

HORMONE RESET PROGRAM

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## Thyroid Kit Instructions

Instructions for the [Hormone Reset Thyroid Kit](#):

Daily Basic Nutrient Packs:

Take 1 packet 2x daily

Vitamin D 1,000:

Get a 25-hydroxy vitamin D test performed and take according to your healthcare provider's specifications, or take enough that you reach 2,000 IU per day (from all sources, including the Daily Basic Nutrient Packs).

These supplements can be taken either with or without food, though in most cases it is preferable to take with food to minimize any risk of stomach upset.

Please take until they run out!