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(Note: This data is given for information alone and is not intended to prescribe or otherwise treat an individual. All prescriptions and treatments should be done in accordance with the medical laws of any country in which a person seeks treatment)

VITAMIN C

There are Vitamin C tablets that don't upset the stomach. 500 mg VITA-SCORBOL (French) can be taken in any quantity. They taste like circus lemonade if you care to suck them or chew them up. No stomach recoil.

Don't lay off Vitamin C. This is the only vitamin the body doesn't make so far as is known. It prevents scurvy.

If you feel you want something to drink or eat and you don't know what it is—it's Vitamin C. Take some and the odd craving goes away.

C can be taken up to thousands of mgs. It helps cure colds and a long list of things including fever, recovering from illness and fatigue.

When vitamins don't work, there's an aberration in the way of it. Same is true of any medicine or hormone.

Mind monitors structure. That couldn't be discovered until someone knew how to handle the mind! Namely us.

L. RON HUBBARD
FOUNDER