

# Thyroid Nutrition

## With Iodoral®

The thyroid gland is central to the body's metabolism, as it helps regulate digestion, energy production, mental sharpness, and heart rate. **Thyroid Nutrition** is formulated to support the thyroid with key nutritional factors, including iodine (Iodoral®), selenium, zinc, tyrosine, and vitamins A and B12.\* Extracts of ashwagandha (*Withania somnifera*) and *Coleus forskohlii* are included because they too can positively impact thyroid function directly and indirectly.\* Ashwagandha can promote a balanced approach to stress, and the active compound forskolin from *Coleus forskohlii* plays a role in thyroid hormone release and activation.\*

**Thyroid Nutrition** is available in scored tablets for easy, flexible dosing. **Thyroid Nutrition** tablets are hypoallergenic, vegan, and tested for purity and potency by independent, third party labs.



#77670

60 vegetarian tablets

### Key Features

- Provides 150 mcg per scored tablet of Iodoral® iodine/potassium iodide blend, to support thyroid hormone production.\*
- Enhanced with selenium, zinc, vitamin A, and tyrosine to nutritionally support production and regulation of thyroid hormones.\*
- *Coleus forskohlii* standardized extract can support thyroid hormone production and conversion of T4 to T3.\*
- Ashwagandha standardized extract provides adaptogenic support during periods of stress.\*



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**Iodine**, an essential mineral for all humans, has long been known as crucial for healthy pregnancies, birth, and during infancy.\* Iodine is important for a child's cognitive development and IQ.\* A healthy human body contains up to 20 mg of iodine, and approximately 75% of that is found in the thyroid gland. Iodine helps insure adequate thyroid hormone production and thyroid glandular integrity.\* Iodoral® in Thyroid Nutrition is a precisely quantified solid form of the original Lugol's liquid solution, a time-tested preparation of iodine and potassium iodide with a proven track record for over 150 years.



The thyroid contains more **selenium** by weight than any other organ in the body. Selenium protects the thyroid from oxidative damage, and it is also required to activate thyroid hormone.\* The enzymes that convert less active thyroid hormone (T4) to bioactive thyroid hormone (T3) need selenium.\*



**Zinc** plays a role in the production of thyroid hormones and supports the conversion of T4 to active T3, as well as improving cellular sensitivity to T3. Zinc supplementation supports normal thyroid-stimulating hormone (TSH) levels, and serum T3 and total T3 levels. In an animal study, a zinc-deficient diet was correlated with reduced production of T3.



**L-tyrosine** is an important building block for thyroid hormone production. Free-form amino acids don't require digestion for the body to use them, and may be especially helpful when digestion is impaired.\*



**Vitamin A** is involved in signaling to the thyroid from the pituitary and can enhance the thyroid gland's uptake of iodine and ability to synthesize thyroid hormone.\* Like zinc, it can improve the sensitivity of the cells of the body to thyroid hormone.\*



**Vitamin B12** deficiency tends to occur in those with hypothyroidism and it supports adrenal health, in turn enhancing thyroid function.\*



**Coleus forskohlii** is an herb native to India where it is used in Ayurvedic medicine to support thyroid function.\* Its primary active ingredient, forskolin, can stimulate adenylate cyclase in the thyroid tissue, which prompts hormone production and release.\* On a cellular level, forskolin has been shown to stimulate an enzyme which de-iodinates T4, converting it to active T3.\*



The Ayurvedic herb **ashwagandha** is well known for its ability to increase resilience to stress, and stress can have a detrimental effect on thyroid function.\* Both animal and human studies have shown increases in T3 and T4 with supplementation of ashwagandha.\*

## Supplement Facts

Serving Size		1 Tablet
Servings Per Container		60
Amount Per Serving	% Daily Value*	
Vitamin A (as 500 IU Retinyl Palmitate)	150 mcg RAE	17%
Vitamin B12 (as Methylcobalamin)	25 mcg	1042%
Total Iodine/Iodide (from 60 mcg of Iodine and 90 mcg of Iodide (as Potassium Salt))	150 mcg	100%
Zinc (as Zinc Picolinate)	5 mg	45%
Selenium (as Selenomethionine)	50 mcg	91%
L-Tyrosine vegan	250 mg	†
Ashwagandha (Root) Extract (standardized to 5% Withanolides)	150 mg	†
Coleus forskohlii (Root) Extract (standardized to 10% Forskolin)	100 mg	†

† Daily Value not established.  
\* Percent Daily Value are based on a 2,000 calorie diet.

Other ingredients: Microcrystalline cellulose, Micosolle® Blend (potassium hydroxide, silicon dioxide, magnesium sulfate heptahydrate, polysorbate 80, citric acid), cellulose, stearic acid, silicon dioxide, calcium stearate, pharmaceutical glaze.

**Suggested Use:** As a dietary supplement, 1 tablet daily with breakfast, or as directed by a health care professional.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before use.

### References

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