



LINDGREN  
functional medicine

# SOURCES OF Trace Minerals

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



LIVER

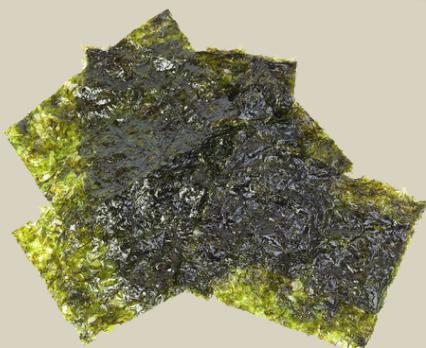
HIMALAYAN  
SALT



LEAFY  
GREENS &  
HERBS



RED MEAT



SEAWEED



SHELLFISH



SEEDS



BONE BROTH



MOLASSES



SEEDS



VEGETABLES

