%	
		1.000	450	1.000	228	222	1.493	14.933	0.0022	0.15%			70.13%	
		1.000	450	1.000	229	221	1.491	14.911	0.0022	0.15%			70.18%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	230	220	1.489	14.889	0.0022	0.15%			70.22%	
		1.000	450	1.000	231	219	1.487	14.867	0.0022	0.15%			70.27%	
		1.000	450	1.000	232	218	1.484	14.844	0.0022	0.15%			70.31%	
		1.000	450	1.000	233	217	1.482	14.822	0.0022	0.15%			70.36%	
		1.000	450	1.000	234	216	1.480	14.800	0.0022	0.15%			70.40%	
		1.000	450	1.000	235	215	1.478	14.778	0.0022	0.15%			70.44%	
		1.000	450	1.000	236	214	1.476	14.756	0.0022	0.15%			70.49%	
		1.000	450	1.000	237	213	1.473	14.733	0.0022	0.15%			70.53%	
		1.000	450	1.000	238	212	1.471	14.711	0.0022	0.15%	0.029	2.07%	0.289	70.58%
		1.000	450	1.000	239	211	1.469	14.689	0.0022	0.15%			70.62%	
		1.000	450	1.000	240	210	1.467	14.667	0.0022	0.15%			70.67%	
		1.000	450	1.000	241	209	1.464	14.644	0.0022	0.15%			70.71%	
		1.000	450	1.000	242	208	1.462	14.622	0.0022	0.15%			70.76%	
		1.000	450	1.000	243	207	1.460	14.600	0.0022	0.15%			70.80%	
		1.000	450	1.000	244	206	1.458	14.578	0.0022	0.15%			70.84%	
		1.000	450	1.000	245	205	1.456	14.556	0.0022	0.15%			70.89%	
		1.000	450	1.000	246	204	1.453	14.533	0.0022	0.15%			70.93%	
		1.000	450	1.000	247	203	1.451	14.511	0.0022	0.15%			70.98%	
		1.000	450	1.000	248	202	1.449	14.489	0.0022	0.15%			71.02%	
		1.000	450	1.000	249	201	1.447	14.467	0.0022	0.15%			71.07%	
		1.000	450	1.000	250	200	1.444	14.444	0.0022	0.15%			71.11%	
		1.000	450	1.000	251	199	1.442	14.422	0.0022	0.15%			71.16%	
		1.000	450	1.000	252	198	1.440	14.400	0.0022	0.15%	0.029	2.11%	0.289	71.20%
		1.000	450	1.000	253	197	1.438	14.378	0.0022	0.15%			71.24%	
		1.000	450	1.000	254	196	1.436	14.356	0.0022	0.15%			71.29%	
		1.000	450	1.000	255	195	1.433	14.333	0.0022	0.15%			71.33%	
		1.000	450	1.000	256	194	1.431	14.311	0.0022	0.16%			71.38%	
		1.000	450	1.000	257	193	1.429	14.289	0.0022	0.16%			71.42%	
		1.000	450	1.000	258	192	1.427	14.267	0.0022	0.16%			71.47%	
		1.000	450	1.000	259	191	1.424	14.244	0.0022	0.16%			71.51%	
		1.000	450	1.000	260	190	1.422	14.222	0.0022	0.16%			71.56%	
		1.000	450	1.000	261	189	1.420	14.200	0.0022	0.16%			71.60%	
		1.000	450	1.000	262	188	1.418	14.178	0.0022	0.16%			71.64%	
		1.000	450	1.000	263	187	1.416	14.156	0.0022	0.16%			71.69%	
		1.000	450	1.000	264	186	1.413	14.133	0.0022	0.16%			71.73%	
		1.000	450	1.000	265	185	1.411	14.111	0.0022	0.16%			71.78%	
		1.000	450	1.000	266	184	1.409	14.089	0.0022	0.16%	0.029	2.16%	0.289	71.82%
		1.000	450	1.000	267	183	1.407	14.067	0.0022	0.16%			71.87%	
		1.000	450	1.000	268	182	1.404	14.044	0.0022	0.16%			71.91%	
		1.000	450	1.000	269	181	1.402	14.022	0.0022	0.16%			71.96%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	270	180	1.400	14.000	0.0022	0.16%			72.00%	
		1.000	450	1.000	271	179	1.398	13.978	0.0022	0.16%			72.04%	
		1.000	450	1.000	272	178	1.396	13.956	0.0022	0.16%			72.09%	
		1.000	450	1.000	273	177	1.393	13.933	0.0022	0.16%			72.13%	
		1.000	450	1.000	274	176	1.391	13.911	0.0022	0.16%			72.18%	
		1.000	450	1.000	275	175	1.389	13.889	0.0022	0.16%			72.22%	
		1.000	450	1.000	276	174	1.387	13.867	0.0022	0.16%			72.27%	
		1.000	450	1.000	277	173	1.384	13.844	0.0022	0.16%			72.31%	
		1.000	450	1.000	278	172	1.382	13.822	0.0022	0.16%			72.36%	
		1.000	450	1.000	279	171	1.380	13.800	0.0022	0.16%			72.40%	
		1.000	450	1.000	280	170	1.378	13.778	0.0022	0.16%	0.029	2.21%	0.289	72.44%
		1.000	450	1.000	281	169	1.376	13.756	0.0022	0.16%			72.49%	
		1.000	450	1.000	282	168	1.373	13.733	0.0022	0.16%			72.53%	
		1.000	450	1.000	283	167	1.371	13.711	0.0022	0.16%			72.58%	
		1.000	450	1.000	284	166	1.369	13.689	0.0022	0.16%			72.62%	
		1.000	450	1.000	285	165	1.367	13.667	0.0022	0.16%			72.67%	
		1.000	450	1.000	286	164	1.364	13.644	0.0022	0.16%			72.71%	
		1.000	450	1.000	287	163	1.362	13.622	0.0022	0.16%			72.76%	
		1.000	450	1.000	288	162	1.360	13.600	0.0022	0.16%			72.80%	
		1.000	450	1.000	289	161	1.358	13.578	0.0022	0.16%			72.84%	
		1.000	450	1.000	290	160	1.356	13.556	0.0022	0.16%			72.89%	
		1.000	450	1.000	291	159	1.353	13.533	0.0022	0.16%			72.93%	
		1.000	450	1.000	292	158	1.351	13.511	0.0022	0.16%			72.98%	
		1.000	450	1.000	293	157	1.349	13.489	0.0022	0.16%			73.02%	
		1.000	450	1.000	294	156	1.347	13.467	0.0022	0.16%	0.029	2.26%	0.289	73.07%
		1.000	450	1.000	295	155	1.344	13.444	0.0022	0.17%			73.11%	
		1.000	450	1.000	296	154	1.342	13.422	0.0022	0.17%			73.16%	
		1.000	450	1.000	297	153	1.340	13.400	0.0022	0.17%			73.20%	
		1.000	450	1.000	298	152	1.338	13.378	0.0022	0.17%			73.24%	
		1.000	450	1.000	299	151	1.336	13.356	0.0022	0.17%			73.29%	
		1.000	450	1.000	300	150	1.333	13.333	0.0022	0.17%			73.33%	
		1.000	450	1.000	301	149	1.331	13.311	0.0022	0.17%			73.38%	
		1.000	450	1.000	302	148	1.329	13.289	0.0022	0.17%			73.42%	
		1.000	450	1.000	303	147	1.327	13.267	0.0022	0.17%			73.47%	
		1.000	450	1.000	304	146	1.324	13.244	0.0022	0.17%			73.51%	
		1.000	450	1.000	305	145	1.322	13.222	0.0022	0.17%			73.56%	
		1.000	450	1.000	306	144	1.320	13.200	0.0022	0.17%			73.60%	
		1.000	450	1.000	307	143	1.318	13.178	0.0022	0.17%			73.64%	
		1.000	450	1.000	308	142	1.316	13.156	0.0022	0.17%	0.029	2.31%	0.289	73.69%
		1.000	450	1.000	309	141	1.313	13.133	0.0022	0.17%			73.73%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	310	140	1.311	13.111	0.0022	0.17%			73.78%	
		1.000	450	1.000	311	139	1.309	13.089	0.0022	0.17%			73.82%	
		1.000	450	1.000	312	138	1.307	13.067	0.0022	0.17%			73.87%	
		1.000	450	1.000	313	137	1.304	13.044	0.0022	0.17%			73.91%	
		1.000	450	1.000	314	136	1.302	13.022	0.0022	0.17%			73.96%	
		1.000	450	1.000	315	135	1.300	13.000	0.0022	0.17%			74.00%	
		1.000	450	1.000	316	134	1.298	12.978	0.0022	0.17%			74.04%	
		1.000	450	1.000	317	133	1.296	12.956	0.0022	0.17%			74.09%	
		1.000	450	1.000	318	132	1.293	12.933	0.0022	0.17%			74.13%	
		1.000	450	1.000	319	131	1.291	12.911	0.0022	0.17%			74.18%	
		1.000	450	1.000	320	130	1.289	12.889	0.0022	0.17%			74.22%	
		1.000	450	1.000	321	129	1.287	12.867	0.0022	0.17%			74.27%	
		1.000	450	1.000	322	128	1.284	12.844	0.0022	0.17%	0.029	2.36%	0.289	74.31%
		1.000	450	1.000	323	127	1.282	12.822	0.0022	0.17%			74.36%	
		1.000	450	1.000	324	126	1.280	12.800	0.0022	0.17%			74.40%	
		1.000	450	1.000	325	125	1.278	12.778	0.0022	0.17%			74.44%	
		1.000	450	1.000	326	124	1.276	12.756	0.0022	0.17%			74.49%	
		1.000	450	1.000	327	123	1.273	12.733	0.0022	0.17%			74.53%	
		1.000	450	1.000	328	122	1.271	12.711	0.0022	0.17%			74.58%	
		1.000	450	1.000	329	121	1.269	12.689	0.0022	0.17%			74.62%	
		1.000	450	1.000	330	120	1.267	12.667	0.0022	0.18%			74.67%	
		1.000	450	1.000	331	119	1.264	12.644	0.0022	0.18%			74.71%	
		1.000	450	1.000	332	118	1.262	12.622	0.0022	0.18%			74.76%	
		1.000	450	1.000	333	117	1.260	12.600	0.0022	0.18%			74.80%	
		1.000	450	1.000	334	116	1.258	12.578	0.0022	0.18%			74.84%	
		1.000	450	1.000	335	115	1.256	12.556	0.0022	0.18%			74.89%	
		1.000	450	1.000	336	114	1.253	12.533	0.0022	0.18%	0.029	2.42%	0.289	74.93%
		1.000	450	1.000	337	113	1.251	12.511	0.0022	0.18%			74.98%	
		1.000	450	1.000	338	112	1.249	12.489	0.0022	0.18%			75.02%	
		1.000	450	1.000	339	111	1.247	12.467	0.0022	0.18%			75.07%	
		1.000	450	1.000	340	110	1.244	12.444	0.0022	0.18%			75.11%	
		1.000	450	1.000	341	109	1.242	12.422	0.0022	0.18%			75.16%	
		1.000	450	1.000	342	108	1.240	12.400	0.0022	0.18%			75.20%	
		1.000	450	1.000	343	107	1.238	12.378	0.0022	0.18%			75.24%	
		1.000	450	1.000	344	106	1.236	12.356	0.0022	0.18%			75.29%	
		1.000	450	1.000	345	105	1.233	12.333	0.0022	0.18%			75.33%	
		1.000	450	1.000	346	104	1.231	12.311	0.0022	0.18%			75.38%	
		1.000	450	1.000	347	103	1.229	12.289	0.0022	0.18%			75.42%	
		1.000	450	1.000	348	102	1.227	12.267	0.0022	0.18%			75.47%	
		1.000	450	1.000	349	101	1.224	12.244	0.0022	0.18%			75.51%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	350	100	1.222	12.222	0.0022	0.18%	0.029	2.48%	0.289	75.56%
		1.000	450	1.000	351	99	1.220	12.200	0.0022	0.18%				75.60%
		1.000	450	1.000	352	98	1.218	12.178	0.0022	0.18%				75.64%
		1.000	450	1.000	353	97	1.216	12.156	0.0022	0.18%				75.69%
		1.000	450	1.000	354	96	1.213	12.133	0.0022	0.18%				75.73%
		1.000	450	1.000	355	95	1.211	12.111	0.0022	0.18%				75.78%
		1.000	450	1.000	356	94	1.209	12.089	0.0022	0.18%				75.82%
		1.000	450	1.000	357	93	1.207	12.067	0.0022	0.18%				75.87%
		1.000	450	1.000	358	92	1.204	12.044	0.0022	0.18%				75.91%
		1.000	450	1.000	359	91	1.202	12.022	0.0022	0.18%				75.96%
		1.000	450	1.000	360	90	1.200	12.000	0.0022	0.18%				76.00%
		1.000	450	1.000	361	89	1.198	11.978	0.0022	0.19%				76.04%
		1.000	450	1.000	362	88	1.196	11.956	0.0022	0.19%				76.09%
		1.000	450	1.000	363	87	1.193	11.933	0.0022	0.19%				76.13%
		1.000	450	1.000	364	86	1.191	11.911	0.0022	0.19%	0.029	2.55%	0.289	76.18%
		1.000	450	1.000	365	85	1.189	11.889	0.0022	0.19%				76.22%
		1.000	450	1.000	366	84	1.187	11.867	0.0022	0.19%				76.27%
		1.000	450	1.000	367	83	1.184	11.844	0.0022	0.19%				76.31%
		1.000	450	1.000	368	82	1.182	11.822	0.0022	0.19%				76.36%
		1.000	450	1.000	369	81	1.180	11.800	0.0022	0.19%				76.40%
		1.000	450	1.000	370	80	1.178	11.778	0.0022	0.19%				76.44%
		1.000	450	1.000	371	79	1.176	11.756	0.0022	0.19%				76.49%
		1.000	450	1.000	372	78	1.173	11.733	0.0022	0.19%				76.53%
		1.000	450	1.000	373	77	1.171	11.711	0.0022	0.19%				76.58%
		1.000	450	1.000	374	76	1.169	11.689	0.0022	0.19%				76.62%
		1.000	450	1.000	375	75	1.167	11.667	0.0022	0.19%				76.67%
		1.000	450	1.000	376	74	1.164	11.644	0.0022	0.19%				76.71%
		1.000	450	1.000	377	73	1.162	11.622	0.0022	0.19%				76.76%
		1.000	450	1.000	378	72	1.160	11.600	0.0022	0.19%	0.029	2.61%	0.289	76.80%
		1.000	450	1.000	379	71	1.158	11.578	0.0022	0.19%				76.84%
		1.000	450	1.000	380	70	1.156	11.556	0.0022	0.19%				76.89%
		1.000	450	1.000	381	69	1.153	11.533	0.0022	0.19%				76.93%
		1.000	450	1.000	382	68	1.151	11.511	0.0022	0.19%				76.98%
		1.000	450	1.000	383	67	1.149	11.489	0.0022	0.19%				77.02%
		1.000	450	1.000	384	66	1.147	11.467	0.0022	0.19%				77.07%
		1.000	450	1.000	385	65	1.144	11.444	0.0022	0.19%				77.11%
		1.000	450	1.000	386	64	1.142	11.422	0.0022	0.19%				77.16%
		1.000	450	1.000	387	63	1.140	11.400	0.0022	0.19%				77.20%
		1.000	450	1.000	388	62	1.138	11.378	0.0022	0.19%				77.24%
		1.000	450	1.000	389	61	1.136	11.356	0.0022	0.20%				77.29%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	450	1.000	390	60	1.133	11.333	0.0022	0.20%			77.33%	
		1.000	450	1.000	391	59	1.131	11.311	0.0022	0.20%			77.38%	
		1.000	450	1.000	392	58	1.129	11.289	0.0022	0.20%	0.029	2.68%	0.289	77.42%
		1.000	450	1.000	393	57	1.127	11.267	0.0022	0.20%				77.47%
		1.000	450	1.000	394	56	1.124	11.244	0.0022	0.20%				77.51%
		1.000	450	1.000	395	55	1.122	11.222	0.0022	0.20%				77.56%
		1.000	450	1.000	396	54	1.120	11.200	0.0022	0.20%				77.60%
		1.000	450	1.000	397	53	1.118	11.178	0.0022	0.20%				77.64%
		1.000	450	1.000	398	52	1.116	11.156	0.0022	0.20%				77.69%
		1.000	450	1.000	399	51	1.113	11.133	0.0022	0.20%				77.73%
		1.000	450	1.000	400	50	1.111	11.111	0.0022	0.20%				77.78%
		1.000	450	1.000	401	49	1.109	11.089	0.0022	0.20%				77.82%
		1.000	450	1.000	402	48	1.107	11.067	0.0022	0.20%				77.87%
		1.000	450	1.000	403	47	1.104	11.044	0.0022	0.20%				77.91%
		1.000	450	1.000	404	46	1.102	11.022	0.0022	0.20%				77.96%
		1.000	450	1.000	405	45	1.100	11.000	0.0022	0.20%				78.00%
		1.000	450	1.000	406	44	1.098	10.978	0.0022	0.20%	0.029	2.76%	0.289	78.04%
		1.000	450	1.000	407	43	1.096	10.956	0.0022	0.20%				78.09%
		1.000	450	1.000	408	42	1.093	10.933	0.0022	0.20%				78.13%
		1.000	450	1.000	409	41	1.091	10.911	0.0022	0.20%				78.18%
		1.000	450	1.000	410	40	1.089	10.889	0.0022	0.20%				78.22%
		1.000	450	1.000	411	39	1.087	10.867	0.0022	0.20%				78.27%
		1.000	450	1.000	412	38	1.084	10.844	0.0022	0.20%				78.31%
		1.000	450	1.000	413	37	1.082	10.822	0.0022	0.20%				78.36%
		1.000	450	1.000	414	36	1.080	10.800	0.0022	0.21%				78.40%
		1.000	450	1.000	415	35	1.078	10.778	0.0022	0.21%				78.44%
		1.000	450	1.000	416	34	1.076	10.756	0.0022	0.21%				78.49%
		1.000	450	1.000	417	33	1.073	10.733	0.0022	0.21%				78.53%
		1.000	450	1.000	418	32	1.071	10.711	0.0022	0.21%				78.58%
		1.000	450	1.000	419	31	1.069	10.689	0.0022	0.21%				78.62%
		1.000	450	1.000	420	30	1.067	10.667	0.0022	0.21%	0.029	2.83%	0.289	78.67%
		1.000	450	1.000	421	29	1.064	10.644	0.0022	0.21%				78.71%
		1.000	450	1.000	422	28	1.062	10.622	0.0022	0.21%				78.76%
		1.000	450	1.000	423	27	1.060	10.600	0.0022	0.21%				78.80%
		1.000	450	1.000	424	26	1.058	10.578	0.0022	0.21%				78.84%
		1.000	450	1.000	425	25	1.056	10.556	0.0022	0.21%				78.89%
		1.000	450	1.000	426	24	1.053	10.533	0.0022	0.21%				78.93%
		1.000	450	1.000	427	23	1.051	10.511	0.0022	0.21%				78.98%
		1.000	450	1.000	428	22	1.049	10.489	0.0022	0.21%				79.02%
		1.000	450	1.000	429	21	1.047	10.467	0.0022	0.21%				79.07%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 1.000
 Start Date December 6, 2010
 Dry Dose 0.000
 Dissolve Dose 1.000
 Water in ML **450**
 ML Increments **1**
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
	0.000	450	1.000	1	449	0.998	9.978	0.0022	0.22%				80.04%
	0.000	450	1.000	2	448	0.996	9.956	0.0022	0.22%				80.09%
	0.000	450	1.000	3	447	0.993	9.933	0.0022	0.22%				80.13%
	0.000	450	1.000	4	446	0.991	9.911	0.0022	0.22%				80.18%
	0.000	450	1.000	5	445	0.989	9.889	0.0022	0.22%				80.22%
	0.000	450	1.000	6	444	0.987	9.867	0.0022	0.22%				80.27%
	0.000	450	1.000	7	443	0.984	9.844	0.0022	0.23%				80.31%
	0.000	450	1.000	8	442	0.982	9.822	0.0022	0.23%				80.36%
	0.000	450	1.000	9	441	0.980	9.800	0.0022	0.23%				80.40%
	0.000	450	1.000	10	440	0.978	9.778	0.0022	0.23%				80.44%
	0.000	450	1.000	11	439	0.976	9.756	0.0022	0.23%				80.49%
	0.000	450	1.000	12	438	0.973	9.733	0.0022	0.23%				80.53%
	0.000	450	1.000	13	437	0.971	9.711	0.0022	0.23%				80.58%
	0.000	450	1.000	14	436	0.969	9.689	0.0022	0.23%	0.029	2.90%	0.289	80.62%
	0.000	450	1.000	15	435	0.967	9.667	0.0022	0.23%				80.67%
	0.000	450	1.000	16	434	0.964	9.644	0.0022	0.23%				80.71%
	0.000	450	1.000	17	433	0.962	9.622	0.0022	0.23%				80.76%
	0.000	450	1.000	18	432	0.960	9.600	0.0022	0.23%				80.80%
	0.000	450	1.000	19	431	0.958	9.578	0.0022	0.23%				80.84%
	0.000	450	1.000	20	430	0.956	9.556	0.0022	0.23%				80.89%
	0.000	450	1.000	21	429	0.953	9.533	0.0022	0.23%				80.93%
	0.000	450	1.000	22	428	0.951	9.511	0.0022	0.23%				80.98%
	0.000	450	1.000	23	427	0.949	9.489	0.0022	0.23%				81.02%
	0.000	450	1.000	24	426	0.947	9.467	0.0022	0.23%				81.07%
	0.000	450	1.000	25	425	0.944	9.444	0.0022	0.23%				81.11%
	0.000	450	1.000	26	424	0.942	9.422	0.0022	0.24%				81.16%
	0.000	450	1.000	27	423	0.940	9.400	0.0022	0.24%				81.20%
	0.000	450	1.000	28	422	0.938	9.378	0.0022	0.24%	0.029	3.21%	0.289	81.24%
	0.000	450	1.000	29	421	0.936	9.356	0.0022	0.24%				81.29%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
	0.000	450	1.000	30	420	0.933	9.333	0.0022	0.24%				81.33%
	0.000	450	1.000	31	419	0.931	9.311	0.0022	0.24%				81.38%
	0.000	450	1.000	32	418	0.929	9.289	0.0022	0.24%				81.42%
	0.000	450	1.000	33	417	0.927	9.267	0.0022	0.24%				81.47%
	0.000	450	1.000	34	416	0.924	9.244	0.0022	0.24%				81.51%
	0.000	450	1.000	35	415	0.922	9.222	0.0022	0.24%				81.56%
	0.000	450	1.000	36	414	0.920	9.200	0.0022	0.24%				81.60%
	0.000	450	1.000	37	413	0.918	9.178	0.0022	0.24%				81.64%
	0.000	450	1.000	38	412	0.916	9.156	0.0022	0.24%				81.69%
	0.000	450	1.000	39	411	0.913	9.133	0.0022	0.24%				81.73%
	0.000	450	1.000	40	410	0.911	9.111	0.0022	0.24%				81.78%
	0.000	450	1.000	41	409	0.909	9.089	0.0022	0.24%				81.82%
	0.000	450	1.000	42	408	0.907	9.067	0.0022	0.24%	0.029	3.32%	0.289	81.87%
	0.000	450	1.000	43	407	0.904	9.044	0.0022	0.25%				81.91%
	0.000	450	1.000	44	406	0.902	9.022	0.0022	0.25%				81.96%
	0.000	450	1.000	45	405	0.900	9.000	0.0022	0.25%				82.00%
	0.000	450	1.000	46	404	0.898	8.978	0.0022	0.25%				82.04%
	0.000	450	1.000	47	403	0.896	8.956	0.0022	0.25%				82.09%
	0.000	450	1.000	48	402	0.893	8.933	0.0022	0.25%				82.13%
	0.000	450	1.000	49	401	0.891	8.911	0.0022	0.25%				82.18%
	0.000	450	1.000	50	400	0.889	8.889	0.0022	0.25%				82.22%
	0.000	450	1.000	51	399	0.887	8.867	0.0022	0.25%				82.27%
	0.000	450	1.000	52	398	0.884	8.844	0.0022	0.25%				82.31%
	0.000	450	1.000	53	397	0.882	8.822	0.0022	0.25%				82.36%
	0.000	450	1.000	54	396	0.880	8.800	0.0022	0.25%				82.40%
	0.000	450	1.000	55	395	0.878	8.778	0.0022	0.25%				82.44%
	0.000	450	1.000	56	394	0.876	8.756	0.0022	0.25%	0.029	3.43%	0.289	82.49%
	0.000	450	1.000	57	393	0.873	8.733	0.0022	0.25%				82.53%
	0.000	450	1.000	58	392	0.871	8.711	0.0022	0.25%				82.58%
	0.000	450	1.000	59	391	0.869	8.689	0.0022	0.26%				82.62%
	0.000	450	1.000	60	390	0.867	8.667	0.0022	0.26%				82.67%
	0.000	450	1.000	61	389	0.864	8.644	0.0022	0.26%				82.71%
	0.000	450	1.000	62	388	0.862	8.622	0.0022	0.26%				82.76%
	0.000	450	1.000	63	387	0.860	8.600	0.0022	0.26%				82.80%
	0.000	450	1.000	64	386	0.858	8.578	0.0022	0.26%				82.84%
	0.000	450	1.000	65	385	0.856	8.556	0.0022	0.26%				82.89%
	0.000	450	1.000	66	384	0.853	8.533	0.0022	0.26%				82.93%
	0.000	450	1.000	67	383	0.851	8.511	0.0022	0.26%				82.98%
	0.000	450	1.000	68	382	0.849	8.489	0.0022	0.26%				83.02%
	0.000	450	1.000	69	381	0.847	8.467	0.0022	0.26%				83.07%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.000	450	1.000	70	380	0.844	8.444	0.0022	0.26%	0.029	3.55%	0.289	83.11%
		0.000	450	1.000	71	379	0.842	8.422	0.0022	0.26%				83.16%
		0.000	450	1.000	72	378	0.840	8.400	0.0022	0.26%				83.20%
		0.000	450	1.000	73	377	0.838	8.378	0.0022	0.26%				83.24%
		0.000	450	1.000	74	376	0.836	8.356	0.0022	0.27%				83.29%
		0.000	450	1.000	75	375	0.833	8.333	0.0022	0.27%				83.33%
		0.000	450	1.000	76	374	0.831	8.311	0.0022	0.27%				83.38%
		0.000	450	1.000	77	373	0.829	8.289	0.0022	0.27%				83.42%
		0.000	450	1.000	78	372	0.827	8.267	0.0022	0.27%				83.47%
		0.000	450	1.000	79	371	0.824	8.244	0.0022	0.27%				83.51%
		0.000	450	1.000	80	370	0.822	8.222	0.0022	0.27%				83.56%
		0.000	450	1.000	81	369	0.820	8.200	0.0022	0.27%				83.60%
		0.000	450	1.000	82	368	0.818	8.178	0.0022	0.27%				83.64%
		0.000	450	1.000	83	367	0.816	8.156	0.0022	0.27%				83.69%
		0.000	450	1.000	84	366	0.813	8.133	0.0022	0.27%	0.029	3.68%	0.289	83.73%
		0.000	450	1.000	85	365	0.811	8.111	0.0022	0.27%				83.78%
		0.000	450	1.000	86	364	0.809	8.089	0.0022	0.27%				83.82%
		0.000	450	1.000	87	363	0.807	8.067	0.0022	0.27%				83.87%
		0.000	450	1.000	88	362	0.804	8.044	0.0022	0.28%				83.91%
		0.000	450	1.000	89	361	0.802	8.022	0.0022	0.28%				83.96%
		0.000	450	1.000	90	360	0.800	8.000	0.0022	0.28%				84.00%
		0.000	450	1.000	91	359	0.798	7.978	0.0022	0.28%				84.04%
		0.000	450	1.000	92	358	0.796	7.956	0.0022	0.28%				84.09%
		0.000	450	1.000	93	357	0.793	7.933	0.0022	0.28%				84.13%
		0.000	450	1.000	94	356	0.791	7.911	0.0022	0.28%				84.18%
		0.000	450	1.000	95	355	0.789	7.889	0.0022	0.28%				84.22%
		0.000	450	1.000	96	354	0.787	7.867	0.0022	0.28%				84.27%
		0.000	450	1.000	97	353	0.784	7.844	0.0022	0.28%				84.31%
		0.000	450	1.000	98	352	0.782	7.822	0.0022	0.28%	0.029	3.83%	0.289	84.36%
		0.000	450	1.000	99	351	0.780	7.800	0.0022	0.28%				84.40%
		0.000	450	1.000	100	350	0.778	7.778	0.0022	0.28%				84.44%
		0.000	450	1.000	101	349	0.776	7.756	0.0022	0.29%				84.49%
		0.000	450	1.000	102	348	0.773	7.733	0.0022	0.29%				84.53%
		0.000	450	1.000	103	347	0.771	7.711	0.0022	0.29%				84.58%
		0.000	450	1.000	104	346	0.769	7.689	0.0022	0.29%				84.62%
		0.000	450	1.000	105	345	0.767	7.667	0.0022	0.29%				84.67%
		0.000	450	1.000	106	344	0.764	7.644	0.0022	0.29%				84.71%
		0.000	450	1.000	107	343	0.762	7.622	0.0022	0.29%				84.76%
		0.000	450	1.000	108	342	0.760	7.600	0.0022	0.29%				84.80%
		0.000	450	1.000	109	341	0.758	7.578	0.0022	0.29%				84.84%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.000	450	1.000	110	340	0.756	7.556	0.0022	0.29%			84.89%	
		0.000	450	1.000	111	339	0.753	7.533	0.0022	0.29%			84.93%	
		0.000	450	1.000	112	338	0.751	7.511	0.0022	0.29%	0.029	3.98%	0.289	84.98%
		0.000	450	1.000	113	337	0.749	7.489	0.0022	0.30%				85.02%
		0.000	450	1.000	114	336	0.747	7.467	0.0022	0.30%				85.07%
		0.000	450	1.000	115	335	0.744	7.444	0.0022	0.30%				85.11%
		0.000	450	1.000	116	334	0.742	7.422	0.0022	0.30%				85.16%
		0.000	450	1.000	117	333	0.740	7.400	0.0022	0.30%				85.20%
		0.000	450	1.000	118	332	0.738	7.378	0.0022	0.30%				85.24%
		0.000	450	1.000	119	331	0.736	7.356	0.0022	0.30%				85.29%
		0.000	450	1.000	120	330	0.733	7.333	0.0022	0.30%				85.33%
		0.000	450	1.000	121	329	0.731	7.311	0.0022	0.30%				85.38%
		0.000	450	1.000	122	328	0.729	7.289	0.0022	0.30%				85.42%
		0.000	450	1.000	123	327	0.727	7.267	0.0022	0.30%				85.47%
		0.000	450	1.000	124	326	0.724	7.244	0.0022	0.31%				85.51%
		0.000	450	1.000	125	325	0.722	7.222	0.0022	0.31%				85.56%
		0.000	450	1.000	126	324	0.720	7.200	0.0022	0.31%	0.029	4.14%	0.289	85.60%
		0.000	450	1.000	127	323	0.718	7.178	0.0022	0.31%				85.64%
		0.000	450	1.000	128	322	0.716	7.156	0.0022	0.31%				85.69%
		0.000	450	1.000	129	321	0.713	7.133	0.0022	0.31%				85.73%
		0.000	450	1.000	130	320	0.711	7.111	0.0022	0.31%				85.78%
		0.000	450	1.000	131	319	0.709	7.089	0.0022	0.31%				85.82%
		0.000	450	1.000	132	318	0.707	7.067	0.0022	0.31%				85.87%
		0.000	450	1.000	133	317	0.704	7.044	0.0022	0.31%				85.91%
		0.000	450	1.000	134	316	0.702	7.022	0.0022	0.32%				85.96%
		0.000	450	1.000	135	315	0.700	7.000	0.0022	0.32%				86.00%
		0.000	450	1.000	136	314	0.698	6.978	0.0022	0.32%				86.04%
		0.000	450	1.000	137	313	0.696	6.956	0.0022	0.32%				86.09%
		0.000	450	1.000	138	312	0.693	6.933	0.0022	0.32%				86.13%
		0.000	450	1.000	139	311	0.691	6.911	0.0022	0.32%				86.18%
		0.000	450	1.000	140	310	0.689	6.889	0.0022	0.32%	0.029	4.32%	0.289	86.22%
		0.000	450	1.000	141	309	0.687	6.867	0.0022	0.32%				86.27%
		0.000	450	1.000	142	308	0.684	6.844	0.0022	0.32%				86.31%
		0.000	450	1.000	143	307	0.682	6.822	0.0022	0.32%				86.36%
		0.000	450	1.000	144	306	0.680	6.800	0.0022	0.33%				86.40%
		0.000	450	1.000	145	305	0.678	6.778	0.0022	0.33%				86.44%
		0.000	450	1.000	146	304	0.676	6.756	0.0022	0.33%				86.49%
		0.000	450	1.000	147	303	0.673	6.733	0.0022	0.33%				86.53%
		0.000	450	1.000	148	302	0.671	6.711	0.0022	0.33%				86.58%
		0.000	450	1.000	149	301	0.669	6.689	0.0022	0.33%				86.62%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.000	450	1.000	150	300	0.667	6.667	0.0022	0.33%			86.67%	
		0.000	450	1.000	151	299	0.664	6.644	0.0022	0.33%			86.71%	
		0.000	450	1.000	152	298	0.662	6.622	0.0022	0.33%			86.76%	
		0.000	450	1.000	153	297	0.660	6.600	0.0022	0.34%			86.80%	
		0.000	450	1.000	154	296	0.658	6.578	0.0022	0.34%	0.029	4.52%	0.289	86.84%
		0.000	450	1.000	155	295	0.656	6.556	0.0022	0.34%			86.89%	
		0.000	450	1.000	156	294	0.653	6.533	0.0022	0.34%			86.93%	
		0.000	450	1.000	157	293	0.651	6.511	0.0022	0.34%			86.98%	
		0.000	450	1.000	158	292	0.649	6.489	0.0022	0.34%			87.02%	
		0.000	450	1.000	159	291	0.647	6.467	0.0022	0.34%			87.07%	
		0.000	450	1.000	160	290	0.644	6.444	0.0022	0.34%			87.11%	
		0.000	450	1.000	161	289	0.642	6.422	0.0022	0.34%			87.16%	
		0.000	450	1.000	162	288	0.640	6.400	0.0022	0.35%			87.20%	
		0.000	450	1.000	163	287	0.638	6.378	0.0022	0.35%			87.24%	
		0.000	450	1.000	164	286	0.636	6.356	0.0022	0.35%			87.29%	
		0.000	450	1.000	165	285	0.633	6.333	0.0022	0.35%			87.33%	
		0.000	450	1.000	166	284	0.631	6.311	0.0022	0.35%			87.38%	
		0.000	450	1.000	167	283	0.629	6.289	0.0022	0.35%			87.42%	
		0.000	450	1.000	168	282	0.627	6.267	0.0022	0.35%	0.029	4.73%	0.289	87.47%
		0.000	450	1.000	169	281	0.624	6.244	0.0022	0.35%			87.51%	
		0.000	450	1.000	170	280	0.622	6.222	0.0022	0.36%			87.56%	
		0.000	450	1.000	171	279	0.620	6.200	0.0022	0.36%			87.60%	
		0.000	450	1.000	172	278	0.618	6.178	0.0022	0.36%			87.64%	
		0.000	450	1.000	173	277	0.616	6.156	0.0022	0.36%			87.69%	
		0.000	450	1.000	174	276	0.613	6.133	0.0022	0.36%			87.73%	
		0.000	450	1.000	175	275	0.611	6.111	0.0022	0.36%			87.78%	
		0.000	450	1.000	176	274	0.609	6.089	0.0022	0.36%			87.82%	
		0.000	450	1.000	177	273	0.607	6.067	0.0022	0.36%			87.87%	
		0.000	450	1.000	178	272	0.604	6.044	0.0022	0.37%			87.91%	
		0.000	450	1.000	179	271	0.602	6.022	0.0022	0.37%			87.96%	
		0.000	450	1.000	180	270	0.600	6.000	0.0022	0.37%			88.00%	
		0.000	450	1.000	181	269	0.598	5.978	0.0022	0.37%			88.04%	
		0.000	450	1.000	182	268	0.596	5.956	0.0022	0.37%	0.029	4.96%	0.289	88.09%
		0.000	450	1.000	183	267	0.593	5.933	0.0022	0.37%			88.13%	
		0.000	450	1.000	184	266	0.591	5.911	0.0022	0.37%			88.18%	
		0.000	450	1.000	185	265	0.589	5.889	0.0022	0.38%			88.22%	
		0.000	450	1.000	186	264	0.587	5.867	0.0022	0.38%			88.27%	
		0.000	450	1.000	187	263	0.584	5.844	0.0022	0.38%			88.31%	
		0.000	450	1.000	188	262	0.582	5.822	0.0022	0.38%			88.36%	
		0.000	450	1.000	189	261	0.580	5.800	0.0022	0.38%			88.40%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.000	450	1.000	190	260	0.578	5.778	0.0022	0.38%			88.44%	
		0.000	450	1.000	191	259	0.576	5.756	0.0022	0.38%			88.49%	
		0.000	450	1.000	192	258	0.573	5.733	0.0022	0.39%			88.53%	
		0.000	450	1.000	193	257	0.571	5.711	0.0022	0.39%			88.58%	
		0.000	450	1.000	194	256	0.569	5.689	0.0022	0.39%			88.62%	
		0.000	450	1.000	195	255	0.567	5.667	0.0022	0.39%			88.67%	
		0.000	450	1.000	196	254	0.564	5.644	0.0022	0.39%	0.029	5.22%	0.289	88.71%
		0.000	450	1.000	197	253	0.562	5.622	0.0022	0.39%			88.76%	
		0.000	450	1.000	198	252	0.560	5.600	0.0022	0.40%			88.80%	
		0.000	450	1.000	199	251	0.558	5.578	0.0022	0.40%			88.84%	
		0.000	450	1.000	200	250	0.556	5.556	0.0022	0.40%			88.89%	
		0.000	450	1.000	201	249	0.553	5.533	0.0022	0.40%			88.93%	
		0.000	450	1.000	202	248	0.551	5.511	0.0022	0.40%			88.98%	
		0.000	450	1.000	203	247	0.549	5.489	0.0022	0.40%			89.02%	
		0.000	450	1.000	204	246	0.547	5.467	0.0022	0.40%			89.07%	
		0.000	450	1.000	205	245	0.544	5.444	0.0022	0.41%			89.11%	
		0.000	450	1.000	206	244	0.542	5.422	0.0022	0.41%			89.16%	
		0.000	450	1.000	207	243	0.540	5.400	0.0022	0.41%			89.20%	
		0.000	450	1.000	208	242	0.538	5.378	0.0022	0.41%			89.24%	
		0.000	450	1.000	209	241	0.536	5.356	0.0022	0.41%			89.29%	
		0.000	450	1.000	210	240	0.533	5.333	0.0022	0.41%	0.029	5.51%	0.289	89.33%
		0.000	450	1.000	211	239	0.531	5.311	0.0022	0.42%			89.38%	
		0.000	450	1.000	212	238	0.529	5.289	0.0022	0.42%			89.42%	
		0.000	450	1.000	213	237	0.527	5.267	0.0022	0.42%			89.47%	
		0.000	450	1.000	214	236	0.524	5.244	0.0022	0.42%			89.51%	
		0.000	450	1.000	215	235	0.522	5.222	0.0022	0.42%			89.56%	
		0.000	450	1.000	216	234	0.520	5.200	0.0022	0.43%			89.60%	
		0.000	450	1.000	217	233	0.518	5.178	0.0022	0.43%			89.64%	
		0.000	450	1.000	218	232	0.516	5.156	0.0022	0.43%			89.69%	
		0.000	450	1.000	219	231	0.513	5.133	0.0022	0.43%			89.73%	
		0.000	450	1.000	220	230	0.511	5.111	0.0022	0.43%			89.78%	
		0.000	450	1.000	221	229	0.509	5.089	0.0022	0.43%			89.82%	
		0.000	450	1.000	222	228	0.507	5.067	0.0022	0.44%			89.87%	
		0.000	450	1.000	223	227	0.504	5.044	0.0022	0.44%			89.91%	
		0.000	450	1.000	224	226	0.502	5.022	0.0022	0.44%	0.029	5.83%	0.289	89.96%
		0.000	450	1.000	225	225	0.500	5.000	0.0022	0.44%			90.00%	
		0.000	450	1.000	226	224	0.498	4.978	0.0022	0.44%			90.04%	
		0.000	450	1.000	227	223	0.496	4.956	0.0022	0.45%			90.09%	
		0.000	450	1.000	228	222	0.493	4.933	0.0022	0.45%			90.13%	
		0.000	450	1.000	229	221	0.491	4.911	0.0022	0.45%			90.18%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
	0.000	450	1.000	230	220	0.489	4.889	0.0022	0.45%				90.22%
	0.000	450	1.000	231	219	0.487	4.867	0.0022	0.45%				90.27%
	0.000	450	1.000	232	218	0.484	4.844	0.0022	0.46%				90.31%
	0.000	450	1.000	233	217	0.482	4.822	0.0022	0.46%				90.36%
	0.000	450	1.000	234	216	0.480	4.800	0.0022	0.46%				90.40%
	0.000	450	1.000	235	215	0.478	4.778	0.0022	0.46%				90.44%
	0.000	450	1.000	236	214	0.476	4.756	0.0022	0.47%				90.49%
	0.000	450	1.000	237	213	0.473	4.733	0.0022	0.47%				90.53%
	0.000	450	1.000	238	212	0.471	4.711	0.0022	0.47%	0.029	6.19%	0.289	90.58%
	0.000	450	1.000	239	211	0.469	4.689	0.0022	0.47%				90.62%
	0.000	450	1.000	240	210	0.467	4.667	0.0022	0.47%				90.67%
	0.000	450	1.000	241	209	0.464	4.644	0.0022	0.48%				90.71%
	0.000	450	1.000	242	208	0.462	4.622	0.0022	0.48%				90.76%
	0.000	450	1.000	243	207	0.460	4.600	0.0022	0.48%				90.80%
	0.000	450	1.000	244	206	0.458	4.578	0.0022	0.48%				90.84%
	0.000	450	1.000	245	205	0.456	4.556	0.0022	0.49%				90.89%
	0.000	450	1.000	246	204	0.453	4.533	0.0022	0.49%				90.93%
	0.000	450	1.000	247	203	0.451	4.511	0.0022	0.49%				90.98%
	0.000	450	1.000	248	202	0.449	4.489	0.0022	0.49%				91.02%
	0.000	450	1.000	249	201	0.447	4.467	0.0022	0.50%				91.07%
	0.000	450	1.000	250	200	0.444	4.444	0.0022	0.50%				91.11%
	0.000	450	1.000	251	199	0.442	4.422	0.0022	0.50%				91.16%
	0.000	450	1.000	252	198	0.440	4.400	0.0022	0.50%	0.029	6.60%	0.289	91.20%
	0.000	450	1.000	253	197	0.438	4.378	0.0022	0.51%				91.24%
	0.000	450	1.000	254	196	0.436	4.356	0.0022	0.51%				91.29%
	0.000	450	1.000	255	195	0.433	4.333	0.0022	0.51%				91.33%
	0.000	450	1.000	256	194	0.431	4.311	0.0022	0.51%				91.38%
	0.000	450	1.000	257	193	0.429	4.289	0.0022	0.52%				91.42%
	0.000	450	1.000	258	192	0.427	4.267	0.0022	0.52%				91.47%
	0.000	450	1.000	259	191	0.424	4.244	0.0022	0.52%				91.51%
	0.000	450	1.000	260	190	0.422	4.222	0.0022	0.52%				91.56%
	0.000	450	1.000	261	189	0.420	4.200	0.0022	0.53%				91.60%
	0.000	450	1.000	262	188	0.418	4.178	0.0022	0.53%				91.64%
	0.000	450	1.000	263	187	0.416	4.156	0.0022	0.53%				91.69%
	0.000	450	1.000	264	186	0.413	4.133	0.0022	0.53%				91.73%
	0.000	450	1.000	265	185	0.411	4.111	0.0022	0.54%				91.78%
	0.000	450	1.000	266	184	0.409	4.089	0.0022	0.54%	0.029	7.07%	0.289	91.82%
	0.000	450	1.000	267	183	0.407	4.067	0.0022	0.54%				91.87%
	0.000	450	1.000	268	182	0.404	4.044	0.0022	0.55%				91.91%
	0.000	450	1.000	269	181	0.402	4.022	0.0022	0.55%				91.96%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.000	450	1.000	270	180	0.400	4.000	0.0022	0.55%			92.00%	
		0.000	450	1.000	271	179	0.398	3.978	0.0022	0.56%			92.04%	
		0.000	450	1.000	272	178	0.396	3.956	0.0022	0.56%			92.09%	
		0.000	450	1.000	273	177	0.393	3.933	0.0022	0.56%			92.13%	
		0.000	450	1.000	274	176	0.391	3.911	0.0022	0.56%			92.18%	
		0.000	450	1.000	275	175	0.389	3.889	0.0022	0.57%			92.22%	
		0.000	450	1.000	276	174	0.387	3.867	0.0022	0.57%			92.27%	
		0.000	450	1.000	277	173	0.384	3.844	0.0022	0.57%			92.31%	
		0.000	450	1.000	278	172	0.382	3.822	0.0022	0.58%			92.36%	
		0.000	450	1.000	279	171	0.380	3.800	0.0022	0.58%			92.40%	
		0.000	450	1.000	280	170	0.378	3.778	0.0022	0.58%	0.029	7.61%	0.289	92.44%
		0.000	450	1.000	281	169	0.376	3.756	0.0022	0.59%			92.49%	
		0.000	450	1.000	282	168	0.373	3.733	0.0022	0.59%			92.53%	
		0.000	450	1.000	283	167	0.371	3.711	0.0022	0.60%			92.58%	
		0.000	450	1.000	284	166	0.369	3.689	0.0022	0.60%			92.62%	
		0.000	450	1.000	285	165	0.367	3.667	0.0022	0.60%			92.67%	
		0.000	450	1.000	286	164	0.364	3.644	0.0022	0.61%			92.71%	
		0.000	450	1.000	287	163	0.362	3.622	0.0022	0.61%			92.76%	
		0.000	450	1.000	288	162	0.360	3.600	0.0022	0.61%			92.80%	
		0.000	450	1.000	289	161	0.358	3.578	0.0022	0.62%			92.84%	
		0.000	450	1.000	290	160	0.356	3.556	0.0022	0.62%			92.89%	
		0.000	450	1.000	291	159	0.353	3.533	0.0022	0.63%			92.93%	
		0.000	450	1.000	292	158	0.351	3.511	0.0022	0.63%			92.98%	
		0.000	450	1.000	293	157	0.349	3.489	0.0022	0.63%			93.02%	
		0.000	450	1.000	294	156	0.347	3.467	0.0022	0.64%	0.029	8.24%	0.289	93.07%
		0.000	450	1.000	295	155	0.344	3.444	0.0022	0.64%			93.11%	
		0.000	450	1.000	296	154	0.342	3.422	0.0022	0.65%			93.16%	
		0.000	450	1.000	297	153	0.340	3.400	0.0022	0.65%			93.20%	
		0.000	450	1.000	298	152	0.338	3.378	0.0022	0.65%			93.24%	
		0.000	450	1.000	299	151	0.336	3.356	0.0022	0.66%			93.29%	
		0.000	450	1.000	300	150	0.333	3.333	0.0022	0.66%			93.33%	
		0.000	450	1.000	301	149	0.331	3.311	0.0022	0.67%			93.38%	
		0.000	450	1.000	302	148	0.329	3.289	0.0022	0.67%			93.42%	
		0.000	450	1.000	303	147	0.327	3.267	0.0022	0.68%			93.47%	
		0.000	450	1.000	304	146	0.324	3.244	0.0022	0.68%			93.51%	
		0.000	450	1.000	305	145	0.322	3.222	0.0022	0.68%			93.56%	
		0.000	450	1.000	306	144	0.320	3.200	0.0022	0.69%			93.60%	
		0.000	450	1.000	307	143	0.318	3.178	0.0022	0.69%			93.64%	
		0.000	450	1.000	308	142	0.316	3.156	0.0022	0.70%	0.029	8.97%	0.289	93.69%
		0.000	450	1.000	309	141	0.313	3.133	0.0022	0.70%			93.73%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.000	450	1.000	310	140	0.311	3.111	0.0022	0.71%			93.78%	
		0.000	450	1.000	311	139	0.309	3.089	0.0022	0.71%			93.82%	
		0.000	450	1.000	312	138	0.307	3.067	0.0022	0.72%			93.87%	
		0.000	450	1.000	313	137	0.304	3.044	0.0022	0.72%			93.91%	
		0.000	450	1.000	314	136	0.302	3.022	0.0022	0.73%			93.96%	
		0.000	450	1.000	315	135	0.300	3.000	0.0022	0.74%			94.00%	
		0.000	450	1.000	316	134	0.298	2.978	0.0022	0.74%			94.04%	
		0.000	450	1.000	317	133	0.296	2.956	0.0022	0.75%			94.09%	
		0.000	450	1.000	318	132	0.293	2.933	0.0022	0.75%			94.13%	
		0.000	450	1.000	319	131	0.291	2.911	0.0022	0.76%			94.18%	
		0.000	450	1.000	320	130	0.289	2.889	0.0022	0.76%			94.22%	
		0.000	450	1.000	321	129	0.287	2.867	0.0022	0.77%			94.27%	
		0.000	450	1.000	322	128	0.284	2.844	0.0022	0.78%	0.029	9.86%	0.289	94.31%
		0.000	450	1.000	323	127	0.282	2.822	0.0022	0.78%			94.36%	
		0.000	450	1.000	324	126	0.280	2.800	0.0022	0.79%			94.40%	
		0.000	450	1.000	325	125	0.278	2.778	0.0022	0.79%			94.44%	
		0.000	450	1.000	326	124	0.276	2.756	0.0022	0.80%			94.49%	
		0.000	450	1.000	327	123	0.273	2.733	0.0022	0.81%			94.53%	
		0.000	450	1.000	328	122	0.271	2.711	0.0022	0.81%			94.58%	
		0.000	450	1.000	329	121	0.269	2.689	0.0022	0.82%			94.62%	
		0.000	450	1.000	330	120	0.267	2.667	0.0022	0.83%			94.67%	
		0.000	450	1.000	331	119	0.264	2.644	0.0022	0.83%			94.71%	
		0.000	450	1.000	332	118	0.262	2.622	0.0022	0.84%			94.76%	
		0.000	450	1.000	333	117	0.260	2.600	0.0022	0.85%			94.80%	
		0.000	450	1.000	334	116	0.258	2.578	0.0022	0.85%			94.84%	
		0.000	450	1.000	335	115	0.256	2.556	0.0022	0.86%			94.89%	
		0.000	450	1.000	336	114	0.253	2.533	0.0022	0.87%	0.029	10.94%	0.289	94.93%
		0.000	450	1.000	337	113	0.251	2.511	0.0022	0.88%			94.98%	
		0.000	450	1.000	338	112	0.249	2.489	0.0022	0.88%			95.02%	
		0.000	450	1.000	339	111	0.247	2.467	0.0022	0.89%			95.07%	
		0.000	450	1.000	340	110	0.244	2.444	0.0022	0.90%			95.11%	
		0.000	450	1.000	341	109	0.242	2.422	0.0022	0.91%			95.16%	
		0.000	450	1.000	342	108	0.240	2.400	0.0022	0.92%			95.20%	
		0.000	450	1.000	343	107	0.238	2.378	0.0022	0.93%			95.24%	
		0.000	450	1.000	344	106	0.236	2.356	0.0022	0.93%			95.29%	
		0.000	450	1.000	345	105	0.233	2.333	0.0022	0.94%			95.33%	
		0.000	450	1.000	346	104	0.231	2.311	0.0022	0.95%			95.38%	
		0.000	450	1.000	347	103	0.229	2.289	0.0022	0.96%			95.42%	
		0.000	450	1.000	348	102	0.227	2.267	0.0022	0.97%			95.47%	
		0.000	450	1.000	349	101	0.224	2.244	0.0022	0.98%			95.51%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.000	450	1.000	350	100	0.222	2.222	0.0022	0.99%	0.029	12.28%	0.289	95.56%
		0.000	450	1.000	351	99	0.220	2.200	0.0022	1.00%				95.60%
		0.000	450	1.000	352	98	0.218	2.178	0.0022	1.01%				95.64%
		0.000	450	1.000	353	97	0.216	2.156	0.0022	1.02%				95.69%
		0.000	450	1.000	354	96	0.213	2.133	0.0022	1.03%				95.73%
		0.000	450	1.000	355	95	0.211	2.111	0.0022	1.04%				95.78%
		0.000	450	1.000	356	94	0.209	2.089	0.0022	1.05%				95.82%
		0.000	450	1.000	357	93	0.207	2.067	0.0022	1.06%				95.87%
		0.000	450	1.000	358	92	0.204	2.044	0.0022	1.08%				95.91%
		0.000	450	1.000	359	91	0.202	2.022	0.0022	1.09%				95.96%
		0.000	450	1.000	360	90	0.200	2.000	0.0022	1.10%				96.00%
		0.000	450	1.000	361	89	0.198	1.978	0.0022	1.11%				96.04%
		0.000	450	1.000	362	88	0.196	1.956	0.0022	1.12%				96.09%
		0.000	450	1.000	363	87	0.193	1.933	0.0022	1.14%				96.13%
		0.000	450	1.000	364	86	0.191	1.911	0.0022	1.15%	0.029	14.00%	0.289	96.18%
		0.000	450	1.000	365	85	0.189	1.889	0.0022	1.16%				96.22%
		0.000	450	1.000	366	84	0.187	1.867	0.0022	1.18%				96.27%
		0.000	450	1.000	367	83	0.184	1.844	0.0022	1.19%				96.31%
		0.000	450	1.000	368	82	0.182	1.822	0.0022	1.20%				96.36%
		0.000	450	1.000	369	81	0.180	1.800	0.0022	1.22%				96.40%
		0.000	450	1.000	370	80	0.178	1.778	0.0022	1.23%				96.44%
		0.000	450	1.000	371	79	0.176	1.756	0.0022	1.25%				96.49%
		0.000	450	1.000	372	78	0.173	1.733	0.0022	1.27%				96.53%
		0.000	450	1.000	373	77	0.171	1.711	0.0022	1.28%				96.58%
		0.000	450	1.000	374	76	0.169	1.689	0.0022	1.30%				96.62%
		0.000	450	1.000	375	75	0.167	1.667	0.0022	1.32%				96.67%
		0.000	450	1.000	376	74	0.164	1.644	0.0022	1.33%				96.71%
		0.000	450	1.000	377	73	0.162	1.622	0.0022	1.35%				96.76%
		0.000	450	1.000	378	72	0.160	1.600	0.0022	1.37%	0.029	16.28%	0.289	96.80%
		0.000	450	1.000	379	71	0.158	1.578	0.0022	1.39%				96.84%
		0.000	450	1.000	380	70	0.156	1.556	0.0022	1.41%				96.89%
		0.000	450	1.000	381	69	0.153	1.533	0.0022	1.43%				96.93%
		0.000	450	1.000	382	68	0.151	1.511	0.0022	1.45%				96.98%
		0.000	450	1.000	383	67	0.149	1.489	0.0022	1.47%				97.02%
		0.000	450	1.000	384	66	0.147	1.467	0.0022	1.49%				97.07%
		0.000	450	1.000	385	65	0.144	1.444	0.0022	1.52%				97.11%
		0.000	450	1.000	386	64	0.142	1.422	0.0022	1.54%				97.16%
		0.000	450	1.000	387	63	0.140	1.400	0.0022	1.56%				97.20%
		0.000	450	1.000	388	62	0.138	1.378	0.0022	1.59%				97.24%
		0.000	450	1.000	389	61	0.136	1.356	0.0022	1.61%				97.29%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.000	450	1.000	390	60	0.133	1.333	0.0022	1.64%			97.33%	
		0.000	450	1.000	391	59	0.131	1.311	0.0022	1.67%			97.38%	
		0.000	450	1.000	392	58	0.129	1.289	0.0022	1.69%	0.029	19.44%	0.289	97.42%
		0.000	450	1.000	393	57	0.127	1.267	0.0022	1.72%			97.47%	
		0.000	450	1.000	394	56	0.124	1.244	0.0022	1.75%			97.51%	
		0.000	450	1.000	395	55	0.122	1.222	0.0022	1.79%			97.56%	
		0.000	450	1.000	396	54	0.120	1.200	0.0022	1.82%			97.60%	
		0.000	450	1.000	397	53	0.118	1.178	0.0022	1.85%			97.64%	
		0.000	450	1.000	398	52	0.116	1.156	0.0022	1.89%			97.69%	
		0.000	450	1.000	399	51	0.113	1.133	0.0022	1.92%			97.73%	
		0.000	450	1.000	400	50	0.111	1.111	0.0022	1.96%			97.78%	
		0.000	450	1.000	401	49	0.109	1.089	0.0022	2.00%			97.82%	
		0.000	450	1.000	402	48	0.107	1.067	0.0022	2.04%			97.87%	
		0.000	450	1.000	403	47	0.104	1.044	0.0022	2.08%			97.91%	
		0.000	450	1.000	404	46	0.102	1.022	0.0022	2.13%			97.96%	
		0.000	450	1.000	405	45	0.100	1.000	0.0022	2.17%			98.00%	
		0.000	450	1.000	406	44	0.098	0.978	0.0022	2.22%	0.029	24.14%	0.289	98.04%
		0.000	450	1.000	407	43	0.096	0.956	0.0022	2.27%			98.09%	
		0.000	450	1.000	408	42	0.093	0.933	0.0022	2.33%			98.13%	
		0.000	450	1.000	409	41	0.091	0.911	0.0022	2.38%			98.18%	
		0.000	450	1.000	410	40	0.089	0.889	0.0022	2.44%			98.22%	
		0.000	450	1.000	411	39	0.087	0.867	0.0022	2.50%			98.27%	
		0.000	450	1.000	412	38	0.084	0.844	0.0022	2.56%			98.31%	
		0.000	450	1.000	413	37	0.082	0.822	0.0022	2.63%			98.36%	
		0.000	450	1.000	414	36	0.080	0.800	0.0022	2.70%			98.40%	
		0.000	450	1.000	415	35	0.078	0.778	0.0022	2.78%			98.44%	
		0.000	450	1.000	416	34	0.076	0.756	0.0022	2.86%			98.49%	
		0.000	450	1.000	417	33	0.073	0.733	0.0022	2.94%			98.53%	
		0.000	450	1.000	418	32	0.071	0.711	0.0022	3.03%			98.58%	
		0.000	450	1.000	419	31	0.069	0.689	0.0022	3.13%			98.62%	
		0.000	450	1.000	420	30	0.067	0.667	0.0022	3.23%	0.029	31.82%	0.289	98.67%
		0.000	450	1.000	421	29	0.064	0.644	0.0022	3.33%			98.71%	
		0.000	450	1.000	422	28	0.062	0.622	0.0022	3.45%			98.76%	
		0.000	450	1.000	423	27	0.060	0.600	0.0022	3.57%			98.80%	
		0.000	450	1.000	424	26	0.058	0.578	0.0022	3.70%			98.84%	
		0.000	450	1.000	425	25	0.056	0.556	0.0022	3.85%			98.89%	
		0.000	450	1.000	426	24	0.053	0.533	0.0022	4.00%			98.93%	
		0.000	450	1.000	427	23	0.051	0.511	0.0022	4.17%			98.98%	
		0.000	450	1.000	428	22	0.049	0.489	0.0022	4.35%			99.02%	
		0.000	450	1.000	429	21	0.047	0.467	0.0022	4.55%			99.07%	

