

# Truvenhealth.com/global

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is necessary for the proper functioning of the thyroid but not about consuming iodine because problems

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**truvenhealth.com/support/portal**

[actionoi.truvenhealth.com](https://actionoi.truvenhealth.com)

she has also said i can space the dose out over the day as i find taking tablets difficult at the best of times and 5 capsules takes an age for me to swallow.

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