



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 D₃ 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.

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 health professional for more information.

Thyroid Support Complex

two vegetarian capsules contain		v 00
vitamin A (as vitamin A acetate).....	2,500 iu	
vitamin C (as ascorbic acid).....	150 mg	
vitamin D (as cholecalciferol) (D ₃).....	200 iu	
iodine (from kelp (<i>Ascophyllum nodosum</i>))	150 mcg	
powder (whole plant))		
zinc (as zinc citrate)	20 mg	
selenium (as selenomethionine).....	200 mcg	
l-tyrosine (free-form)	500 mg	
ashwagandha (<i>Withania somnifera</i>) extract (root)	400 mg	
(standardized to contain 2.5% withanolides)		
forskohlii (<i>Coleus forskohlii</i>) extract (root)	100 mg	
(standardized to contain 10% forskolin)		
guggul (<i>Commiphora mukul</i>) extract (gum resin)	150 mg	
(standardized to contain 2.5% guggulsterones)		
turmeric (<i>Curcuma longa</i>) extract (root)	100 mg	
(standardized to contain 95% curcuminoids)		
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)		

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

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