THE FALLACY OF "HIGH POTENCY" IN VITAMIN DOSAGE

By Dr. Royal Lee

OUTTAKES

1) The biggest mistake made in the art of therapeutics or nutrition is in assuming that "if a little is good, more is better."

2) We use vitamins as food. We all know that if we get good results from ingesting the normal daily requirement of carbohydrates, fats and proteins, we would be morons to assume we would get twice as good effects from twice the normal schedules of bread, butter, meat, milk and potatoes.

3) But the sales managers of vitamin products who know how to hoodwink the public, in prescribing the kind of label that will sell the product, make the mistake of loading up the formula with ten times the daily requirement of the cheap synthetic kind of vitamins for the purpose of making the prospective buyer think he is getting a "high potency" product that will stimulate his tired muscle in a hurry.

4) But there is another principle that is little known, and highly important to this question of dosage. It is the fact that many vitamins may cause, in excess quantities, the SAME SYMPTOMS as are caused by their deficiency.

5) Vitamin B1 in small doses can cure herpes zoster; large doses can CAUSE herpes zoster.

6) There is an increase in pyruvic acid in the blood of human patients after prolonged treatment with thiamin, according to the Swedish investigators. Pyruvic acid being a fatigue poison...

7) ...thiamin has other disturbing toxic effects. It can cause fatty degeneration of the liver, and choline or lipocaic ordinarily effective in preventing such changes, is ineffective in this case. Deaths in human patients from liver disease aggravated by thiamin treatment have been confidently reported to us by various physicians...

8) In some test animals, Dr. Barnet Sure reports that only TWICE the daily requirement of thiamin for lactating mothers, results in STERILITY if continued over two generations. If you want to castrate your children or grandchildren, here is a very clever way of accomplishing it.

9) The danger of the synthetic vitamin D is exemplified by the report in the Journal of the A.M.A. by Bauer & Freyburg who tell how children have been *fatally poisoned* by the synthetic form when given in no *greater amounts than recommended by the maker for the prevention of rickets.*

10) Vitamin D in overdosage also reverses the effect of mild dosage. In deficiency there is a negative calcium balance, in excess there is also a negative calcium balance. Only the *nutritional dosage* promotes assimilation of calcium.

11) Vitamin E is involved too, in calcium assimilation and retention. In a deficiency of E there is a loss of bone calcium. In an excess of vitamin E there is ALSO a loss of bone calcium...

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