

United States of America  
FEDERAL TRADE COMMISSION  
Southwest Region

1999BryanSt.,Ste.2150  
Dallas,Texas75201

May 7, 2020

WARNING LETTER

VIA EMAIL TO [info@thesternmethod.com](mailto:info@thesternmethod.com)

The Stern Method  
c/o Ryan Sternagel  
6300 Sagewood Drive, Ste. H533  
Park City, Utah 84098

Re: Unsubstantiated Claims for Co

- Vitamin D3 [<https://amzn.to/2xJgwiw>] 2,000 International Units daily. (Start with 5,000 IU/day for two weeks, then reduce to 2,000)
- Magnesium [<https://amzn.to/38Skzpp>] 400 mg daily (in citrate, malate, chelate, or chloride form)
- Zinc [<https://amzn.to/2WiHEP3>] 20 mg daily
- Selenium [<https://amzn.to/34KiY4j>] 100 mcg (micrograms) daily...

“-Iodine is essential to not only fighting off an infection it is necessary for proper immune system functioning. There is no bacterium, virus, parasite or fungus that is known to be resistant to iodine. 200-300 micrograms of iodine daily, with higher doses for more serious and difficult diseases. *Daily*

you have any questions regarding compliance wi