

AYADHIIN (IODINE)

- Ayadhiin waxa u baahan koritaanka jidhkeena iyo maskaxdeena.
- Jidhkeenu ma sameeyo ayadhiin; waa in aynu ka helno cuntooyinka aynu cuno.
- Haweenka uur leh iyo kuwa naas-nuujiya waxay u baahan yihiin 220 ilaa 250 mcg oo ah ayadhiin.
- Qadar aad u yar oo ah ayadhiin ayaa si dabiici ah looga helaa cuntooyinka.
- Isticmaal milix ama cusbo leh ayadhiin oo qaado fitamiinka umusha ka hor ama fitamiino isku jira oo ah ugu yaraan 150 mcg.



Marka aad dukaanka tagtid, iibso milix/cusbo leh ayadhiin.

Supplement Facts

Serving Size - 1 capsules
Servings per Container - 90

	Amount per Serving	% Daily Value
Iodine (as potassium iodide)	150mcg	100%
Zinc (Chelazome®, zinc amino acid chelate)	15mg	100%
Selenium (from L-selenomethionine)	400mcg	571%
Copper (Chelazome®, copper amino acid chelate)	2mg	100%