Naturally occurring hormones ie.
Estrogen in foods:
(Nanograms or ng per 500 g of food)

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Tofu	135,750,000
Multigrain bread	23,990,000
White bread	300,000
Olive oil	900,000
Broccoli	470,000
Beef (implanted steer)	7
Beef (steer, no implant)	5

Estrogen production (ng per day)

Pregnant woman	19,600,000
Non-pregnant woman	513,000
Pre-puberal child	41,000

Hormones in implanted beef 1.7 ppt (parts per trillion) vs. non-implanted beef 1.2 ppt. Equivalent to 1.7 vs. 1.2 blades of grass on regulation sized football field

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