

Mirena IUD removal side effects?

Yes, have the Mirena IUD removed. It contains synthetic progestins and many women have hormone disruption due to this type of IUD. Before you have it removed, I recommend the below nutrients. Once you have had it removed you can double the doses listed below. This will help to reduce the symptoms that can occur after having a hormonal IUD removed.

- Calcium D-glucarate 150 mg
- Curcumin 50 mg
- Indole-3-carbinol 150 mg
- Di-indolylmethane (DIM) 50 mg

It may also be helpful for you to [support your adrenals](#). The adrenal fatigue symptoms could be due to other factors.