

VITAMIN C CHALLENGE

Try adding in the Vitamin C challenge once a week to help your liver. Your liver does over 500 functions including detoxification, hormone balancing, and blood sugar balancing. This dose of Vitamin C can help your body reboot.

1. Discontinue your maintenance dose of Vitamin C this day.
2. Add in 1500 mg of buffered Vitamin C every 15 minutes for one hour. Total of 6,000. If this feels like too much for you, try half dose.
3. Try the Vitamin C challenge separate from meals but not on a completely empty stomach. For example; mid morning after breakfast or mid afternoon.

