

NUTRIENTS FOR A HEALTHY THYROID

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Introduction

The following Minerals, Supplements, and Herbs are noted for their positive effect upon the Thyroid gland.

Minerals:

- Iodine
- Chlorine
- Magnesium
- Potassium
- Sodium
- Calcium

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Vitamins:

- Vit A
- Vit B-Complex - especially B6 and B12

- Vit C
- Vit D
- Vit E

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Herbs:

- Black Walnut - High source of organic iodine
- Kelp - High source of organic iodine
- Horseradish - High in Vit C, A, and B-Complex
- Parsley - Builds the thyroid
- Bayberry - Supports the thyroid during hypothyroidism
- Goldenseal - Supports the thyroid during hypothyroidism
- Liquid Dulse - High iodine content which is easily assimilated

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