



## Dietary Nutrients for Thyroid Health

Nutrient	Sources
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