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## **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 <sup>st</sup> Day	2 <sup>nd</sup> Day	3 <sup>rd</sup> Day	4 <sup>th</sup> Day	5 <sup>th</sup> day (Day of Injection)
Zinc Cit. 50mg				