

VITAMIN A – ANTIVIRAL PROTOCOL

Per day take:

500,000 i.u. for 3 days

250,000 i.u. for 3 days

125,000 i.u. for 3 days

75,000 i.u. for 3 days

50,000 i.u. for 3 weeks

Side effects to watch for:

Unusual headache. Liver pain, extra dry skin and/or itchiness. If these symptoms occur cut the dose to the next step right away, don't wait 3 days.

Gluten & Non-Gluten Containing Foods

<p>Foods Containing Gluten</p> <p>Wheat Rye Barley Oats Spelt Kamut Triticale Crackers Spaghetti Noodles Soy Sauce Breads: rye, sourdough etc. Hot Dogs with wheat filler Batter Fried Foods Some Sausage Baking mixes Gravies & Cream sauces Beer Gin Barley Malt Liverwurst Ovaltine Postum Inka Caffix Pero Roastaroma Whiskies</p> <p>MAY BE FOUND IN THE FOLLOWING:</p> <p>Soups Yeasts Vitamin E Pepper (synthetic) Matzos Hamburger Candy Granola's Rye Flakes Fruite-O's (New Morning) Ice-cream (thickening agents)</p> <p>MAY BE LISTED ON FOOD LABELS AS:</p> <p>Flour Graham Wheat Germ Wheat Bran Wheat Starch Gluten Modified Food Starch Vegetable Starch Vegetable Gum</p>	<p>Foods Free of Gluten</p> <p>*Rice Buckwheat Amaranth Quinoa Teff *Corn *Millet *Wild Rice *Polenta Arrowhead Corn Grits Wheat Free Tamari Health Valley Rice Bran crackers Subahdar Poppadums Grey Owl Wild Rice Corn Tortilla Taco Shells Mochi (a type of rice bread) Dragon Toast & Toast Pizza Arrowhead Quick Brown Rice Soba Buckwheat Noodle (100% buckwheat- make sure not mixed) Patariso Rice Pasta Corn Pasta bulk Ancient Harvest Pasta (quinoa) Deboles Pasta (various types) Rice Cakes (Westbrae, Lundberg, Hain, Quaker) make sure not mixed U.S. Mills Poppets Nature's Path Mesa Sunrise (corn, amaranth, flax) Health Valley Amaranth Flakes Erewhon Aztec Cereal (corn & Arrowhead Apple or Maple Corns Arrowhead or Maltomeal Puffed Rice Arrowhead Puffed Millet Maltomeal Puffed Corn Cereal Perky Nutty Rice or Nutty Corn Corn Nutrigain (Kellogg) Almond Raisin Nutrigrain Kellogg Cream of Rice (Lundberg) Col, Sanchez Tofu-Green Chili Cheese Tamales Tumaro's Blue Corn Tamales Tumaro's Black Bean Enchilada Tumaro's tofu Enchilada Verde Tumaro's Cheese Enchilada Rice Bread ~-ENER-G" Tapioca bread ~-ENER-G" Whole Rice Works Sandwiches Brown Rice Snaps Edward & Sons Garlic & Onion, Tamari Sev~eed & Plain</p>	<p>FLOURS</p> <p>*Brown rice *Oat Quinoa Amaranth Potato Soy Pinto Bean Tapioca *Indicates grains in the grass family.</p> <p>Please note that flours are often contaminated with traces of gluten due to the milling of grains previously with the same miller. Unless the mill is thoroughly cleaned of the previous grinding it is impossible to tell if a food has been contaminated.</p> <p>NOTE' -Always double check your label to make sure the food you are eating is indeed gluten free. The information on this page is meant as a guide and we can not assume responsibility for any inaccuracies...</p> <p>Gluten Intolerance Group of North America P.O. Box 23053 Seattle WA 98102</p>
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