

Heavy Metals: An Ambiguous Term Endangering Your Health

It has recently specified which fish are safe to eat, which includes canned light tuna, salmon, pollock, and catfish, which all have low mercury levels.

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These are both reasons why we recommend the blood test for most people. Considering the most recent animal and cell culture studies cited above, independent and overlapping biological pathways may be involved in the protective Se effects against Cd toxicity.

Arsenic

More info on CLH can be found. These include antioxidants such as vitamin C, E, selenium and alpha-lipoic acid.

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