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Remimeo

RESEARCH DATA ON NUTRITIONAL VITAMIN INCREASES ON THE PURIFICATION RUNDOWN

(Ref: HCOB 6 Feb 78RA THE PURIFICATION RUNDOWN REPLACES THE SWEAT PROGRAM

re-rev. 4.12.79

HCOB 6 Feb 78RA-I THE PURIFICATION RUNDOWN

Add of 20.12.79 — ERRATA & ADDITIONS

HCOB 3 Jan 80 PURIFICATION RUNDOWN AND ATOMIC WAR)

The original bulletin on the Purification Rundown (HCOB 6 Feb 78RA PURIFICATION RUNDOWN REPLACES THE SWEAT PROGRAM) contains, as a record of researches and results, the approximate amounts of the various nutritional vitamins on which most persons were started on the Rundown.

The table below gives further research data on approximately how these vitamins were increased, in ratio, when the Niacin was increased as the person progressed on the Rundown.

| NIACIN | VIT A | VIT D | VIT C | VIT E | VIT B COMPLEX | VIT B1 | MINERAL TABLETS |
|-----------------|-------------------|---------|----------------|---------|---------------|----------------|-----------------|
| 100 to 400 mg | 5000 to 10'000 IU | 400 IU | 250 to 1000 mg | 800 IU | 2 Capsules | 350 to 600 mg | 1 to 2 |
| 500 to 1400 mg | 20'000 IU | 800 IU | 2 to 3 g | 1200 IU | 3 Capsules | 400 to 650 mg | 2 to 3 |
| 1500 to 2400 mg | 30'000 IU | 1200 IU | 3 to 4 g | 1600 IU | 4 Capsules | 450 to 700 mg | 3 to 4 |
| 2500 to 3400 mg | 50'000 IU | 2000 IU | 4 to 5 g | 2000 IU | 5 Capsules | 750 to 1250 mg | 4 to 5 |
| 3500 to 5000 mg | 50'000 IU | 2000 IU | 5 to 6 g | 2400 IU | 6 Capsules | 800 to 1300 mg | 5 to 6 |

Cal Mag was increased from 1 to 1½ to 2 glasses daily, depending upon individual need.

The dosages in the table above show the variations of individual tolerances encountered and the ranges of increase which proved most effective in the majority of cases.

The table does not include any additional vitamins which might be needed in cases of other specific vitamin deficiencies an individual may have, which may need to be determined by a medical doctor.

It should be stressed here that individual tolerances were and always must be taken into consideration in each case. Quantities of Vitamin C especially would need to be carefully increased according to the person's tolerance of it, as too much Vitamin C results in stomach upsets or diarrhea for some people.

The Vitamin B Complex used was one which contained:

| | | | | | |
|------------------|---|--------|----------------------|---|---------|
| B1 | - | 50 mg | Folic Acid | - | 100 mcg |
| B2 | - | 50 mg | Biotin | - | 50 mcg |
| B6 | - | 50 mg | Choline (Bitartrate) | - | 50 mg |
| B12 | - | 50 mcg | Niacinamide | - | 50 mg |
| Pantothenic Acid | - | 50 mg | Inositol | - | 50 mg |
| PABA | - | 50 mg | | | |

all in a base of Lecithin, parsley, rice bran, watercress and alfalfa.

Note: The majority of Vitamin B Complex tablets on the market include Niacinamide in small amounts, which is the substance invented to keep from turning on the Niacin flush and as such is worthless. (Ref: HCOB 6 Feb 78RA *The Purification Rundown Replaces the Sweat Program*, page 11.) The likelihood is that this amount of Niacinamide in a B Complex tablet acts only upon its own Niacin content to eliminate any flush from the piloting of the Rundown, where plenty of Niacin flush was experienced on different dosages of Niacin itself, in combination with other vitamins and minerals, indicating that the inclusion of Niacinamide in the B Complex had little if any effect upon the flush that resulted from the additional dosage of Niacin taken. However, where a B Complex tablet can be found that includes Niacin rather than Niacinamide, that would be the preferable tablet to use. It is also possible to have a B Complex tablet especially made up that includes actual Niacin in amounts equal to B1 and B6 amounts instead of Niacinamide, particularly if one is ordering it in fairly large amounts.

Where a B Complex tablet that includes Niacin is used this adds that much more to the daily Niacin intake and this must be taken into consideration when increasing Niacin and B Complex dosages.

The multi-mineral tablet used contained the following mineral amounts per each 9 tablets (in other words, one tablet would provide only 1/9 of the following mineral amounts):

500.0 mg calcium
250.0 mg magnesium
18.0 mg iron
15.0 mg zinc
4.0 mg manganese
2.0 mg copper
45.0 mg potassium (protein complex)
.225 mg iodine (kelp).

In this tablet the minerals, except the potassium and iodine, were „chelated“¹ (bonded with) super amino acids², in a base of selenium, yeast, DNA, RNA, ginseng, alfalfa leaf flour, parsley, watercress and cabbage.

Most multiple mineral formulas include the major mineral elements required by the body but not all of the trace minerals. „Trace“ minerals are those minerals which have been

¹ „CHELATION“ is taken from a Greek word meaning „claw“. It is a process by which minerals are held, as if by a claw, by amino acids. This bonding of a mineral with an amino acid exists in nature as a necessary step for the mineral to be absorbed and used by the body. Thus, with this step already provided, the mineral is more easily absorbed and used.

² AMINO ACIDS, to define them very simply, are basic organic compounds which are essential to the body's breakdown and absorption of foods.

found essential to maintaining life even though they are found in the body in very small—i.e. „trace“—amounts. They main trace minerals currently include: cobalt, copper, iodine, manganese, molybdenum, zinc, selenium, chromium and lithium. Tin was also added as an essential trace mineral as late as 1970. Nutritional researchers are the first to admit that the work in this field is very far from completed, and there will undoubtedly be other trace minerals added to the list as research is continued.

Currently, also, there are fairly wide differences of opinion among nutritionists as to the minimum daily requirements of the various minerals and especially the trace minerals.

Minerals are found in a wide variety of foods. Natural foods, undamaged by processing, are the best sources of minerals as they exist in unprocessed foods in the combinations in which they are most effective. But minerals can also be lacking in foods grown in mineral-depleted soil. Additionally, of course, there is no food that supplies them all.

Therefore, it may be necessary to use more than one type of multi-mineral tablet to ensure one is getting all of the minerals, including the trace minerals, that are required by the body.

The additional research data released in this issue is not to be construed as a recommendation of medical treatment or medication. It is given here as a record of the food supplements in the form of nutritional vitamins and minerals which were found effective in the piloting and development of the Purification Rundown.

Three of the more informative books on the subject of nutritional vitamins and minerals are:

„Let's Get Well“, by Adelle Davis. Published by Harcourt, Brace & World, New York, N.Y.

„Body, Mind and The B Vitamins“, by Ruth Adams and Frank Murray. Published by Larchmont Books, 25 W. 145th Street, New York, N.Y. 10036 ,,

„New Life Through Nutrition“, by Dr. Sheldon C. Deal. Published by New Life Publishing, 1001 North Swan Road, Tucson, Arizona, 85711.“

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