Mandarin Wellness Center Shirley Hartman, M.D.  
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**Acne**

1. Omega 3 Fish oil 4000 – 6000 mg or 1 packet Coromega per day   
   (Keeps oil in pores liquid and unplugged)
2. Vitamin A 100,000 IU/d (not as Beta Carotene) for 1 month, then 25,000 – 50,000 IU/d
3. Zinc 50 mg/d for 1 month, then 15 – 30 mg/d
4. Over the counter Differin topical retinoid helps skin peel so it doesn't plug pores
5. Benzoyl Peroxide topically helps kill the bacteria that cause acne.
6. Granular scrub to peel outer skin layer 1-3x/week +/- Azelaic Acid topically once a day

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