

# COREPSYCH

Comprehensive Evidence – Persistent Review  
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## Tips On Vitamin C/Ascorbate Calibration: Simplified

1. Order the Buffered L Ascorbate from [www.Perque.com](http://www.Perque.com) their phone number is: 800.525.7372 and the PIN number is: SR00112 - We will also provide those Perque connections to you at the time of the initial recommendation.
2. If you read the lengthy Ascorbate Calibration Handout, this will simplify... and remember the 30 references on the back page if anyone thinks this is ridiculous.
3. **Start in the morning** before breakfast on a Saturday or Sunday, most often is completed in about 1-2 hrs. The longer the chronic illness, the more likely you are significantly short on Ascorbate, the more you will need to make it all happen.
4. The exact dose to take is .5 [ $\frac{1}{2}$ ] teaspoon every 15 min, mixing the powder in water, let the fizz die down before drinking.
5. Each  $\frac{1}{2}$  teaspoon is equal to 1.5 Grams of Vit C
6. **Keep count** of the exact amount [in grams] you use to cause the flush of the stool described in the handout. Just a soft stool doesn't count; we need a flush experience, as it will clean you out in addition to finding your specific requirements.
7. **Math Challenge: Multiply the grams by .75 = 75% of the Calibrated dose**
8. **Take that new, calibrated, dose every AM** or spread it out through each specific day of the week. That is your new daily amount of Vit C. Some take, for example, 20 Gm during the day, divide it into 4 doses at different times. Some just take the whole amount in the AM with no problem.
9. **There are two steps here: a. find the right dose, b. take that dose every day.**
10. You may need to re-evaluate your Ascorbate needs, sometimes in the next month and recalibrate.
11. If you find that you are filling your cells with Ascorbate correctly over time, your bowels may become softer. At that time, recalibration is indicated. This is not a single event or a quick fix, plan on staying with the higher dose of Ascorbate for an extended time.