

# Complaint Exhibit A

**In the Matter of:**

Eric A. Nepute, DC

*July 31, 2020*

*2020-08-04\_COVID Vitamins and Supplements Video*

**Condensed Transcript with Word Index**



For The Record, Inc.  
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OFFICIAL TRANSCRIPT PROCEEDING

FEDERAL TRADE COMMISSION

MATTER NO. 2023188

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PROCEEDINGS

2020-08-04\_COVID Vitamins and Supplements Video DR. NEPUTE: -- this morning, everybody. It is Dr. Nepute. It is, gosh, 8:00 Central Standard time. Hope you guys are great. Hope you guys are awake this morning. Happy Thursday. Happy -- happy end of the week, getting to the weekend before Independence Day. Independence Day, independent, freedom. Freedom, freedom, freedom. Huh? Wonder what we're going to rename the Fourth of July moving forward because it's no longer really Independence Day, it's no longer freedom. But that's a different conversation.

So good morning this morning. Where's everybody watching from? I'm on my way to a meeting to have a meeting, which is my favorite thing to do, which is why I still have a sweatshirt/hoodie on. On my way to a meeting to have a meeting to talk to some people today about the truth about real protection and what we can do to help our children and help ourselves be healthy and stay healthy.

Where're you guys watching from this morning? Michelle's in California; Anna's from Virginia; Elena's in New York City; Brenda's in

5

1 Wisconsin. We've got -- Latasha's in Alabama;  
 2 Chrissy's in PA. I was just talking about the  
 3 Pittsburgh order this morning with a group of doctors  
 4 early this morning.  
 5 So good morning this morning, everybody. I  
 6 hope you're having a blessed day. I hope wherever  
 7 you're at that you are well. I hope that you are  
 8 happy. I hope that you are just -- gosh, I hope that  
 9 you're doing well, I really do. I -- I bless you  
 10 guys. I pray for everybody every morning. And I just  
 11 -- you know, God bless America.  
 12 Let's talk a little bit about a few things.  
 13 I'm actually heading to a meeting to discuss some  
 14 tactics with a group of doctors and some legislators  
 15 to talk about true protection. Many of you know that  
 16 there's been a massive run on mandating masks, right,  
 17 mandating mask wearing, because people are scared to  
 18 death, because there's fear. And I get it. I totally  
 19 get it. There's fear. F-E-A-R, false evidence  
 20 appearing real. That's what's happening right now.  
 21 Did you hear what I said? It's false evidence  
 22 appearing real.  
 23 The false evidence that's appearing real  
 24 right now are the -- are the headlines that you're  
 25 seeing from the "shmedia," the -- the -- the shmeat

6

1 media, the -- the -- the fake news, because that's  
 2 what it is, you guys. That's what it is.  
 3 Here's -- here's what you're seeing in the  
 4 headlines. "Rapidly increasing cases of COVID-19  
 5 shuts the world down again. The second wave is upon  
 6 us." No, it is not. You guys, let's have a -- let's  
 7 have some common sense conversations here. Okay? I'm  
 8 just going to be real. So if I offend you, that's  
 9 your decision, not mine.  
 10 So I'm just going to preemptively say two  
 11 disclaimers because my lawyer said that I need to do  
 12 this. Number one, any advice that I give you from a  
 13 legal stand -- a medical standpoint, you need to  
 14 consult your doctor. So when I say that you should  
 15 take vitamin D3 every day, you should consult your  
 16 doctor. But you need 10,000 units of it every day.  
 17 That's what you need. Every cell in your body has a  
 18 vitamin D3 receptor. You need good quality D3,  
 19 period.  
 20 All the people that died that they did  
 21 autopsies with in China and some of them in the -- in  
 22 the UK as well, they found that low levels of vitamin  
 23 D led to death, period. So you better get some  
 24 vitamin D so you can get your body healthy. I'm not  
 25 saying that vitamin D cures COVID-19, but it sure as

7

1 hell boosts your immune system.  
 2 And you better as -- as well get you're a --  
 3 get yourself on some zinc as well because the research  
 4 clearly shows that zinc does not allow RNA viruses,  
 5 such as COVID viruses, not COVID-19, even though it's  
 6 a COVID virus, to stop it from reproducing and  
 7 proliferating in your body. So zinc and vitamin D are  
 8 gamechangers. Get your butt on those immediately.  
 9 My second disclaimer, I'm not a lawyer.  
 10 Everything I say, you should talk to your attorneys  
 11 about. But here's the truth. Here's some facts. How  
 12 many of you have seen nothing in the -- in the news  
 13 other than -- than the -- the infection rate is high?  
 14 Infection, infection, infection, infection. No, it's  
 15 not. It's detection, detection, detection, detection.  
 16  
 17 We have had an outbreak in infection in our  
 18 country since at least December, probably even sooner  
 19 than that, probably a lot sooner than that, but at  
 20 least December. But guess what we weren't doing? We  
 21 were not testing for it. Common sense says the more  
 22 we test, the more we find. I -- I don't -- I have no  
 23 idea why we are even arguing that concept. The more  
 24 we test, the more we find. The more we test, the more  
 25 we find. Would you agree with that? I mean, holy

8

1 cow.  
 2 So let's talk about the facts that the death  
 3 rate is down by 90 percent in most places. Let's talk  
 4 about the fact that not only is the death rate down by  
 5 90 percent in most places, hospitalization is down  
 6 across the board from COVID-19. We heard the other  
 7 day they said -- one of the talking head doctors  
 8 that's a political doctor in St. Louis says, oh,  
 9 there's 28 new cases in the State of Missouri. Isn't  
 10 there like 60 million people in the State of Missouri?  
 11 Maybe I'm wrong. Maybe there's only 20, maybe 50,  
 12 maybe 10, I don't know. But there's 3.2 million  
 13 people in the Greater St. Louis area and we've got 28  
 14 cases. I'm pretty sure 28 people got struck by  
 15 lightning this year so far. Probably a hell of a lot  
 16 more than that.  
 17 So common sense says if the death rate is  
 18 down, if the hospitalization rate is down, but then  
 19 they say, oh, but the hospitals are saying the  
 20 hospitals are up 300 percent. That's because they  
 21 were down by like a gazillion percent a couple weeks  
 22 ago because ain't nobody going to their doctor. They  
 23 were scared to death. They literally thought that  
 24 once you went outside that you would die. Literally,  
 25 people think that once you go outside, you breathe the

9

1 air, you're going to die. That's how scared and  
2 ignorant people are because of the fake media. The  
3 media is scamming people.

4 This is entirely political. Let me say it  
5 again. This is entirely political. Listen, I've --  
6 I've held my tongue about this for too long and I've  
7 -- I've got this damn thing called a conscience. And  
8 my conscience says, if you have the responsibility --  
9 the ability to do something, you have the  
10 responsibility to do it. Let me say that again for  
11 you guys. If you have the ability to do something,  
12 you have the responsibility to do it.

13 These case numbers are useless. It means  
14 nothing. It means that more infection/detection means  
15 the death rate's going down.

16 If you are -- and this is what the CDC says,  
17 which I believe is a corrupt organization to the 90th  
18 power just as bad as the WHO, if not worse. They just  
19 recently said -- this is what they said -- the death  
20 rate for those under the age of 60, 60 and below,  
21 point -- 0.1 percent to 0.3 percent. Are you kidding  
22 me? People have lost their mind over this. Literally  
23 lost their mind. There are people who think that  
24 they're going to go outside and they're going to die.

25 And those of you that are in Pennsylvania

10

1 right now, you had 148 deaths, I believe, so far in  
2 Pennsylvania -- or in the county -- in Allegheny  
3 County, and I think 120 of them were in nursing homes.  
4 Think about that for a minute. That's what we should  
5 be focusing on. We should be focusing on the bad  
6 policies of these lawmakers. We should be focusing on  
7 the bad policies of the health care decision-makers  
8 that literally killed people, that put people on  
9 ventilators and killed them.

10 By the way, I hear people say all the time,  
11 well, if you don't want to wear a mask, you're going  
12 to really hate wearing a ventilator. Well, it doesn't  
13 work that way as long as your immune system is good,  
14 you're not going to have any issues with it. Oh, by  
15 the way, guess what we're not doing? We're not  
16 putting people on ventilators like we did before with  
17 COVID. You want to know why? Because it killed  
18 people. That's what happened. Eighty plus percent of  
19 people that got on ventilators are dead. Sorry.

20 So guess what? So here's what you need to  
21 do. Let's talk about prevention and protection.  
22 Let's talk about prevention and protection. Number  
23 one, you need a good healthy body. How do you get  
24 that? What are the nutrients that are deficient right  
25 now that you need? And by the way, why is there a

11

1 shortage of some of these nutrients? Why is it  
2 important for us right now to have zinc? Don't you  
3 think it's important -- like zinc, zinc has been  
4 proven, proven, zinc has been proven to help stop  
5 reproduction of RNA viruses, period. COVID viruses  
6 are part of that. Zinc has been proven to stop that.

7 Why is it so hard to get your hands on zinc?  
8 Don't you think that's a weird thing? Why is it hard  
9 to get zinc? Why are we using zinc to make pennies  
10 out of? Why are we using that? And, oh, by the way,  
11 isn't it weird that now we have a shortage on coins in  
12 our country? Is there a coincidence there? I think  
13 that's crazy. Now, I'm not telling you to go start  
14 swallowing pennies. Please do not do that, okay? You  
15 need some zinc.

16 And by the way, you can't get zinc in your  
17 food very well anymore. Why? Because the soil that  
18 we grow our food in sucks. It doesn't have the  
19 nutrients that it did even ten years ago. So you've  
20 got to get some zinc. Start taking 25 to 50  
21 milligrams of zinc per day. That's what you need.  
22 Twenty-five milligrams is a great place to start. If  
23 you're ill and not feeling well, you should double or  
24 triple that for five to seven days, and then back that  
25 down to 25 milligrams a day.

12

1 You guys, I -- I -- I secured a bunch of  
2 zinc for our patients last week. I think it was two  
3 days ago, we did a deal with zinc. We said we had 500  
4 bottles of zinc and they were gone. All you had to do  
5 was pay shipping and handling. And some of you guys  
6 that were complaining about paying 7 to 9 bucks for  
7 shipping and handling, don't get any zinc. Just --  
8 just -- just whatever. I mean, oh, my gosh. I'm so  
9 tired of dealing with people's bullcrap.

10 So number one, get your butt on some zinc.  
11 Number two, get on some vitamin D. Do you know -- do  
12 you know that vitamin D3, every cell in the body has a  
13 D3 receptor. Not D2, D3. D2 is about 50 to 60 times  
14 less absorbable and less usable. Less usable. So  
15 your doctors that are prescribing D2, that's  
16 essentially a pharma -- a -- a nutraceutical that  
17 doesn't absorb, is not doing you any good. You  
18 should be taking, as an adult -- again, consult your  
19 doctor -- but all the health care experts, Dr. Michael  
20 Holick, the world's leading expert on vitamin D3, says  
21 you should take 10,000 IUs a day of vitamin D3.

22 Here's the deal. You need liquid  
23 emulsified. Let me say that again, liquid emulsified  
24 vitamin D3. People are asking, yes, that zinc is in  
25 my Boost Pack, okay? It's always been there. That's

13

1 why I created it. I created that Boost Pack and have  
2 been using zinc for over 15 years in our practice.  
3 This is not anything new. This is common sense. But  
4 common sense is not that common.  
5 I'm so blown away by how ignorant and stupid  
6 people are. And we literally are living in a state of  
7 the zombie apocalypse with -- with people just that  
8 are so sympathetically overloaded, it's not funny.  
9 Vitamin D3, it needs to be -- it needs to be a liquid  
10 emulsified D3.  
11 Look, I told my people and I think they  
12 probably are going to put it up today or tomorrow, I  
13 said, take 1,000 bottles that we've got of vitamin D3,  
14 do the same deal I did with the zinc. If people want  
15 to buy it, they can buy it. If you want to get it,  
16 you got to pay shipping and handling anywhere in the  
17 United States. It's anywhere between, like, 7 bucks  
18 and 9 bucks to get it sent to you. You need to take  
19 this stuff for the rest of your life. There is not a  
20 day that goes by that I don't take zinc. There's not  
21 a day that goes by that I don't take D3.  
22 I want to keep my immune system levels high.  
23 Now, how do I know my immune system is good? Here's  
24 the key, here's the key. Listen, folks, we test,  
25 don't guess. We test, don't guess. What's the best

14

1 way to test your immune system. Go get a blood test.  
2 Get a blood test, and in that blood test, you should  
3 get a CD4 and a CD8 blood test, as well as a CBC and a  
4 vitamin D3 test, the vitamin D.  
5 If your CD4 and CD8 levels are low, guess  
6 what? You have a compromised weak immune system. I  
7 can't tell you how many hundreds of thousands of  
8 patients that I've put on high dose D, so 10,000 IUs  
9 of vitamin D, zinc, taking vitamin C to bowel  
10 tolerance every day. Bowel tolerance is you take  
11 1,000 milligrams every hour or two until you get a  
12 little bit of a -- of a bloating or distension in  
13 your stomach and that's your dose for the day. That's  
14 your dose.  
15 I think it's -- I think it's pretty funny --  
16 by the way, I just got a call from Washington, DC; I'm  
17 a little nervous about that one. I have some of the  
18 people that we're actually going to be talking to  
19 having a meeting about our meeting today.  
20 So let me go back to what I said. D3, you  
21 guys, click on that link below. I know that there's  
22 one that says -- it's our wellness warrior club. I'm  
23 almost positive it's already on there. But if you go  
24 to the wellness warrior club site, wellnesswarrior.  
25 club, liquid emulsified D3, 10,000 IUs a day. Get it.

15

1 Go get it.  
2 Why are they not talking about this on the  
3 news? Why are they not talking about zinc on the  
4 news? Why? Because they either don't know or they  
5 don't want you to know. Think about that for a  
6 moment. Think about that for a moment. Think about  
7 the fact that our videos -- our videos are getting  
8 blocked. Think about the fact that I've got friends  
9 of mine that say, dude, I don't even get notifications  
10 anymore any time you go live. That's crazy. That's  
11 censorship because they're censoring doctors. They're  
12 censoring doctors that are telling the truth.  
13 When you go get your blood test done, you  
14 need a CD4, a CD8, a CBC. You need a vitamin D panel  
15 just to start. That's a great way just to start to  
16 look at your immune system.  
17 If those levels are low, you start loading  
18 up on those vitamins and nutrients we talked about.  
19 Vitamin D3, 10,000 every day. Zinc, 25 to 50  
20 milligrams every day. You start loading up on vitamin  
21 C to bowel tolerance. Start taking a good probiotic  
22 that has a bifobacterium (phonetic) in it or start  
23 eating some fermented foods like kefir, kombucha,  
24 sauerkraut, things like that to get your gut working.  
25 Your vitamin D3 levels on a blood test --

16

1 this is important because most of you are going to go  
2 to your doctor and they're going to say, no, your  
3 vitamin D is fine. Your vitamin D needs to be between  
4 a 60 and a 100 nanomoles per nanometer. It will just  
5 tell you the numbers, between a 60 and a 100. Your  
6 doctor -- your doctor will say, no, as long as it's  
7 above a 30, we're okay. Thirty and below can cause  
8 disease.  
9 Every single cell -- listen to me on this --  
10 every single cell in your body has a vitamin D3  
11 receptor. Vitamin D3 is not really even a vitamin.  
12 It is a pro-hormone. So it is necessary for hormonal  
13 function, immune system function, digestion, proper  
14 brain capacity, nerve restoration and much, much more.  
15 Vitamin D3 is the MacDaddy of -- of vitamins/pro-  
16 hormones/ nutrients that you need.  
17 And guess what? Most people think, well,  
18 don't I go outside in the sun and make vitamin D? You  
19 can. That's why you need to get outside every day in  
20 the midday sun and be out there for 20 to 30 minutes  
21 without sunscreen, without sunglasses, so your body  
22 can start producing some of its own vitamin D. But  
23 here's the deal. It does that through the skin and it  
24 does that through the liver. Most people's livers are  
25 jacked up because you're drinking too much alcohol,



17

1 too much sugar, you got a fatty liver. You're --  
2 you're not digesting fats as fuel; you're digesting  
3 sugars as fuel and you don't make enough.  
4 You guys, I have people that come see me  
5 from all over the country, all over the world, and  
6 I've got folks that literally live on the beach and  
7 they're so perfectly tanned it's not funny, and their  
8 vitamin D3 levels are low as well. Get your butt on  
9 some vitamin D3. That's one of the best preventative  
10 protective things you can do. Load up on D3. Not  
11 just in the wintertime, but all the time. And don't  
12 think that just because you're outside in the sun that  
13 you're getting enough. Go and get your blood test  
14 done. You can get a vitamin D3 test done for probably  
15 less than 15 bucks. Probably most places even less  
16 than 20, but probably for sure less than 15 bucks,  
17 just on that alone. Zinc, vitamin D. Get your  
18 vitamin C. Probiotics, like we talked about.  
19 But here's the deal. I'm very concerned  
20 about the fact that we are mandating things -- by the  
21 way, do you know who's making the decisions on this?  
22 Is there a group of doctors making the decision? Is  
23 there a panelist of physicians that are talking about  
24 this? No. These are your politicians, your elected  
25 government officials. And I think it's weird.

18

1 You guys, I get that there are some states  
2 that are Republican that are doing this, but I just  
3 think it's so weird that this is just down party  
4 lines. That's so stupid. We have to stop thinking  
5 about it that way. We're not Republicans, we're not  
6 Democrats, we're not Independents. We're Americans;  
7 we're human beings.  
8 And by the way, we're not white race, black  
9 race, purple race, blue race. We're the human race.  
10 We all have very, very similar, almost completely  
11 identical physiology, and we all need to be taking the  
12 same nutrients, doing the same things to get ourselves  
13 healthy. That's a fact. Why is no one talking about  
14 that? Why are we talking about the fact that certain  
15 cities and certain states are saying, you need to  
16 mandate a mask? We're mandating you to wear one,  
17 whereas three to four weeks ago, we were saying the  
18 exact opposite.  
19 Has the science changed? No, it has not.  
20 The science has not changed. There has not been one  
21 randomized controlled study that shows that wearing a  
22 mask can actually prevent the spread of COVID-19.  
23 That's a fact. Can it stop you from spitting  
24 "gobulets?" Can it stop you? Yes. In the early  
25 1900s, we found out one of the most profound things

19

1 that we should be doing. If you sneeze or cough,  
2 sneeze or cough into your hand or your arm or your  
3 shirt? Or -- or you -- and you should wash your  
4 hands. Like that's so profound. But you know what?  
5 It really made a difference.  
6 We've been studying the use of masks for  
7 decades. Why do you think that we didn't -- during  
8 SARS and MERS, you know, the Middle Eastern  
9 respiratory deal that came through and the severe  
10 respiratory thing that came through, SARS and MERS, we  
11 didn't mandate masks for that. Ebola, they didn't  
12 mandate masks for that. What's going on?  
13 And by the way, the CDC just came out again  
14 and said the death rate, the fatality rate of this  
15 deal is between point -- so let me say it again, 0.1  
16 and 0.3. Come on. Those people that say, I can't  
17 believe people say this is just like a flu, well, the  
18 numbers -- the numbers, the actual facts, the facts  
19 indicate that it is. The facts indicate that.  
20 By the way, if you look at the facts, less  
21 people have died from Influenza A and B this year than  
22 they have in the past couple decades. Less people  
23 have died from pneumonia this year than they have in  
24 the past couple decades. Less people have died from  
25 heart disease this year than the last couple decades.

20

1 Less people have died from cancer. But, yet, COVID-19  
2 deaths are massively on the rise. They're not  
3 anymore, but they certainly were.  
4 And by the way, do you know how easy it is  
5 for someone to get a presumed diagnosis of COVID-19?  
6 I just had a patient yesterday, and then this morning  
7 two doctors that were on the call with me said the  
8 exact same thing. They said, you know what, we had a  
9 patient that did a Zoom call -- because still doctors  
10 are not allowing patients to go into their offices,  
11 right? They're too scared. Actually, they're too  
12 lazy. It's easier for them to treat people over the  
13 phone because all they do is talk to you and prescribe  
14 you a drug.  
15 So -- so here's the deal. They're saying  
16 that if you get on the phone and you're coughing,  
17 you're sneezing, your nose is running, you tell your  
18 doctor what symptoms you've got and they say, guess  
19 what, you've got a diagnosis of COVID,  
20 "presumably," assuming. Let me tell you what  
21 assuming has done to our country. It's made an ass  
22 out of you and me. It's made an ass out of so many of  
23 us, so many of us. But here's the deal. We're still  
24 not doing anything about it.  
25 And by the way, let me ask you a question --

21

1 let me ask you a serious question I want you to think  
2 about. Don't you think it's a little weird -- don't  
3 you think it's a little bit weird that we didn't hear  
4 much about COVID-19 deaths or infection or detection  
5 rate when the riots were happening, when social dist  
6 -- when we were talking about the social reform and  
7 everything going on? Don't you think it's weird that  
8 for literally three weeks we heard nothing about it  
9 and, now, all of a sudden, we hear a ton about it?  
10 Don't you think that's weird?  
11 You guys, we were not social distancing.  
12 We've not been -- six foot is a -- is a made-up,  
13 arbitrary number. If you sneeze or you cough or you  
14 spit, there's research that shows that some of those  
15 things can go up to 30 to 50 feet. Can you hear me on  
16 that? I don't get it.  
17 So what can we do? You got to protect  
18 yourself. You got to protect yourself and protect the  
19 others.  
20 There's people that are saying there's no  
21 sound. Can you hear me? Can you guys hear me right  
22 now? I want to hear if you can hear me. Tell me if  
23 you can hear me. Give me a thumbs up if you can hear  
24 me. Type "yes" if you can hear me.  
25 All right. So here's what I'm also telling

22

1 you. I also think it's very weird -- I also think  
2 it's very weird that when my friends and patients and  
3 people that have been following me for decades, by the  
4 way, for decades have said to me, you know, hey, it's  
5 weird I can't get notifications and it's weird that  
6 when I watch your videos now, my phone's messed up for  
7 a day or two. Don't you think that's weird? Like  
8 that's so crazy. My phone gets jacked up all the  
9 time.  
10 So you guys are asking, what can we do,  
11 what can we do, what can we do. We got to get  
12 healthy. That's what our focus needs to be on. Screw  
13 the mask situation. That's all political. There's --  
14 there's very little we can do about this. It's all  
15 political.  
16 So what you can do is you can protect  
17 yourself and protect your family. Here's how we do  
18 that. We have got to -- we have got to get healthier.  
19 How do we do that? Number one, we got to take the  
20 right vitamins, supplements, and nutrients. I talked  
21 about vitamin D. It's so important to do that. Go on  
22 that link below, click it. If you want to get some D,  
23 great. If you don't, that's fine. But get some D3 --  
24 emulsified D3. I told my people to put 1,000 bottles  
25 set aside just for our people today and tomorrow,

23

1 that's it. Because I know it's going to be gone.  
2 That zinc went in 24 hours. So if you want it, you  
3 pay shipping and handling. Boom, we're done. That's  
4 it.  
5 You need to be on zinc and D for the rest of  
6 your life. I will never stop taking this stuff.  
7 Ever. Vitamin C, dose to bowel tolerance every single  
8 day. Every single day, do that. Make sure that  
9 you're getting good, healthy probiotic foods, eating  
10 fermented foods every day, eating foods -- eating  
11 foods that help your body's digestive system.  
12 Remember, your immune system is in your gut as well.  
13 So you need D3 for the immune system and to be  
14 healthy. You need vitamin C for the immune system and  
15 to be healthy. You need zinc for vitamins -- for the  
16 immune system to be healthy. You need good bacteria  
17 and probiotics. And, yes, vitamin A and other  
18 nutrients are important, but that's what you got to  
19 do, and that's what your children need to do as well.  
20 Just cut that dose in half.  
21 For -- by the way, for kids with -- for D3  
22 for children, listen to me, children, D3 -- again,  
23 consult your physician, that's what I'm supposed to  
24 tell you -- but here's the deal, 2,000 IUs a day for  
25 most of your children. When your children are adult

24

1 sizes, get them up to 10,000 IUs a day. That's what  
2 you need right there.  
3 Somebody says I need to go on "The View."  
4 They ain't never going to let me on "The View," trust  
5 me. They didn't have fun with Don Jr on there; they'd  
6 never have fun with me.  
7 Lifestyle is so important as well. We've  
8 got to drink our water. We've got to make sure we're  
9 staying hydrated. Adults, you need to be pushing  
10 around 100 to 128 ounces of water every day. Your  
11 kids need to be getting about 50 to 60 ounces of water  
12 a day. Do the best you can. Little bitty kids, cut  
13 that level in half. You know, 20 to 40 ounces a day.  
14 We got to be doing that.  
15 We've got to stay active. You've got to be  
16 ready. Your body's got to be ready to fight. Your  
17 body has to be ready to fight. It has to be ready.  
18 Regardless of if a swine flu is coming or if a -- if a  
19 -- another pandemic is coming, you have got to improve  
20 your immune system function and your health, period.  
21 Wearing a mask causes your -- wearing a mask  
22 causes your body to breathe uncirculated air. It's  
23 not healthy. You guys have seen the little petri dish  
24 models that somebody put out and they said they put a  
25 mask on, they coughed and sneezed on it, and they



25

1 said, oh, look at all the bacteria that's growing.  
 2 First of all, it's a bacteria, not a virus. Viruses,  
 3 they be a lot smaller. But what do I know? I'm not a  
 4 real doctor; I'm not a virologist.  
 5 I heard this morning -- I was watching Wendy  
 6 Williams who's a great -- she's in Pittsburgh, by the  
 7 way -- and great morning news show. I listen to her  
 8 and I listened to Jamie Allman this morning. And she  
 9 had a -- she had an infectious disease doctor come on  
 10 and he was talking about how, you know, this is crazy,  
 11 the mandates make no sense, I can't understand it, da,  
 12 da, da, da. And people were in the comments below  
 13 going, well, he's not a virologist, he's not an  
 14 epidemiologist, he doesn't know. Are you freaking  
 15 kidding me?  
 16 Don't kill the messenger, people. Try to  
 17 kill the message. But if you can't kill the message,  
 18 all you do is go after the messenger, don't you?  
 19 That's the problem. That's part of the problem with  
 20 everybody that's out there. There are so many  
 21 internet doctors, internet gurus, internet, you know,  
 22 talking heads that are out there on TV and all these  
 23 news stations. Don't you understand people get paid  
 24 off this? You know that there's massive profiteering  
 25 happening right now because of all the plundering, all

26

1 the pillaging, all the sickness and disease that's out  
 2 there in the world. You know that, don't you?  
 3 You know the hospitals have been given  
 4 almost \$200 billion. You know that, right? The  
 5 hospitals have been given almost \$200 billion in  
 6 bailouts already. Did you all know that? Did you  
 7 know that? You want to know why surgeons wear a mask  
 8 in an operating room? That's so whenever we're  
 9 working on someone, we don't spit into your joint.  
 10 It's so that I -- you have this open wound. You don't  
 11 have an immune system in your knee joint or in your  
 12 spine or in your body or in your -- or in your  
 13 muscles. So we open it up, if we get spit and we get  
 14 sputum and we get infection -- the human mouth is one  
 15 of the most -- the most bacteria-laden -- bacteria,  
 16 not virus, bacteria-laden mouths of all things.  
 17 Did you know that the human bite is actually  
 18 dirtier than a pig bite? Look that up. There's more  
 19 bacteria in the human mouth than there is in the mouth  
 20 of a pig that eats crap.  
 21 So when people say, well, what about  
 22 surgeons that wear a mask in the OR, that's so we  
 23 don't spit in an open wound, because there's no immune  
 24 system response. The immune system response is  
 25 through our nasal and mucal passages, our eyeballs,

27

1 our ears, and our skin. If I cut the skin open,  
 2 dummy, and spit right in it, dummy, that bypasses your  
 3 protective system, dummy, and you're going to get a  
 4 bigger chance of getting an infection, dummy, a  
 5 bacterial infection, dummy, not a viral infection,  
 6 dummy. So many dummies out there.  
 7 So let's get back to it again. What can we  
 8 do? Wear a mask if you want to wear a mask. I am all  
 9 about freedoms, I'm all about civil liberties. Oh, I  
 10 guarantee you I have a really nice conversation with  
 11 some Libertarians this weekend at Fourth of July when  
 12 I'm going to be down at the Lake of the Ozarks with  
 13 all the other deplorables spreading coronavirus all  
 14 over the world. That's such a joke, by the way, such  
 15 a freaking joke.  
 16 So what do you need to do? Here's what you  
 17 need to do. You got to get, number one, get on some  
 18 vitamin D3 right now. If you want to get on D3, if  
 19 you don't have D3, click on my link. I'll get you  
 20 some. I set aside 1,000 bottles of this stuff for you  
 21 to get. It literally costs me money to get this stuff  
 22 to you. You pay shipping and handling on it. That's  
 23 all you got to pay. It's like 7 bucks or 9 bucks.  
 24 Get it. Get on vitamin D3 the rest of your stinking  
 25 life. 10,000 IUs a day for an adult. You need about

28

1 2,000 IUs a day for your children.  
 2 Every day when my kids get up, we line them  
 3 up. I take my ten drops; my wife takes her ten drops;  
 4 my kids -- my bigger kids take ten drops and my little  
 5 baby takes two drops. That's the deal.  
 6 Vitamin C, dose Vitamin C every day, every  
 7 day to bowel tolerance. What do you mean? What do  
 8 you mean by that? What do you mean by that? So take  
 9 1,000 milligrams first thing in the morning, then  
 10 every two hours, then every two hours take another  
 11 1,000 milligrams until you get a little bit of  
 12 digestive disturbance, a little bit of bloatiness, a  
 13 little bit of gas. That's your dose for the day,  
 14 period.  
 15 Then what else do you need? Zinc. Whew.  
 16 That scared me. Zinc. Somebody tapped on my window.  
 17 Zinc.  
 18 (Laughter). Hi, Doc, I'll be right out.  
 19 One of my buddies is here that I'm going to  
 20 be talking with in a minute.  
 21 Zinc, zinc. Zinc is so important. Twenty-  
 22 five milligrams a day minimum. That's what's in my  
 23 Boost Pack. We did that zinc deal. We got 500  
 24 bottles of zinc for you guys. We said pay shipping  
 25 and handling, you can have it. We just did that.

29

1 Twenty-five milligrams a day of zinc. Twenty-five  
2 milligrams a day of zinc. That's what you should take  
3 on a daily dose. If you're sick, you should double or  
4 quadruple that dose for five to seven days, period.  
5 So D, so zinc, so C. What else?  
6 Probiotics. I talked about this already. Probiotics,  
7 so important, so important. You need to be getting  
8 good bacteria in your gut. We're eating so much food  
9 that tears us up, too many sugars, too much juice, too  
10 much alcohol, too much caffeine, all these things that  
11 kill our GI bacteria that we need -- that we need to  
12 help our bodies be healthy. That's what you should do  
13 to get healthy.  
14 Wilma, the zinc -- the link for vitamin D is  
15 at the bottom. It's wellnesswarrior.club. Wellness  
16 warrior.club. That's what you need to do.  
17 Those are the things you need. What are  
18 other nutrients that are good? Other nutrients that  
19 are good, yes, I'm a big fan of herbs like elderberry.  
20 I'm a big fan of herbs like astragalus. I'm a big  
21 fan of -- of taking B vitamins. But -- but those are  
22 the -- the -- what I mentioned before are so  
23 important.  
24 Cindy wants to know about K2. Listen, the  
25 reason why K2 got so much notoriety is because --

30

1 because Dr. Joe Mercola made a vitamin D3 that had K2  
2 in it and the K2 helps with some absorption because  
3 calcium. But here's what I'm telling you. If it is -  
4 - if your D is emulsified, that's the deal.  
5 Emulsified D3 is the key. Take it with your food. It  
6 helps you absorb that stuff. That's what you need to  
7 do.  
8 Joe, there's no -- there's nothing wrong  
9 with having a beer. I'm going to probably have a  
10 couple of them this weekend, but I'm also going to  
11 make sure that I take a lot of my supplements to  
12 counterbalance that stuff. Yogurt is fine, but a lot  
13 of yogurt doesn't -- Greek yogurt and your own made  
14 yogurt is good, but a lot of other yogurts have a lot  
15 of sugar in them. So watch the sugar. That's the big  
16 deal, okay?  
17 So zinc, 25 milligrams a day; vitamin D3,  
18 10,000 IUs a day. You should do that, okay? Watch  
19 what you get, because if you buy like cheap stuff at  
20 -- and I can't say where, but if you buy cheap, low,  
21 bottom-of-the-barrel vitamins, especially vitamin D3,  
22 you don't absorb them. The best thing to do is test  
23 your levels. Your vitamin D3 levels on a blood test  
24 should be between a 60 and a 100. That's where your  
25 levels should be. So that's the deal.

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1 Clean your body out of sugars, cleanse your  
2 body up. We're going to be talking a lot about  
3 getting your metabolism reset as well because there's  
4 so much research that shows that one of the -- the  
5 highest comorbidity for all infection and diseases is  
6 obesity. Obesity leads to inflammation; inflammation  
7 leads to poor immune system. That then causes  
8 sickness and disease. That's what we should be  
9 talking about. Why are we not talking about this all  
10 over the news?  
11 One of the reasons why the cities that got  
12 hit so hard with COVID -- there's a lot of reasons,  
13 but, number one, first of all, there's a hell of a lot  
14 more nursing homes in those areas and that's where  
15 60,000 -- 60,000-plus deaths came from nursing homes.  
16 That's a fact. Think about that for a minute. Think  
17 about that. Almost half of the deaths, if not half of  
18 the deaths of COVID-19 happened because of nursing  
19 homes. Not because of you working in a nursing home  
20 and you did a bad job, but because the laws told  
21 people to go back and let them go back into the  
22 nursing homes with immune-compromised people.  
23 Amy says, what about vitamin D2? I already  
24 said, D2 sucks. Don't waste your time and your money.  
25 Your doctor will prescribe 50,000 IUs a week of it

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1 because that's what your doctor's been told to do by  
2 the pharmaceutical company. D2 sucks; D3 is what you  
3 need. Liquid emulsified D3. Just click on that link  
4 below. Just go to wellnesswarrior.club, get a bottle  
5 of that free D3, get yourself some of that Boost Pack.  
6 I mean, I don't know what to tell you.  
7 These are things that I know to do. This is -- what  
8 I'm telling you is why -- is why our patients are  
9 healthy. That's why I am where I am right now. We're  
10 going to talk to all these doctors about how to help  
11 educate their patients on how to get them healthier.  
12 Like, listen, stop listening to the people  
13 telling you to wear a mask all the time. If you want  
14 to wear one, you have every absolute right to do it.  
15 I have no problem with you wearing it. But do not  
16 shame anyone -- do not shame anyone for not wearing  
17 one. People have reasons why they do. Fine, you have  
18 the right to that. People have their reasons why they  
19 don't. You have the right to that. That's fine. And  
20 if your mask protects you, then you're healthy, you're  
21 safe. If your -- if my mask protects me, that's my  
22 decision. That's my decision.  
23 If your doctors won't test your levels, find  
24 another doctor. Don't go to doctors that aren't --  
25 that -- that don't act -- that don't do the things you

1 want to do.  
 2 Again, Jenny, the link is below. Click the  
 3 button. It says, grab your vitamin D. It's www.  
 4 wellnesswarrior.club. Wellnesswarrior.club.  
 5 Vitamin D3, vitamin D3.  
 6 No, you -- vitamin D3 does not lead to  
 7 magnesium deficiencies. That's why people should be  
 8 eating fruits and vegetables.  
 9 All right, guys, I love and appreciate you.  
 10 I got to go. I got a meeting before the meeting that  
 11 I got to go deal with today. I'm sure at some point  
 12 I'll talk to you today or tomorrow about what we  
 13 found. Please go back and watch the video. Every  
 14 question that you're asking me, I've already answered.  
 15 It's already on here.  
 16 I love and appreciate you. God bless you  
 17 all. God bless America. Happy Independence Day  
 18 weekend. Celebrate your independence, everyone.  
 19 Independence of freedom to do what you want to do when  
 20 you want to do it with who you want to do it because  
 21 that's the way America is. Don't be a sheep.  
 22 I love you guys. Be blessed.  
 23 (The recording was concluded.)  
 24  
 25

1 CERTIFICATE OF TRANSCRIPTIONIST  
 2  
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 4 I, Elizabeth M. Farrell, do hereby certify  
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