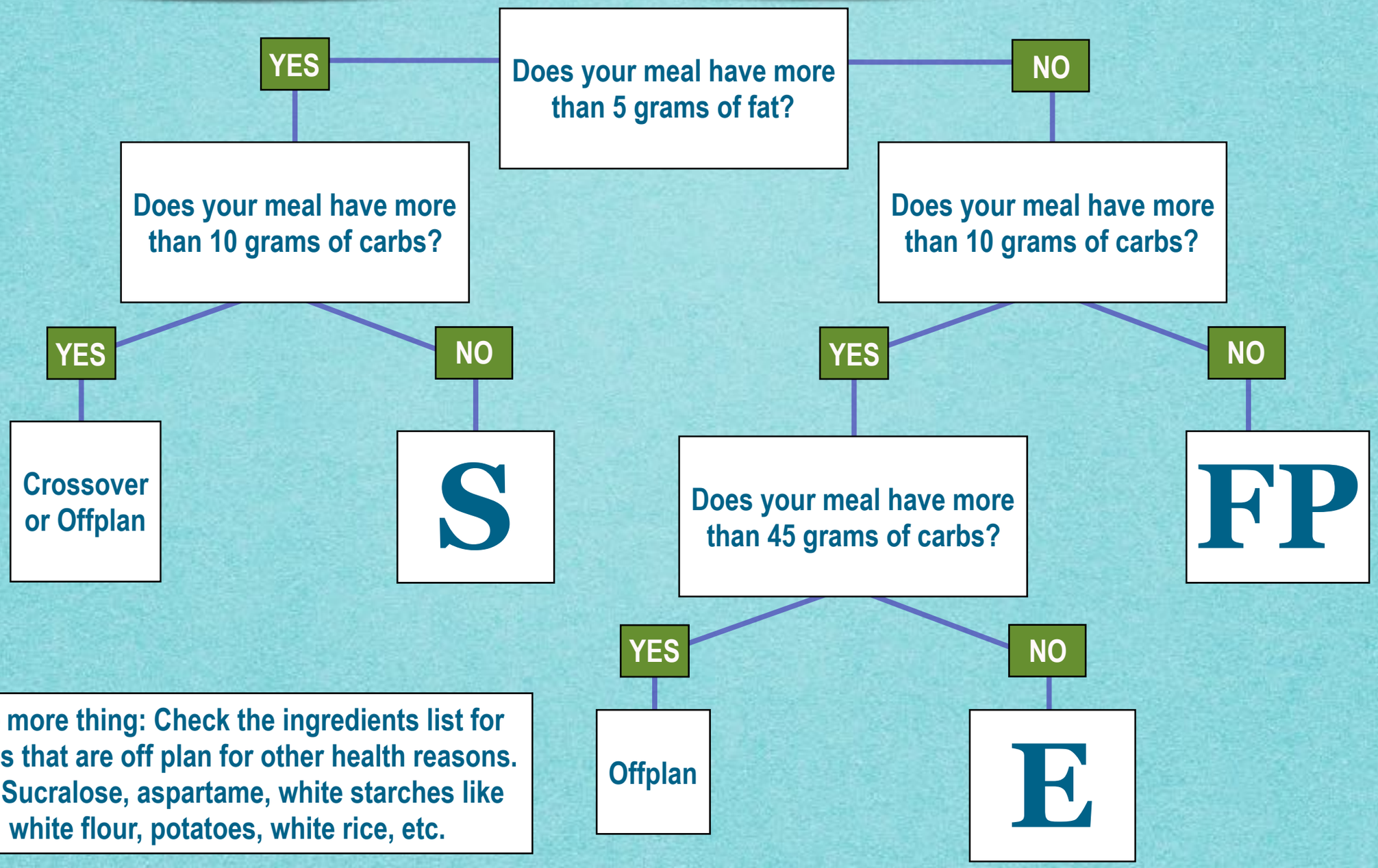
THM Flow Chart



One more thing: Check the ingredients list for things that are off plan for other health reasons. i.e.: Sucralose, aspartame, white starches like white flour, potatoes, white rice, etc.