

Thyroid Complex

Nutritional Support for
Healthy Thyroid Function*

Thyroid Complex Supplementation

In some cases, the body may not produce adequate amounts of thyroid hormones critical to supporting a healthy metabolism and overall health. The Thyroid Complex formula features clinically effective doses of key vitamins and minerals.*

The thyroid gland supports healthy metabolism and produces hormones affecting nearly every cell in the body. The thyroid needs certain micronutrients to promote a healthy metabolism. The Thyroid Complex formula helps support the body's normal hormonal functions by supplying additional micronutrients.*

The ingredients in Thyroid Complex are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for promoting healthy thyroid function and supporting overall health.*

Clinical evidence and research cited herein show that the ingredients in Thyroid Complex may:

- Promote healthy thyroid function*
- Promote overall health and wellness*
- Support healthy stress response*
- Support healthy hormone levels*

How Thyroid Complex Works

Iodine is needed to make thyroid hormones. The thyroid contains the only cells in the body capable of absorbing this essential mineral. Iodine is necessary for synthesizing the biologically active thyroid hormones thyroxine (T4) and triiodothyronine (T3).¹ Thyroid Complex provides a high dose of iodine in each serving.* The formula also contains tyrosine, working in collaboration with iodine to support healthy thyroid hormone levels.*

Other key essential minerals found in Thyroid Complex are zinc, selenium, and magnesium. These minerals convert inactive T4 thyroid hormone into active T3 thyroid hormone to further support a healthy metabolism.^{2,3,4}



GLUTEN-FREE



DAIRY-FREE



NON-GMO



cGMP FACILITY

How Thyroid Complex Works Continued

The Thyroid Complex formula contains a comprehensive selection of vitamins known to support healthy thyroid function and promote healthy oxidative stress.*

A B-vitamin complex such as the riboflavin, niacin, and vitamin B6 found in Thyroid Complex is important because B vitamins have numerous interactions with healthy thyroid hormones.*⁵

Research has shown how vitamin A and vitamin D supplementation promotes healthy levels of thyroid-stimulating hormone.*^{6,7}

Vitamin E and vitamin C support overall health and stress response to keep the entire body well.*^{8,9}

Research suggests that supplementing with *Rhodiola rosea* promotes healthy levels of thyroid-stimulating hormone and supports healthy stress response.*^{10,11}

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	%DV*
Vitamin A (as retinyl palmitate)	300 mcg RAE	33%
Vitamin C (as magnesium ascorbate)	100 mg	111%
Vitamin D3 (as cholecalciferol)	8 mcg	40%
Vitamin E (as alpha-tocopherol)	5 mg	33%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	10 mg NE	63%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium ascorbate)	8 mg	2%
Zinc (as zinc bisglycinate chelate)†	5 mg	45%
Selenium (as selenomethionine)	50 mcg	91%
Tyrosine	200 mg	**
<i>Rhodiola rosea</i> Extract	133 mg	**
(root; 1% (1.33 mg) salidroside)		
Gamma-Tocopherol	25 mg	**

Other Ingredients: Hypromellose, vegetable magnesium stearate, silica. Albion® is a registered trademark of Balchem Corporation or its subsidiaries.

Directions: Take one capsule three times daily with food or as directed by your healthcare practitioner.

Warning: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women or women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl palmitate) per day.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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5. Rivlin RS. *Chemistry and Biochemistry of Flavoenzymes.* 2018:209-222.
6. Farhangi MA et al. *J Am Coll Nutr.* 2012;31(4):268-274.
7. Goswami R et al. *Br J Nutr.* 2009;102(3):382-386.
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* 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.

For more information, visit: www.nutridyn.com