Complaint Exhibit A
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...
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  
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 shmear  

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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  

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1. hell boosts your immune system.  
2. And you better as -- as well get you’re a --  
3. get yourself 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. Everything  
10. 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.  

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1. We have had an outbreak in infection in our  
2. country since at least December, probably even sooner  
3. than that, probably a lot sooner than that, but at  
4. least December. But guess what we weren’t doing? We  
5. were not testing for it. Common sense says the more  
6. we test, the more we find. I -- I don’t -- I have no  
7. idea why we are even arguing that concept. The more  
8. we test, the more we find. The more we test, the more  
9. we find. Would you agree with that? I mean, holy  

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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
Eric A. Nepute, DC 7/31/2020

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 -- is this 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

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

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

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

shortage of some of these nutrients? Why is it
important for us right now to have zinc? Don’t you
think it’s important -- like zinc, zinc has been
proven, proven, zinc has been proven to help stop
reproduction of RNA viruses, period. COVID viruses
are part of that. Zinc has been proven to stop that.
Why is it so hard to get your hands on zinc?
Don’t you think that’s a weird thing? Why is it hard
to get zinc? Why are we using zinc to make pennies
out of? Why are we using that? And, oh, by the way,
isn’t it weird that now we have a shortage on coins in
our country? Is there a coincidence there? I think
that’s crazy. Now, I’m not telling you to go start
swallowing pennies. Please do not do that, okay? You
need some zinc.

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

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

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

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

3 (Pages 9 to 12)
why I created it. I created that Boost Pack and have
been using zinc for over 15 years in our practice. This is not anything new. This is common sense. But common sense is not that common.

I’m so blown away by how ignorant and stupid people are. And we literally are living in a state of the zombie apocalypse with -- with people just that are so sympathetically overloaded, it’s not funny.

Vitamin D3, it needs to be -- it needs to be a liquid emulsified D3.

Look, I told my people and I think they probably are going to put it up today or tomorrow, I said, take 1,000 bottles that we’ve got of vitamin D3, do the same deal I did with the zinc. If people want to buy it, they can buy it. If you want to get it, you got to pay shipping and handling anywhere in the United States. It’s anywhere between, like, 7 bucks and 9 bucks to get it sent to you. You need to take this stuff for the rest of your life. There is not a day that goes by that I don’t take zinc. There’s not a day that goes by that I don’t take D3.

I want to keep my immune system levels high.

Now, how do I know my immune system is good? Here’s the key, here’s the key. Listen, folks, we test, don’t guess. We test, don’t guess. What’s the best way to test your immune system. Go get a blood test. Get a blood test, and in that blood test, you should get a CD4 and a CD8 blood test, as well as a CBC and a vitamin D3 test, the vitamin D.

If your CD4 and CD8 levels are low, guess what? You have a compromised weak immune system. I can’t tell you how many hundreds of thousands of patients that I’ve put on high dose D, so 10,000 IUs of vitamin D, zinc, taking vitamin C to bowel tolerance every day. Bowel tolerance is you take 1,000 milligrams every hour or two until you get a little bit of a -- of a bloating or distension in your stomach and that’s your dose for the day. That’s your dose.

I think it’s -- I think it’s pretty funny -- by the way, I just got a call from Washington, DC; I’m a little nervous about that one. I have some of the people that we’re actually going to be talking to having a meeting about our meeting today.

So let me go back to what I said. D3, you guys, click on that link below. I know that there’s one that says -- it’s our wellness warrior club. I’m almost positive it’s already on there. But if you go to the wellness warrior club site, wellnesswarrior.club, liquid emulsified D3, 10,000 IUs a day. Get it.

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Go get it.

Why are they not talking about this on the news? Why are they not talking about zinc on the news? Why? Because they either don’t know or they don’t want you to know. Think about that for a moment. Think about that for a moment. Think about the fact that our videos -- our videos are getting blocked. Think about the fact that I’ve got friends of mine that say, dude, I don’t even get notifications anymore any time you go live. That’s crazy. That’s censorship because they’re censoring doctors. They’re censoring doctors that are telling the truth.

When you go get your blood test done, you need a CD4, a CD8, a CBC. You need a vitamin D panel just to start. That’s a great way just to start to look at your immune system.

If those levels are low, you start loading up on those vitamins and nutrients we talked about. Vitamin D3, 10,000 every day. Zinc, 25 to 50 milligrams every day. You start loading up on vitamin C to bowel tolerance. Start taking a good probiotic that has a bifobacterium (phonetic) in it or start eating some fermented foods like kefir, kombucha, sauerkraut, things like that to get your gut working.

Your vitamin D3 levels on a blood test -- this is important because most of you are going to go to your doctor and they’re going to say, no, your vitamin D is fine. Your vitamin D needs to be between a 60 and a 100 nanomoles per nanometer. It will just tell you the numbers, between a 60 and a 100. Your doctor -- your doctor will say, no, as long as it’s above a 30, we’re okay. Thirty and below can cause disease.

Every single cell -- listen to me on this -- every single cell in your body has a vitamin D3 receptor. Vitamin D3 is not really even a vitamin. It is a pro-hormone. So it is necessary for hormonal function, immune system function, digestion, proper brain capacity, nerve restoration and much, much more.

Vitamin D3 is the MacDaddy of -- of vitamins/pro-hormones/ nutrients that you need.

And guess what? Most people think, well, don’t I go outside in the sun and make vitamin D? You can. That’s why you need to get outside every day in the midday sun and be out there for 20 to 30 minutes without sunscreen, without sunglasses, so your body can start producing some of its own vitamin D. But here’s the deal. It does that through the skin and it does that through the liver. Most people’s livers are jacked up because you’re drinking too much alcohol,
You guys, I get that there are some states that are Republican that are doing this, but I just think it’s so weird that this is just down party lines. That’s so stupid. We have to stop thinking about it that way. We’re not Republicans, we’re not Democrats, we’re not Independents. We’re Americans; we’re human beings.

And by the way, we’re not white race, black race, purple race, blue race. We’re the human race. We all have very, very similar, almost completely identical physiology, and we all need to be taking the same nutrients, doing the same things to get ourselves healthy. That’s a fact. Why is no one talking about that? Why are we talking about the fact that certain cities and certain states are saying, you need to mandate a mask? We’re mandating you to wear one, whereas three to four weeks ago, we were saying the exact opposite.

Has the science changed? No, it has not. The science has not changed. There has not been one randomized controlled study that shows that wearing a mask can actually prevent the spread of COVID-19.

That’s a fact. Can it stop you from spitting “gobulets?” Can it stop you? Yes. In the early 1900s, we found out one of the most profound things we’ve ever found out in the history of our planet. We found out that wearing a protective thing you can do. Load up on D3. Not just in the wintertime, but all the time. And don’t think that just because you’re outside in the sun that you’re getting enough. Go and get your blood test done. You can get a vitamin D3 test done for probably less than 15 bucks. Probably most places even less than 20, but probably for sure less than 15 bucks, just on that alone. Zinc, vitamin D. Get your vitamin C. Probiotics, like we talked about.

But here’s the deal. I’m very concerned about the fact that we are mandating things -- by the way, do you know who’s making the decisions on this? Is there a group of doctors making the decision? Is there a panelist of physicians that are talking about this? No. These are your politicians, your elected government officials. And I think it’s weird.

And by the way, let me ask you a question --
let me ask you a serious question I want you to think about. Don’t you think it’s a little weird -- don’t you think it’s a little bit weird that we didn’t hear much about COVID-19 deaths or infection or detection rate when the riots were happening, when social dist -- when we were talking about the social reform and everything going on? Don’t you think it’s weird that for literally three weeks we heard nothing about it and, now, all of a sudden, we hear a ton about it? Don’t you think that’s weird?

You guys, we were not social distancing. We’ve not been -- six foot is a -- is a made-up, arbitrary number. If you sneeze or you cough or you spit, there’s research that shows that some of those things can go up to 30 to 50 feet. Can you hear me on that? I don’t get it.

So what can we do? You got to protect yourself. You got to protect yourself and protect the others.

There’s people that are saying there’s no sound. Can you hear me? Can you guys hear me right now? I want to hear if you can hear me. Tell me if you can hear me. Give me a thumbs up if you can hear me. Type “yes” if you can hear me. All right. So here’s what I’m also telling you. I also think it’s very weird -- I also think it’s very weird that when my friends and patients and people that have been following me for decades, by the way, for decades have said to me, you know, hey, it’s weird I can’t get notifications and it’s weird that when I watch your videos now, my phone’s messed up for a day or two. Don’t you think that’s weird? Like that’s so crazy. My phone gets jacked up all the time.

So you guys are asking, what can we do, what can we do, what can we do. We got to get healthy. That’s what our focus needs to be on. Screw the mask situation. That’s all political. There’s -- there’s very little we can do about this. It’s all political.

So what you can do is you can protect yourself and protect your family. Here’s how we do that. We have got to -- we have got to get healthier. How do we do that? Number one, we got to take the right vitamins, supplements, and nutrients. I talked about vitamin D. It’s so important to do that. Go on that link below, click it. If you want to get some D, great. If you don’t, that’s fine. But get some D3 -- emulsified D3. I told my people to put 1,000 bottles set aside just for our people today and tomorrow, that’s it. Because I know it’s going to be gone.

That zinc went in 24 hours. So if you want it, you pay shipping and handling. Boom, we’re done. That’s it.

You need to be on zinc and D for the rest of your life. I will never stop taking this stuff.

Vitamin C, dose to bowel tolerance every single day. Every single day, do that. Make sure that you’re getting good, healthy probiotic foods, eating fermented foods every day, eating foods -- eating foods that help your body’s digestive system.

Remember, your immune system is in your gut as well. So you need D3 for the immune system and to be healthy. You need vitamin C for the immune system and to be healthy. You need zine for vitamins -- for the immune system to be healthy. You need good bacteria and probiotics. And, yes, vitamin A and other nutrients are important, but that’s what you got to do, and that’s what your children need to do as well.

Just cut that dose in half.

For -- by the way, for kids with -- for D3 for children, listen to me, children, D3 -- again, consult your physician, that’s what I’m supposed to tell you -- but here’s the deal, 2,000 IUs a day for most of your children. When your children are adult sizes, get them up to 10,000 IUs a day. That’s what you need right there.

Somebody says I need to go on “The View.” They ain’t never going to let me on “The View,” trust me. They didn’t have fun with Don Jr on there; they’d never have fun with me.

Lifestyle is so important as well. We’ve got to drink our water. We’ve got to make sure we’re staying hydrated. Adults, you need to be pushing around 100 to 128 ounces of water every day. Your kids need to be getting about 50 to 60 ounces of water a day. Do the best you can. Little bitty kids, cut that level in half. You know, 20 to 40 ounces a day. We got to be doing that.

We’ve got to stay active. You’ve got to be ready. Your body’s got to be ready to fight. Your body has to be ready to fight. It has to be ready.

Regardless of if a swine flu is coming or if a -- if another pandemic is coming, you have got to improve your immune system function and your health, period.

Wearing a mask causes your -- wearing a mask causes your body to breathe uncirculated air. It’s not healthy. You guys have seen the little petri dish models that somebody put out and they said they put a mask on, they coughed and sneezed on it, and they...
said, oh, look at all the bacteria that’s growing.

First of all, it’s a bacteria, not a virus. Viruses, they be a lot smaller. But what do I know? I’m not a real doctor; I’m not a virologist.

I said to this guy -- I was watching Wendy Williams who’s a great -- she’s in Pittsburgh, by the way -- and great morning news show. I listen to her and I listened to Jamie Allman this morning. And she had a -- she had an infectious disease doctor come on and he was talking about how, you know, this is crazy, the mandates make no sense, I can’t understand it, da, da, da. And people were in the comments saying: ‘You’re a virologist, he doesn’t know. Are you freaking kidding me?’

Don’t kill the messenger, people. Try to kill the message. But if you can’t kill the message, all you do is go after the messenger, don’t you?

That’s the problem. That’s part of the problem with everybody that’s out there. There are so many internet doctors, internet gurus, internet, you know, talking heads that are out there on TV and all these news stations. Don’t you understand people get paid off this? You know that there’s massive profiteering happening right now because of all the plundering, all the pillaging, all the sickness and disease that’s out there in the world. You know that, don’t you?

You know the hospitals have been given almost $200 billion. You know that, right? The hospitals have been given almost $200 billion in bailouts already. Did you all know that? Did you know that? You want to know why surgeons wear a mask in an operating room? That’s so whenever we’re working on someone, we don’t spit into your joint. It’s so that I -- you have this open wound. You don’t have an immune system in your knee joint or in your spine or in your body or in your -- or in your muscles. So we open it up, if we get spit and we get sputum and we get infection -- the human mouth is one of the most -- the most bacteria-laden -- bacteria, not virus, bacteria-laden mouths of all things.

Did you know that the human bite is actually dirtier than a pig bite? Look that up. There’s more bacteria in the human mouth than there is in the mouth of a pig that eats crap.

So when people say, well, what about surgeons that wear a mask in the OR, that’s so we don’t spit in an open wound, because there’s no immune system response. The immune system response is through our nasal and mucal passages, our eyeballs, our ears, and our skin. If I cut the skin open, dummy, and spit right in it, dummy, that bypasses your protective system, dummy, and you’re going to get a bigger chance of getting an infection, dummy, a bacterial infection, dummy, not a viral infection, dummy. So many dummies out there.

So let’s get back to it again. What can we do? Wear a mask if you want to wear a mask. I am all about freedoms, I’m all about civil liberties. Oh, I guarantee you I have a really nice conversation with some Libertarians this weekend at Fourth of July when I’m going to be down at the Lake of the Ozarks with all the other deplorables spreading coronavirus all over the world. That’s such a joke, by the way, such a freaking joke.

So what do you need to do? Here’s what you need to do. You got to get, number one, get on some vitamin D3 right now. If you want to get on D3, if you don’t have D3, click on my link. I’ll get you some. I set aside 1,000 bottles of this stuff for you to get. It literally costs me money to get this stuff to you. You pay shipping and handling on it. That’s all you got to pay. It’s like 7 bucks or 9 bucks.

Get it. Get on vitamin D3 the rest of your stinking life. 10,000 IUs a day for an adult. You need about 2,000 IUs a day for your children.

Every day when my kids get up, we line them up. I take my ten drops; my wife takes her ten drops; my kids -- my bigger kids take ten drops and my little baby takes two drops. That’s the deal.

Vitamin C, dose Vitamin C every day, every day to bowel tolerance. What do you mean? What do you mean by that? What do you mean by that? So take 1,000 milligrams first thing in the morning, then every two hours, then every two hours take another 1,000 milligrams until you get a little bit of digestive disturbance, a little bit of bloateness, a little bit of gas. That’s your dose for the day, period.

Then what else do you need? Zinc. Whew.


(Laughter). Hi, Doc, I’ll be right out.

One of my buddies is here that I’m going to be talking with in a minute.

Zinc. Zinc. Zinc is so important. Twenty-five milligrams a day minimum. That’s what’s in my Boost Pack. We did that zinc deal. We got 500 bottles of zinc for you guys. We said pay shipping and handling, you can have it. We just did that.
Twenty-five milligrams a day of zinc. Twenty-five milligrams a day of zinc. That’s what you should take on a daily dose. If you’re sick, you should double or quadruple that dose for five to seven days, period.

So D, so zinc, so C. What else?

Probiotics. I talked about this already. Probiotics, so important, so important. You need to be getting good bacteria in your gut. We’re eating so much food that tears us up, too many sugars, too much juice, too much alcohol, too much caffeine, all these things that kill our GI bacteria that we need -- that we need to help our bodies be healthy. That’s what you should do to get healthy.

Wilma, the zinc -- the link for vitamin D is at the bottom. It’s wellnesswarrior.club. Wellness warrior.club. That’s what you need to do.

Those are the things you need. What are other nutrients that are good? Other nutrients that are good, yes, I’m a big fan of herbs like elderberry. I’m a big fan of -- of taking B vitamins. But -- but those are the -- the -- what I mentioned before are so important.

Cindy wants to know about K2. Listen, the reason why K2 got so much notoriety is because --

because Dr. Joe Mercola made a vitamin D3 that had K2 in it and the K2 helps with some absorption because calcium. But here’s what I’m telling you. If it is - - if your D is emulsified, that’s the deal.

Emulsified D3 is the key. Take it with your food. It helps you absorb that stuff. That’s what you need to do.

Joe, there’s no -- there’s nothing wrong with having a beer. I’m going to probably have a couple of them this weekend, but I’m also going to make sure that I take a lot of my supplements to counterbalance that stuff. Yogurt is fine, but a lot of yogurt doesn’t -- Greek yogurt and your own made yogurt is good, but a lot of other yogurts have a lot of sugar in them. So watch the sugar. That’s the big deal, okay?

So zinc, 25 milligrams a day; vitamin D3, 10,000 IUs a day. You should do that, okay? Watch what you get, because if you buy like cheap stuff at -- and I can’t say where, but if you buy cheap, low, bottom-of-the-barrel vitamins, especially vitamin D3, you don’t absorb them. The best thing to do is test your levels. Your vitamin D3 levels on a blood test should be between a 60 and a 100. That’s where your levels should be. So that’s the deal.

Clean your body out of sugars, cleanse your body up. We’re going to be talking a lot about getting your metabolism reset as well because there’s so much research that shows that one of the -- the highest comorbidity for all infection and diseases is obesity. Obesity leads to inflammation; inflammation leads to poor immune system. That then causes sickness and disease. That’s what we should be talking about. Why are we not talking about this all over the news?

One of the reasons why the cities that got hit so hard with COVID -- there’s a lot of reasons, but, number one, first of all, there’s a hell of a lot more nursing homes in those areas and that’s where 60,000 -- 60,000-plus deaths came from nursing homes. That’s a fact. Think about that for a minute. Think about that. Almost half of the deaths, if not half of the deaths of COVID-19 happened because of nursing homes. Not because of you working in a nursing home and you did a bad job, but because the laws told people to go back and let them go back into the nursing homes with immune-compromised people.

Amy says, what about vitamin D2? I already said, D2 sucks. Don’t waste your time and your money. Your doctor will prescribe 50,000 IUs a week of it because that’s what your doctor’s been told to do by the pharmaceutical company. D2 sucks; D3 is what you need. Liquid emulsified D3. Just click on that link below. Just go to wellnesswarrior.club, get a bottle of that free D3, get yourself some of that Boost Pack.

I mean, I don’t know what to tell you. These are things that I know to do. This is -- what I’m telling you is why -- is why our patients are healthy. That’s why I am where I am right now. We’re going to talk to all these doctors about how to help educate their patients on how to get them healthier.

Like, listen, stop listening to the people telling you to wear a mask all the time. If you want to wear one, you have every absolute right to do it. I have no problem with you wearing it. But do not shame anyone -- do not shame anyone for not wearing one. People have reasons why they do. Fine, you have the right to that. People have their reasons why they don’t. You have the right to that. That’s fine. And if your mask protects you, then you’re healthy, you’re safe. If your -- if my mask protects me, that’s my decision. That’s my decision.

If your doctors won’t test your levels, find another doctor. Don’t go to doctors that aren’t -- 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.)

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DATE: 9/19/2020

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