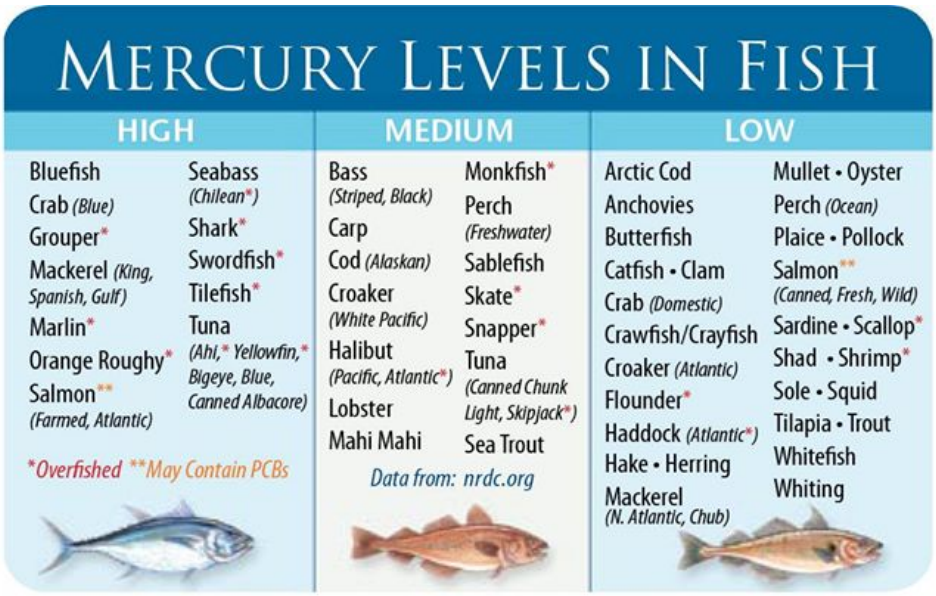
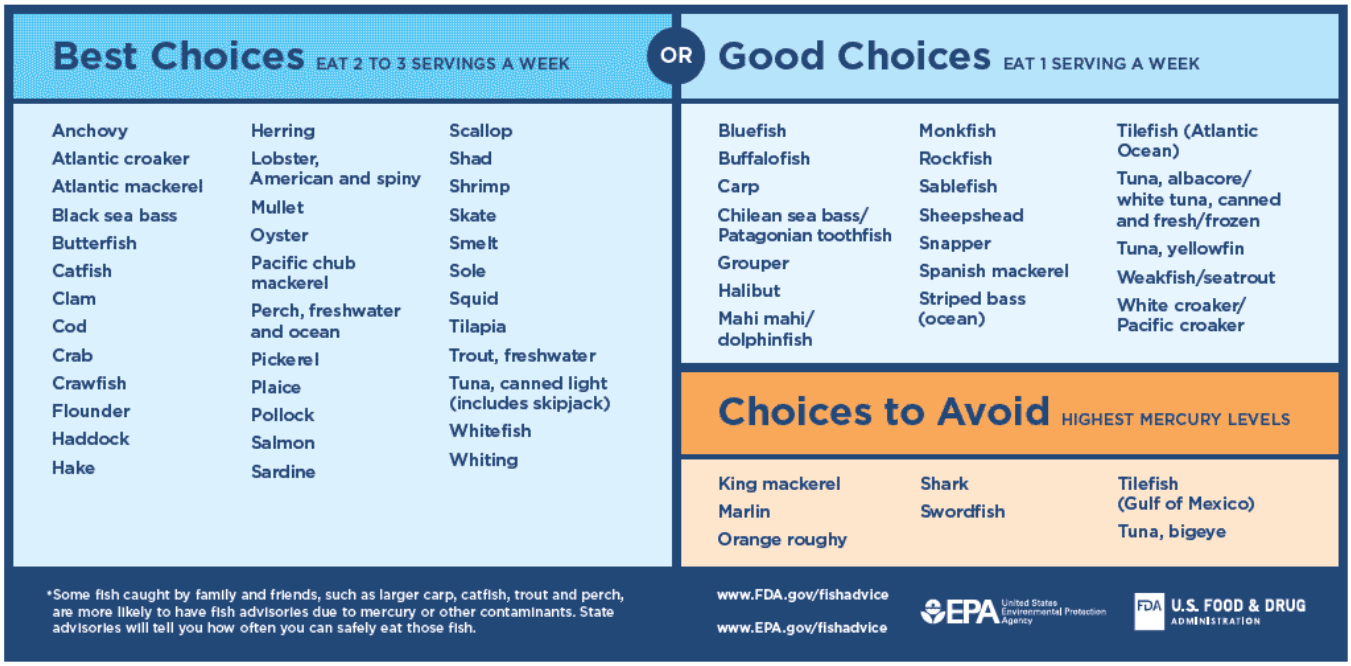
INTEGRATIVE HEALTH PRACTITIONER

MERCURY LEVELS IN FISH

This is a great chart for those looking to cut down on their mercury intake while still enjoying the benefits of eating omega-3 and protein-rich fish. This chart is especially helpful for pregnant women needing to reduce their mercury exposure to protect themselves and their baby.





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