DR. CHRISTIANSON.com

Molybdenum

Basics:

It's actually an element in the periodic table.

It's a critical mineral for your body.

Helps your liver while it works hard to protect your body and maintain your chemical status.

Helps:

• helping to zap and neutralize all the foreign things you're exposed to

How much do you need?

100 micrograms of molybdenum glycinate chelate per day