



# Thyroid Support Complex

INTRODUCED 2006

## What Is It?

Thyroid Support Complex is a comprehensive formula containing vitamins, minerals and herbal extracts to nourish and support healthy thyroid cell metabolism and thyroid gland function.\*

## Uses For Thyroid Support Complex

**Thyroid Function:** Healthy vitamin A, vitamin D, zinc and selenium status have been associated with maintaining healthy thyroid cell metabolism as well as triiodothyronine (T3) and thyroxine (T4) hormone function. Kelp contains nutrients and minerals that support the thyroid, particularly iodine. Iodine and l-tyrosine are key components in the synthesis of thyroid hormones. Coleus extract contains forskolin, which has been shown to promote adenylate cyclase activity, supporting thyroid hormone metabolism. Research indicates that ashwagandha and guggul are also key factors for helping to sustain healthy thyroid function. Doubling as powerful antioxidants, vitamins A and C, selenium and guggul combine with curcumin to neutralize free radicals that affect iodothyronine 5'-monodeiodinase enzyme activity, the limiting factor in the conversion of T4 to the more active T3 hormone.\*

## What Is The Source?

Vitamin A (acetate) is synthetic. Ascorbic acid is derived from corn dextrose fermentation. Vitamin D<sub>3</sub> is derived from lanolin. Zinc and selenium are derived from the lime of rock. Kelp is derived from *Ascophyllum nodosum* and standardized to contain 0.5% iodine (150 mcg). l-Tyrosine (free-form) is derived from soy. Ashwagandha extract is derived from *Withania somnifera* root and standardized to contain 5% withanolides. *Coleus forskohlii* extract is derived from the root and standardized to provide 10% forskolin. Guggul extract is derived from *Commiphora*

*mukul* gum resin and standardized to contain 2.5% guggulsterones. Turmeric is derived from *Curcuma longa* root and standardized to contain 95% curcuminoids. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

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## Recommendations

Pure Encapsulations recommends 2 capsules daily, with meals.

## Are There Any Potential Side Effects Or Precautions?

In rare cases, certain ingredients may cause nausea, vomiting, diarrhea, headache or fatigue. Guggul may cause a skin rash in certain sensitive individuals. Not to be taken by pregnant or lactating women.

## Are There Any Potential Drug Interactions?

Certain ingredients may be contraindicated for individuals taking benzodiazepines or CNS depressants. Ashwagandha is not recommended for individuals taking immunosuppressant medications. Certain ingredients may interact with blood thinning medications. Ashwagandha, guggul and l-tyrosine may have an additive effect with thyroid medications. Consult your physician for more information.

(continued)

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

For educational purposes only. Consult your physician for any health problems.

**Thyroid Support Complex**

two vegetable capsules contain  V 00

vitamin A (acetate) .....	2,500 i.u.
ascorbic acid .....	150 mg
vitamin D <sub>3</sub> .....	200 i.u.
Ascophyllum nodosum (kelp) (whole plant) .....	30 mg
(standardized to contain 0.5% iodine).....	150 mcg
zinc (citrate) .....	20 mg
selenium (selenomethionine) .....	200 mcg
L-tyrosine (free-form) .....	500 mg
ashwagandha (Withania somnifera) extract (root).....	400 mg
(standardized to contain 5% withanolides)	
Coleus forskohlii extract (root) <sup>1</sup> .....	100 mg
(standardized to contain 10% forskolin)	
guggul (Commiphora mukul) extract (gum resin) .....	150 mg
(standardized to contain 2.5% guggulsterones)	
turmeric (Curcuma longa) extract (root) .....	100 mg
(standardized to contain 95% curcuminoids)	
ascorbyl palmitate (fat-soluble vitamin C) .....	30 mg

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— Your Trusted Source —