



ZINC Citrate 50mg Protocol

- **Take Zinc Citrate 50mg (OTC) 5 days prior to your injection.**
- **You can take 50mg once a day or take 25mg twice a day.**
- **If taking Zinc on an empty stomach is irritating/upsetting, you may eat fresh turkey without preservatives (100gms-300gms). NO BREAD. NO WINE, MILK, or SODA within two hours of taking the Zinc.**

See table below:

1 st Day	2 nd Day	3 rd Day	4 th Day	5 th day (Day of Injection)
Zinc Cit. 50mg	Zinc Cit. 50mg	Zinc Cit. 50mg	Zinc Cit. 50mg	Zinc Cit. 50mg