

<DOS: HOW TO TAKE GOIPLAS CAPSULES WITH HG T18>

- Consume Goiplas Capsules plus HG T18 treatment with empty stomach (estimated 30 minutes before meal)
- Serve with room temperature water
- Take 12 capsules per day, 4 capsules per time, 3 times per day (can be taken together with T18)
- Separate 2 hours of consumption with other prescription drugs
- Take photos of thyroid goiter and nodule area to monitor the improvement progress

<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 consuming 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