

FOOD SUPPLEMENTS AS SUGGESTED BY DR. GRANVILLE F. KNIGHT

Dessicated Liver (5 to 7½ grains) 4-8 per day (Randall)

Yeast 1-2 tbsp. (beaten into tomato juice, or other liquid)  
(Brewers or Torumel)

Kelp 4-8 tablets per day (any good brand)

Vitamin C 250-500 mg. per day. (Acerola or Rose hips.)

For colds 2000 mg. every 2 years when awake..48 hours  
Ascorbic acid combined with orange juice.

Calcium-Phosphate 500 mg. (adult with no milk 4-8 per day  
with milk..2 per day. )  
Drug store Int. Bio-Elements

Dolomite (Cal-Mag) 1 tablet.

Wheat germ oil Rex, Veterinarian type.

or  
E-Ferol Vitamin E..100 mg. for adults in additions

D el alpha- E Wilson and Wolford, Detroit...shipped  
direct.

Cod Liver Oil 1 tbsp. daily during winter.

Instead of Cod Liver Oil and wheat germ use Randall's A.D.E. andd  
Lecithin.

Need sources....