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Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com) 1.800.245.4440

**Suggested Usage:** Adults take 2 capsules daily with food, or as directed by a health professional.

**WARNING:** If you are pregnant, nursing, have any health condition or taking any medication, consult your healthcare professional before using this product.

**OptiZinc®** OptiZinc® is a trademark of InterHealth N.J.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.

**Gluten-free, Non-GMO**

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

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula # 202425

# Thyro-Essentials™

## Dietary Supplement

Nutrients for thyroid health†

Iodine-free



60 Vegetarian Capsules

## Supplement Facts

Serving Size 2 Vegetarian Capsules • Servings per container 30

	Amount Per Serving	%DV
Vitamin A (as retinyl palmitate).....	750 mcg	83%
Vitamin D3 (as cholecalciferol) .....	25 mcg (1,000 IU)	125%
Riboflavin (as riboflavin-5-phosphate) .....	10 mg	769%
Vitamin B12 (as methylcobalamin .....	250 mcg	10,417%
and hydroxycobalamin)		
Magnesium (as magnesium amino acid chelate).....	100 mg	24%
Zinc (as OptiZinc® monomethionine) .....	25 mg	227%
Selenium (as selenomethionine) .....	200 mcg	364%
Manganese (as bisglycinate chelate).....	2 mg	87%
Ashwaghandha Root Extract.....	250 mg	*
( <i>Withania somnifera</i> , standardized to 5% withanolides)		
L-Tyrosine .....	250 mg	*

\*Daily Value (DV) not established.

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