

# Dr. Aardsma's Vitamin MePA Dietary Supplement Fact Sheet

## FDA Disclaimer

The Food and Drug Administration (FDA) does not approve dietary supplements. You must decide for yourself whether a dietary supplement is of benefit to you and whether you should take it or not. The information provided in this fact sheet has not been evaluated by the FDA.

## Warnings

- Do not give Dr. Aardsma's Vitamin MePA Dietary Supplement to breastfeeding children.
- Ask a doctor before use if you are the recipient of an organ transplant.
- Failure to include vitamin MePA in your diet will result in aging and eventual death.

## Side Effects

When taken as directed, Dr. Aardsma's Vitamin MePA Dietary Supplement appears to be free of negative side effects.

## Description

Active ingredient: methylphosphonic acid, 2 micrograms per drop.

Inactive ingredients: distilled water.

## Directions for Use

Take one (1) drop in a glass of water daily. Keep in refrigerator.

## Supplement Management

To avoid running out of Dr. Aardsma's Vitamin MePA Dietary Supplement, keep an extra bottle on hand at all times.

## Shelf Life

Dr. Aardsma's Vitamin MePA Dietary Supplement may be stored in the refrigerator for at least seven months. Keep the bottle tightly capped to minimize loss of water due to evaporation.

## Background Information

This fact sheet has been prepared by Dr. Aardsma and is intended to help you use Dr. Aardsma's Vitamin MePA Dietary Supplement intelligently and beneficially.

MePA is a long-lost vitamin. It was naturally present in drinking water thousands of years ago. A global catastrophe (known from the Bible as Noah's

Flood) halted its natural production 5500 years ago. As a result, it is no longer present in drinking water. There appears to be no other natural source of this vitamin.

Vitamin MePA has only recently been discovered. Research into vitamin MePA is still underway to answer such basic questions as the optimal daily allowance. Dr. Aardsma's Vitamin MePA Dietary Supplement is designed to provide an adult with the best present estimate of an optimal daily allowance of MePA.

What is known at present is that the absence of MePA in human diets results in the ultimately fatal nutritional deficiency disease which today is called aging. Because MePA is no longer present in drinking water, 100% of the global population presently suffers from aging. Before Noah's Flood, when MePA was naturally abundant in drinking water, people were living in excess of 900 years. Restoration of MePA to human diets has potential to improve health, halt aging, combat age-related diseases, and slowly reverse the symptoms of aging, greatly increasing human longevity.

## Who Should Not Take Vitamin MePA?

Before Noah's Flood, everybody who drank water took MePA without ever being aware of it. This would have been everybody except nursing infants. (It seems probable that nursing infants obtained vitamin MePA through the mother's breast milk, though this has yet to be demonstrated.)

This suggests the simple rule that everyone other than nursing infants should take vitamin MePA. However, things have gotten considerably more complicated in regard to health and medicine than they were thousands of years ago. So this rule needs to be applied intelligently and cautiously.

For example, today some individuals are organ recipients (e.g., kidney, bone marrow, heart, etc). These individuals require artificial suppression of their immune systems for their transplanted organs to be accepted by their bodies. Vitamin MePA appears to revitalize the immune system, which could conceivably lead to rejection of transplanted organs. So far, there has been no research done on this. Thus, individuals having transplanted organs need informed, professional medical guidance before beginning to take vitamin MePA and careful medical supervision once they begin taking vitamin MePA.

## How Long Should I Continue Taking Vitamin MePA?

You should take vitamin MePA daily for the rest of your life.

Your body needs to be supplied with all of the vitamins continuously, on a daily basis. A balanced

diet will supply all of the vitamins except vitamin MePA. Vitamin MePA is no longer naturally available in any known food or drink. It is essential that you continue to supplement your diet with vitamin MePA on a daily basis to provide your body with the MePA it needs for normal maintenance, growth, and development.

### **Should I Inform My Doctor?**

It is a good idea to discuss with your doctor the inclusion of Dr. Aardsma's Vitamin MePA Dietary Supplement in your diet, just as you would normally do with any vitamin supplement.

### **Further Information**

You can keep up with the latest vitamin MePA research developments at [www.BiblicalChronologist.org](http://www.BiblicalChronologist.org).

*prepared by Gerald Aardsma, Ph.D.  
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