

Thyro-Essentials™

Iodine-free thyroid support formula‡

DESCRIPTION

Thyro-Essentials™ is an iodine-free combination of vitamins, minerals and herbs that provides essential nutrients required for optimal thyroid gland function. ‡

INDICATIONS

- Thyro-Essentials™ provides nutrient support for the thyroid gland. ‡

FUNCTION AND MECHANISM OF ACTION

Stress and/or a deficiency of essential nutrients can affect healthy thyroid cell metabolism. The balance of antioxidant status markers is disrupted when suboptimal or over-production of thyroid hormones occurs, resulting in an increased generation of reactive oxygen species. ‡

Maintaining adequate levels of antioxidant vitamins and minerals, such as vitamin A, vitamin D, magnesium, selenium and zinc, is associated with healthy thyroid metabolism, as well as triiodothyronine (T3) and thyroxine (T4) hormone production. Researchers looking at premenopausal women showed that vitamin A supplementation had a positive effect on the thyroid gland. According to clinical studies, optimal levels of vitamin D are correlated with healthy antibody activity and immune function in the thyroid gland. Zinc is an essential trace element for the conversion of T4 to T3, and optimal levels are associated with the healthy production of free thyroxine (FT4) and triiodothyronine (FT3). OptiZinc® is a 1:1 complex of zinc and methionine, which has greater absorption compared to other organic zinc compounds. Selenium (Se), another essential trace element, is found in the highest concentration in the thyroid gland. Selenium is required for making selenoproteins that are critical in thyroid hormone metabolism. During the formation of T4 hormone, free radicals are produced. In order to protect against damage from free radical formation, selenium acts as a cofactor in the production of antioxidants such as glutathione peroxidase and thioredoxin. Magnesium availability is essential to mitochondrial ATP production. Through the influence of physical and psychological stressors, the balance of magnesium availability may result in diminished ATP production which may affect thyroid function. Manganese levels and thyroid function are also connected. L-tyrosine is an amino acid required in the synthesis of thyroid hormones. ‡

Ashwagandha, *Withania somnifera*, is an adaptogenic herb used in traditional Ayurvedic practices. Withanolides are key compounds of this herb and play a significant role in ashwagandha's overall ability to promote physical and mental health. In animal and human studies, ashwagandha has been shown to moderate the effects of occasional stress, as well as support cognitive and thyroid function. ‡

FORMULA (#202425)

Supplement Facts

Serving Size 2 capsules

Vitamin A	750 mcg
(as retinyl palmitate)	
Vitamin D3 (as cholecalciferol).....	25 mcg (1000 IU)
Riboflavin (as riboflavin-5-phosphate).....	10 mg
Vitamin B-12	250 mcg
(as methylcobalamin and hydroxycobalamin)	
Magnesium	100 mg
(as magnesium amino acid chelate)	

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Zinc (as Opti-Zinc®, monomethionine)20 mg
Selenium (as selenomethionine) 200 mcg
Manganese (as bisglycinate chelate) 2 mg
Ashwagandha root extract250 mg
(*Withania somnifera* standardized to 5% withanolides)
L-Tyrosine250 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, sunflower lecithin.

Non-GMO, Gluten-free

SUGGESTED USE

Adults take 2 capsules daily with food or as directed by a health professional.

SIDE EFFECTS

No adverse effects have been reported.

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 Thyro-Essentials™ 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.

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