

Basic Collagen Repair Formula

(As Used by Winkie Pratney)
by Will Pratney

Medical Disclaimer

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Introduction

This basic formula is being provided in response to the numerous requests my father and I get for his (complete) *collagen repair formula*.

My father began using this formula at the start of 2012, based on the detailed research of both two time Nobel Laureate* Dr. Linas Pauling, and Dr. Matthias Rath. (Rath's research picks up where Pauling's left off)

* Pauling won the Nobel Chemistry Prize in 1954 & the Nobel Peace Prize in 1962
My father likes to experiment, and has since added several ingredients to the basic formula listed here. (He will most likely continue to experiment and customize the formula to suit his individual needs) To see some of Dr. Matthias Rath's latest formulas that incorporate this basic one, please visit his online store here:
www.drrathvitaminsusa.com

Basic Collagen Repair Formula

9 Grams Pure Vitamin-C
7 Grams Pure L-Lysine
3-4 Grams Pure L-Proline
Mixed with 0.5 - 1.0 Litre Pure Water

How to Prepare the Formula

Where:

1/8 US teaspoon Pure Vitamin-C = 529 milligrams

1/8 US teaspoon Pure L-Lysine = 338 milligrams

1/8 US teaspoon Pure L-Proline = 303 milligrams

Mix:

Approximately 2 and 1/8 Flat US Teaspoons Pure Vitamin-C

Slightly less than 2 and 7/8 Flat US Teaspoons Pure L-Lysine

Approximately 1 and 3/4 Flat US Teaspoon Pure L-Proline

With

Approximately 2 - 4 Cups Pure Water (distilled recommended)

Mixture represents approximate daily amount for 85KG/187LBS adult. Powder *quantities* may be adjusted to suit individual body weight and needs, though it is recommended that the powder *ratios* are kept approximately the same. Taste and density is like salt water. Stevia or fruit juice may be added to sweeten. Liquid may be sipped on throughout the day, or consumed in stages throughout the day (recommended 3+ hours apart if consumed in 4 stages each day). WARNING: Consuming all at once may incur an immediate trip to the bathroom!

How Do I Get Started?

Suggested: Order the following from: **www.purebulk.com**

1KG (1 kilogram; 2.2 pounds) **Pure Ascorbic Acid Vitamin-C Powder**

1KG (1 kilogram; 2.2 pounds) **Pure L-Lysine HCL Powder**

0.5KG (0.5 kilogram; 1.1 pounds) **Pure L-Proline Powder**

= approximately a 5-month supply

Note: Heavy coffee drinkers have reported *terrible* headaches while using this formula. One, who reported these headaches reported they subsided after he began having the Vitamin-C ONLY. If you are a heavy coffee drinker, you may want to greatly reduce your coffee intake or eliminate it altogether, starting at least 5 days prior to beginning your intake of the formula. Dr. Richard Schulze's *Detox Formula** may be used to help remove toxins and poisons from the body, while providing a "boost" for those accustomed to their daily caffeine "fix".

* https://www.herbdoc.com/index.php/Our_Products/Detoxification

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God bless you!