

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex
HCO BULLETIN OF 4 NOVEMBER 1980

Remimeo

ISSUE II

(Originally LRH OODs item of
24 October 1971.)

(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 due accordance with the medical laws of any country in which a person seeks treatment.)

VITAMINS

I have found some crew members are having stomach trouble.

Do not take vitamins in transparent gelatine capsules.

The capsule melts in the upper stomach and can give you what feels like a stomach ulcer — too full, burning, pain after eating.

This is because the vitamin powder is dumped by the capsule when it melts into the upper area instead of the lower intestine as it should be.

A coated tablet is the answer. It's called "enteric (for intestine) coated".

There are "enteric gelatine capsules" made which dissolve an hour after being taken. You put vitamin powder in them.

To handle the "ulcer feeling" — pain or too full or burn-ing — one takes 2 aluminum hydroxide tablets (one trade name is Maalox No. 2) (chewing them up) and a few swallows or a glass of milk every couple hours and in a day or two all should be back to normal — unless or course you continue to take harsh, fast dissolving pills!

BDCS:LRH:SA:nc

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