

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.