

HYPERTHYROIDISM SERIOUS *Kit*

ON AN EMPTY STOMACH

Nascent Iodine:

Dilute 1 to 3 drops in water.

IMPORTANT

Do not exceed 3 drops daily unless recommended by your healthcare provider. For best results, take 200 mcg of selenium (1 capsule) daily each time you consume iodine.

Happy Tummy:

Dilute 15 drops in water.

Note: If you take nascent iodine you can add Happy Tummy to your water with iodine and apple cider vinegar.

Molecular Glutathione: Take 1 capsule on an empty stomach.

WITH FOOD (AT ANY TIME OF DAY):

Selenium: Take 1 capsule.

Vita Minerals Elixir: Take 4 capsules.

Marine Omega-3: Take 2 softgels.

Zinc Picolinate: Take 1 capsule.

IN THE MORNING AND BEFORE GOING TO BED

Molecular Progesterone:

During the first month of use: Press the dispenser 2 times, giving yourself a massage in the morning and another before going to bed. Apply to the face, neck, inside of the wrist and ankles.

Avoid applying it to greasy areas such as the inner thigh, breasts or abdomen.

From the second month of use: Press the dispenser only once, following the same instructions.

BEFORE THE MAIN MEALS (LUNCH AND DINNER):

Happy Tummy: Dilute 15 drops in water.

