

### <DOS: HOW TO TAKE HG T18>

- Consume HG T18 when empty stomach (estimated 30 minutes before meal)
- Serve with room temperature water
- Take\* 4 capsules per time, 3 times per day, 60 days per treatment
- Separate 2 hours of in-take if having other prescription drugs or supplements
- Note down the symptoms change
- Update medical review after each treatment
- Take photos of eye and neck area

*\*Minimum is 12 capsules per day. Maximum dosage can be increased to 18 capsules, please refer to HG T18 consultant.*

*\*Vegetarian can direct consume powder without capsules.*

### <DONTs: GENERAL SUGGESTION>

- No white carrots
- No selfheal (*Prunella vulgaris*)
- Avoid iced beverages/food
- Avoid iced water 1 hour before and after taking HG T18
- Do not need to immediately stop prescription drugs. Your doctor would advice you when to reduce or stop the dosage based on your blood test result.
- Not suggest to consume thyroid hormone replacement drugs when having HG T18 treatment.

### **Thyroid Enlargement/ Nodule:**

- Avoid high protein food such as soybean milk, beans, and nuts.
- Avoid durian, mango.

### **Hyperthyroidism:**

- Avoid high iodine food and seafood; such as prawn, crab, and deep-sea fish.
- Avoid excessive workout; such as hot yoga.
- Avoid hot and spicy meals

### **Hypothyroidism:**

- Avoid iced beverages/food
- Avoid iced water 1 hour before and after taking HG T18