



LINDGREN
functional medicine

SOURCES OF

Trace Minerals

chromium | copper | iodine | iron | manganese | molybdenum | selenium |

zinc

HIMALAYAN
SALT



LEAFY
GREENS &
HERBS



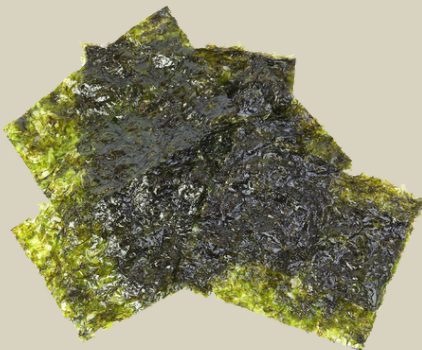
LIVER



RED MEAT



SHELLFISH



SEAWEED



SEEDS



MOLASSES



FISH

BONE BROTH



VEGETABLES

