Inference at $*$
 of proof for Lemma not_over_or_a:

$\vdash \forall A, B{:}\mathbb{P}.\ (\neg(A \vee B)) \iff \{(\neg A)\ \&\ (\neg B)\}$
 by ((Unfold ‘guard‘ 0)
 CollapseTHEN (Lemma ‘not_over_or‘))·

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http://www.nuprl.org/FDLcontent/p0_942988_/p121_100394_{not_over_or_a}.html