**De-Lead Strategies**

Good evening. Thank you for choosing Tier 1 Academy for your firearm training and certifications. Below is information and suggestions pertaining to keeping lead levels to a minimum and testing your lead levels.

Lead test you can order online and take to a nearby location: www.questhealth.com/product/lead-test-599M.html

Acceptable lead levels for adults is less than 10 micrograms per deciliter or 0.48 micromoles per liter of lead in the blood

Consumables To Remove Lead In The Body

1. [Chlorella Pills](https://www.amazon.com/Pure-Chlorella-Capsules-Natural-Chlorophyll/dp/B08PP7Z5MG/ref%3Dsr_1_3_sspa?crid=2D17TIR375M1M&keywords=Chlorella%3A+seaweed+pills&qid=1684356274&sprefix=chlorella+seaweed+pills+%2Caps%2C53&sr=8-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFVNTRGVVVWOUMxWEYmZW5jcnlwdGVkSWQ9QTA0NTQyMzMxMVg1UkszRlcyRVQwJmVuY3J5cHRlZEFkSWQ9QTA2OTU4MjczRVVQWlVDNlgzTjdFJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

2. Cilantro Herb

3. [Magnesium Soft Gels](https://www.safeway.com/shop/product-details.960525407.html)

4. [Epsom Salt](https://www.cvs.com/shop/cvs-health-epsom-salt-prodid-215202?skuId=215202&cgaa=QWxsb3dHb29nbGVUb0FjY2Vzc0NWU1BhZ2Vz&cid=ps_dh_pla&gclid=CjwKCAjw9pGjBhB-EiwAa5jl3Mg1ZoZjRihF8B-eY3O0xcLUvIkjMP5vPJ-b0vrOVoz07qUx4_3aUhoCjXgQAvD_BwE&gclsrc=aw.ds) bath salt (Removes lead from the skin)

5. [Apple Cider Vinegar Supplement](https://www.cvs.com/shop/goli-nutrition-apple-cider-vinegar-gummies-120-ct-prodid-143093)

