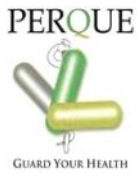


# How to do a Vitamin C Ascorbate Flush

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## How To Do A “C-Flush”

### *Determining Your Individual Need for Vitamin C*

Your healthcare practitioner has asked you to do a “C-Flush” to determine your body’s need for vitamin C. You accomplish this by taking small amounts of **PERQUE Potent C Guard™** (buffered ascorbate) every 15 minutes until you have met your body’s need for vitamin C. The “flush” occurs when your body’s need for vitamin C is met. The time it takes to flush is different for every individual, so allow an entire day, when you can be home, to do your first flush. Ideally, start first thing in the morning on an empty stomach.



#### **Follow these Simple Steps:**

- 1) Determine what dose you should start with, based on the table below.
- 2) Dissolve each dose in 2 or more ounces of water (at room temperature). Allow the bubbling (effervescence) to stop.
- 3) Drink mixture and use log on reverse to record the amount of **PERQUE Potent C Guard™** you took and the time you took it.
- 4) Wait 15 minutes and then repeat steps 1 and 2.
- 5) Continue until you feel a rumbling/gurgling in your gut. If nothing happens after 4 doses, you should double the dose.
- 6) Continue dosing every 15 minutes until you achieve a watery stool or an enema-like evacuation of liquid from the rectum. **Caution: DO NOT Stop at Loose Stool.** You want to energize the body to “flush out” toxins and reduce the risk that they may recirculate and cause problems.
- 7) At your next visit, let your healthcare practitioner know how much ascorbate you had to take in order to flush.

C-Flush Starting Dose		
If you are	Start with this dose of PERQUE Potent C Guard™	Which provides this amount of ascorbate (Vitamin C)
Healthy	½ teaspoon	1.5 grams of ascorbate
Moderately Healthy	1 teaspoon	3 grams
Not Healthy	2 teaspoons	6 grams

**Your first C-Flush is a starting point for discussion with your healthcare practitioner. The long-term goal is to take 75% of your flush dose as a daily maintenance vitamin C dose. Please discuss with your practitioner how this can be achieved. Your practitioner will also recommend how often you should do the C-Flush.**

Ascorbate Dose Log						Date: / /		
Dose #	Amount	Time	Dose #	Amount	Time	Dose #	Amount	Time
1			6			11		
2			7			12		
3			8			13		
4			9			14		
5			10			15		

For most people, it takes somewhere between 3-8 teaspoons of ascorbate to flush. It could differ for others: 15, 20, or more than 50 grams depending on your health status and how quickly your body uses up ascorbate.

**Helpful Hints:**

- Drink enough water with each dose. Cramps may occur if the ascorbate is not dissolved in enough water.
- Sometimes people remain bloated for the rest of the day of calibration. Occasionally, people have loose stools for a day or so after doing the ascorbate flush.
- Some people have reported hot stools that seem to burn the anus after several evacuations. If so, you can use a natural salve, such as calendula ointment, to soothe the area. This tends to cease after the first few times you do the calibration.
- People with hemorrhoids, irritable bowel disease, or inflammatory bowel disease may need to increase ascorbate and bioflavonoids slowly over time before doing an ascorbate calibration. Speak with your practitioner.
- For best results, the addition of certain important nutrients may be required. These can include magnesium and choline citrate, which are especially helpful if cramps occur. Fiber, healthy probiotic organisms, recycled glutamine, and methylation factors can help additionally to decrease any irritation or queasiness that may occur during the flush process. Ask your practitioner for more details.
- Usually, people find that they feel better than they have in a very long time after the first ascorbate flush. Some report a greater sense of well-being after the second or third. The overall consensus is that as time goes on doing these calibrations helps people feel increasingly better.

To learn more about PERQUE Potent C Guard and the benefits of ascorbate, visit [www.PERQUE.com](http://www.PERQUE.com). If you have questions about completing the C-Flush, please contact your healthcare practitioner.