

VITAMIN SUPPLEMENT PROGRAM

Please take vitamins with some food on your stomach.

Vitamin C 100mg tablets	Take one tablet three times a day following a meal. Slowly increase over a period of time to your own individual body tolerance level. This may range between 2000 mgs to 3000 mgs daily. While you are increasing, if you notice stomach upset, diarrhea or other systems immediately begin to decrease until you are comfortable. Try to achieve your body tolerance level for your surgical appointment and remain there for two weeks following. If you are active, or have a life with associated stress maintain a level of 3000 mgs/day. Please discuss with your physician if you feel the need.
Vitamin E 400IU Selenium 50mg	Take one tablet a day following a meal. Vitamin E is a fat-soluble vitamin so some fat content is required in your meal to transport the vitamin into the blood.
Multi-vitamin (ie: Centrum Forte)	Take one tablet a day following a meal. There are some fat-soluble vitamins present in a multi-vitamin so some fat content is required in your meal to transport the vitamins into the blood.
Beta Carotene 10,000 IU	Take one tablet a day following a meal. Beta Carotene is converted to vitamin A by your body when it is required.
Zinc 10mg	Begin one week before your surgical appointment - take one tablet daily. Continue taking for two to three weeks following your appointment then discontinue.
Kwai Odorless Garlic	Take one tablet daily.
Juice Plus	www.juiceplus.com
B Complex 50mg	Take once daily in the a.m.
CoQ10 30 mgs	Take one tablet twice a day.
Udo's Oil	Take two tablespoons twice a day with food Very important: Please read supplement sheet concerning Udo's oil.
For Chronic pain:	MSM 1000mgs capsules - slowly increase till pain goes away Glucosamine 500 - up to three times a day with food

Dr. Rhoden recommends eating 5 smaller meals a day that include an increase in protein consumption with every meal. Distilled water is the best water you can drink.