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Vitamin D Protocol

You will receive a prescription for 50,000 iu of vitamin D3. You may choose to purchase by phone or online from Bio-Tech Pharmacy (1-800-345-1199 or www.bio-tech-pharm.com, no prescription necessary).

Please take one tablet once a month.

You will need to purchase (over the counter) 1,000 iu of vitamin D3 and take one tablet daily.

Make an appointment to come to the office to have your blood drawn to re-check your vitamin D level in 6 months.