

High Dose Vitamin A Viral Protocol
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Dose: For 50-100 lb child 400,000 units VitA palmitate in 3 divided doses for 2 consecutive days only. Repeat after 6 months if necessary or according to your doctor's advice.

If the rubeola IgA salivary titers are elevated, IgG levels are very elevated, the child has a history of strong reaction to MMR and/or followed by regression soon thereafter, and certainly with brain antibodies indicating autoimmune reaction, I believe there is indication they may benefit from this large dose, followed by 10,000 to 25,000 per day depending on age and size. Some parents are reporting benefit from even smaller doses.

What kind to use? Fish oil vitamin A vs. vitamin A palmitate?

Per the Merck Index, the palmitate form of all-trans or retinol is the preponderant ester in fish liver oils (cod, shark). However, to be practical, we must use synthetic vitamin-A palmitate to achieve such high pharmacologic doses. Synthetic palmitate may be a problem in allergically sensitive individuals. Natural fish oil includes all-trans-retinol, -cis-retinol, and probably some very similar molecules. There's no guarantee that a synthetic palmitate will have these. I'm wary of synthetics, but again, for >200,000 iu doses one may have to use what's practical. It would be impossible to consume the amount of fish oil required to meet these doses for the two days on 400,000 iu.

Isn't Vitamin A toxic?

The toxicity of this is highly overstated. There has been one death from Vit A toxicity in an adult male who ate nothing but polar bear liver. Otherwise, it is a much needed and quite safe vitamin, but it does store in the liver, so 400,000 iu should be probably a one-shot treatment, or certainly not to be repeated more than twice a year.

If your child exhibits any of the following toxicity symptoms, discontinue the Vitamin A immediately and call your doctor.

Signs and Symptoms of vitamin A toxicity:

Itchy rash

Headache

Vertigo

Hyperactivity OR Lethargy

Vision changes

Bulging fontanelles (infants)

Bone pain or swelling

Craniofacial (infants and children)

Skin and hair changes

Hair loss

Seborrhea

Cracking at corners of the mouth

Irritability

Decreased appetite

Poor weight gain (infants and children)

Nausea, Vomiting

Drowsiness

Serum calcium will be elevated

Why for Measels?

Vitamin A is consumed rapidly when measles virus is present. We think that Vitamin A very easily incorporated itself into virus cells and prevents growth and reproduction of them. It has been shown that in the presence of active measles virus, a 2-day mega-dosing of 400,000 iu of Vitamin A will create an extremely mild short-lived case in those who have contracted the disease.

For children who we think that there is an issue of the attenuated form of measles in the gut, Vitamin A will have the same effect.

My current recommendations based on the evidence is that IF your child:

- ◆ has high serum IgG rubeola antibodies and/or high saliva secretory IgA antibodies
- ◆ MBP or other neural antibodies are elevated (indication of autoimmune process)
- ◆ there is a history of reaction to or regression after the MMR vaccine
- ◆ there is ongoing gut problems,

your child may have intestinal measles. Having a scope may also lead to this conclusion. (even spinal fluid has been found in a group of kids to have positive vaccine strain measles). Without the benefit of scoping and getting positive biopsy reports on the gut, many parents have given their kids high doses of Vitamin A.