

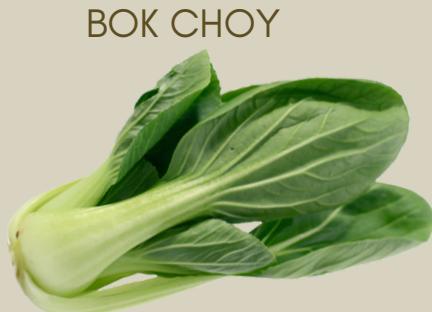


LINDGREN
functional medicine

SOURCES OF Calcium



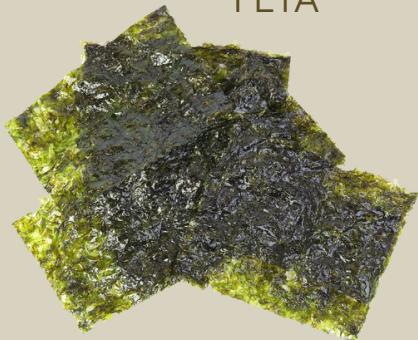
COLLARD
GREENS



BOK CHOY



FETA



SEAWEED



SARDINES



RICOTTA



DRIED
FIGS



FIRM TOFU



YOGURT



SESAME
SEEDS

BROCCOLI



CHEDDAR

