

David Getoff's Vitamin A and C "trick"

I first heard this protocol from an MD on a radio program in N.Y.C. about 40 years ago.

To be effective, it **MUST** be started in less than 60 minutes from the onset of your first symptoms.

The protocol is as follows:

Within **LESS THAN 60** minutes from when you first get the "Darn it, I'm going to be sick tomorrow" feeling, which most people are familiar with...

You need to take 25,000iu of **REAL** vitamin A/per 50-60 lbs. Of your body weight and also take vitamin C all day long in divided doses for a total of (at least) 1000mg/40 lbs. Of your weight . So for example:---

For a 180 lb. person, they would take ~ 75,000iu of natural vitamin A per day and 1000mg 4 times a day of C. (2000mg 4x a day is fine, as well.)

Don't stop till you have gone 3 FULL DAYS with ZERO Symptoms

This stops most colds, flu and sore throats in their tracks when done early enough and for long enough as outlined above

See the next page for my [Herbal tincture](#) **super** anti-infection immune enhancing protocol which may be added to the above to further kick your immune system into high gear