



THYROID HEALTH KIT™ INSTRUCTIONS



Detoxadine Nascent Iodine (Take 1x Daily)

Take 3 drops by mouth, immediately follow with purified water and swallow. Use once daily or as directed by your healthcare provider

Selenium (Take 1x Daily)

Take one capsule daily, preferably with food, or as recommended by your healthcare practitioner.

VeganSafe B-12 (Take 1x Daily)

Take 1 dropper daily on an empty stomach, preferably in the morning or early afternoon or as recommended by your healthcare practitioner.



The Thyroid Health Kit Is a 30-Day Program

SUPPLIES CHECKLIST

- Plenty of distilled or purified water
- 1 bottle of Detoxadine®
- 1 bottle of Selenium
- 1 bottle of VeganSafe™ B-12

OPTIONAL ADD-ONS CHECKLIST

- 1 bottle of Turmeric Liquid Extract
- 1 bottle of Ginseng Fuzion™

Follow for 30 Days

For best results, follow the suggested directions below for each individual supplement or as recommended by your healthcare practitioner.

We've received great feedback from those who take Detoxadine and VeganSafe B-12 in the morning 30 minutes prior their first meal and Selenium preferably upon first meal.

Thyroid Health Kit Add-Ons

Turmeric Liquid Extract



Take 1 serving, approximately 2 droppers, in the morning and 1 serving in the afternoon or evening, or as recommended by your healthcare practitioner.

Ginseng Fuzion



Take 2 droppers, approximately 1/4 teaspoon, three times daily or as recommended by your healthcare practitioner.

Extending Your Thyroid Health Kit

If all supplements are taken as directed, you will also have an additional 30-day supply of Selenium and 60-day supply of Detoxadine left after the initial 30 days. You can purchase an additional bottle of VeganSafe B-12 to make the kit last 60 days depending on your individual needs.

What Else Can I Do to Support My Thyroid

Practice a Healthy Lifestyle

Get enough sleep, practice stress reduction techniques like meditation or deep breathing exercises, avoid common endocrine disrupting chemicals such as BPA, bromine, perchlorate, pesticides, PFCs, phthalates, and fluoride.

Food for Nutrition, Food for Health

A balanced diet that provides a complete spectrum of nutrition is part of living a healthy lifestyle. Nutrients that specifically support the thyroid include iodine, selenium, and B-12. Foods that contain iodine include dulse seaweed and other sea vegetables and deep sea fish such as cod and haddock. Beans, such as lima or pinto beans, are an excellent



THYROID HEALTH KIT INSTRUCTIONS

source of selenium. Almonds contain both selenium and essential B vitamins.

Cleanse Your Body

Periodic body cleansing can help break up toxins and pollutants that accumulate as a result of exposure to environmental pollutants and chemicals.

Need More Help?

Our trained Customer Satisfaction team is here for support and has helped thousands of people just like you! Email support@globalhealingcenter.com or call us at 1.800.476.0016.

Want To Help Others?

Honest feedback is important to our team to help you on your journey to better health. More importantly though, sharing your individual knowledge and experience is vital to helping the

Global Healing Center community and others like you attain better health.



Share your experience by submitting your review at: gbc.us/review-thk