

CLARK ANTICHOLESTEROL PROGRAM

Step 1.

Intestinal Cleansing (Clark)

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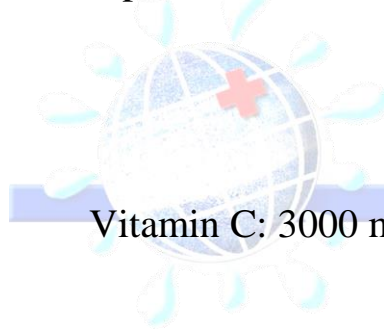
Vitamin C: 3000 mg. for breakfast, lunch and dinner

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Taurine: 2000 mg. 30 minutes before breakfast, lunch and dinner

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Optional: Niacin: 50 mg. with breakfast, lunch and dinner



Step 2.

Vitamin C: 3000 mg. for breakfast, lunch and dinner

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Taurine: 2000 mg. 30 minutes before breakfast, lunch and dinner

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Optional: Niacin: 50 mg. with breakfast, lunch and dinner

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Perform 4 or 5 Clark Liver Cleanses, with a separation between each of 3 or 4 weeks.

* In step 2 it is highly recommended to use the VariZapper by Dr. Clark, at least 60 minutes a day.