

ThyroLife® Optima
Multivitamin for Thyroid Support

DESCRIPTION

ThyroLife® Optima is a complete, well balanced multivitamin supplement for thyroid health. It contains a complete mix of vitamins, antioxidants, micronutrients, amino acids and herbs to help support thyroid function, energy, mood and the immune system†. ThyroLife® Optima is formulated without calcium and iron in order to not interfere with thyroid hormone absorption.

FUNCTIONS

The thyroid is an endocrine gland, a ductless organ that secretes chemicals directly into the bloodstream, which regulates the functioning of virtually all cells in your body. Your thyroid gland is a small, butterfly-shaped gland located at the front base of your neck. When your thyroid produces thyroid hormones and releases them into your bloodstream, the hormones disperse throughout your body to regulate metabolism. In your brain, thyroid hormones regulate neurotransmitters implicated in mood, appetite, sexual function, and emotions.

It is well established that foods, certain medications, calcium, iron and other minerals can absorb thyroid hormone medication and interfere with the hormone’s absorption in the gastrointestinal tract. With respect to calcium, most research published has focused on calcium carbonate, demonstrating that thyroid hormone absorption was reduced when calcium carbonate was taken concomitantly with the prescribed thyroid hormone. However, a recent research study compared the effects of calcium carbonate, calcium citrate and calcium acetate on thyroid hormone absorption and showed that the absorption of thyroid hormone can be reduced by 25%. So it appears that regardless of the form of calcium supplement taken it does interfere with thyroid hormone absorption when taken simultaneously. ThyroLife® Optima is formulated without calcium for this reason.

Adequate amounts of iodine are essential for normal thyroid function. Your body requires iodine to properly produce enough thyroid hormone. When the thyroid doesn’t have enough iodine available for the production of thyroid hormone, thyroid cells enlarge and begin to proliferate. Iodine deficiency may cause the thyroid gland to increase in size (goiter) and become unable to produce the right amount of thyroid hormones.

Dr. Ridha Arem, author of The Thyroid Solution and Medical Director of the Texas Thyroid Institute has been specially designed ThyroLife® Optima to include the following:

- Iodine, selenium, zinc, vitamin A, B2, B3, B6, C, and E, which help maintain thyroid hormone production and help thyroid hormone function correctly in the body
- Vitamin B12 as methylcobalamin and ginseng for energy support
- Adequate vitamin D3, amino acids, and zinc to support immunity and mood
- Antioxidants that help fight free radicals and reduce oxidative stress
- Folate as L-methylfolate Metafolin®, the biologically active form of folic acid
- Lactobacillus acidophilus probiotic for intestinal and uterine health
- Rhodiola rosea to promote the balanced response of the sympatho-adrenal-system (SAS) to the body’s reaction to stress, fatigue and performance

INDICATIONS

ThyroLife® Optima is indicated for individuals that desire a multivitamin designed especially for thyroid support.

FORMULA (#201515-90X)

Serving size 3 vegetarian capsules

Vitamin A (as natural beta-carotene) 2,500 IU
 Vitamin C500 mg

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(as ascorbic acid and magnesium ascorbate)

Vitamin D-3 (as cholecalciferol) 1,000 IU

Vitamin E 200 IU

(as d-alpha tocopheryl succinate with mixed tocopherols)

Thiamine (as Thiamine HCl).....25 mg

Riboflavin.....25 mg

Niacin (as Niacin and Niacinamide).....15 mg

Vitamin B-6 (as Pyridoxine HCl)100 mg

Folate (as L-methylfolate, Metafolin®)400 mcg

Vitamin B-12 (methylcobalamin).....75 mcg

Biotin250 mcg

Pantothenic Acid40 mg

(Vitamin B-5, as d-calcium pantothenate)

Iodine (Kelp).....120 mcg

Magnesium.....200 mg

(as Magnesium Oxide and Magnesium Ascorbate)

Zinc (as Zinc Citrate)15 mg

Selenium (as Selenium Krebs†).....100 mcg

Copper (as Copper Chelate)200 mcg

Manganese (as Manganese Sulfate)1.5 mg

Chromium100 mcg

(as Chromium Chelate)

Molybdenum (Krebs†)40 mcg

L-Taurine.....100 mg

Spirulina.....100 mg

Rhodiola rosea Extract75 mg

(root, 1% Rosavins)

Quercetin50 mg

Panax ginseng.....40 mg

(Korean Ginseng, root)

L-Glutathione.....40 mg

Alpha-Lipoic Acid40 mg

Inositol40 mg

PABA20 mg

L-Glutamic Acid.....15 mg

Lycopene.....2 mg

Vanadium (as Vanadium Krebs†).....25 mcg

Lactobacillus acidophilus..... 1 Billion CFU

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

SUGGESTED USE

Adults take 3 vegetarian capsules daily with breakfast, or as directed by your healthcare professional.

ThyroLife Optima does not contain gluten, calcium, and iron so it will not interfere with thyroid hormone absorption. A calcium supplement is recommended to be taken separately at a different meal, typically lunch or dinner. If iron is indicated, an iron supplement can be taken separately.

ThyroLife Optima can be safely taken with ThyroMend™ by Douglas Laboratories.

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SIDE EFFECTS

No adverse effects have been reported.

WARNING: Not recommended for pregnant or lactating women.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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For more information on ThyroLife® Optima, visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



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Your patients trust you.**