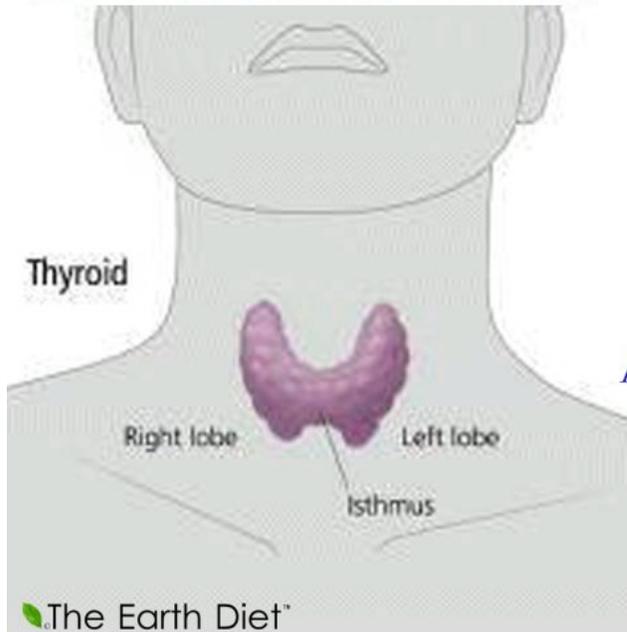


FOODS TO IMPROVE THYROID HEALTH (HYPOTHYROIDISM)



KELP, PARSLEY,
HIMALAYAN SALT AND
NAVY BEANS FOR IODINE

ALMONDS, AVOCADOS,
BANANAS, PUMPKIN SEEDS,
AND LENTILS FOR TYROSINE

COCONUT OIL

BENTONITE CLAY