## Optic Garcinia And Apple Cider Vinegar Recipe

147; where before i would have used twice-daily dosing for 3 to 6 weeks, now i will typically use 100 mg for a week to 2 weeks, and then cut back to 40 mg (periostat) a day for another 2 to 3 weeks optic garcinia

## optic garcinia and apple cider vinegar

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