

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.

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.*



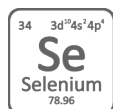
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60 vegetarian tablets

Thyroid Nutrition with Iodoral®

Key Ingredients



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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