

Vitamin C Protocol

Requested by Dr. Soparkar for upcoming surgery

PROTOCOL:

Two (2) weeks before surgery and **three (3)** weeks after surgery take 2000mg a day in **4** doses of 500mg.

The best form of Vitamin C for absorption:

1. Liposomal Vitamin C
2. Powder
3. Chewable
4. Non-Chewable tablets or capsules

IF you have:

- Renal insufficiency or a history of kidney stones, 500mg once a day.
- Upset stomach and take antacids or a history of ulcers, use “Buffered Vitamin C Powder.”
- Vitamin C in a multivitamin; you may take additional Vitamin C as indicated above, but not to exceed 2500mg a day.

Reason for VITAMIN C Protocol:

To enhance tissue adhesion and promote positive surgical results.

CAUTION:

If surgery is done with General Anesthesia at the hospital, take only 1000mg in 2 doses of 500mg before surgery and then increase 2000mg a day after surgery in 4 doses of 500mg each.