

Dietary Nutrients for Thyroid Health

| Nutrient | Sources |
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| Iodine | Sea vegetables (kelp flakes, kelp, wakame, hijike, arame, nori, etc.), dairy products, cod, iodized salt |
| Selenium | Ocean fish, Brazil nuts, ham |
| Iron | Oysters, clams, liver, venison, beef |
| Zinc | Oysters, liver, crab, lobster, beef |
| B12 | Clam, liver, oyster, mackerel, sardine |
| B2 | Liver, mushrooms, seaweed, spinach |
| Vitamin C | Red pepper, kiwi, broccoli, citrus |
| Vitamin A | Organ meats, CLO, seafood, grass-fed dairy |
| Vitamin D | CLO, cold-water fatty fish, UV exposure |
| Magnesium | Clams, Swiss chard, spinach, beet greens, kelp, nuts, seeds and dark chocolate |