

# Thyroid Support Complex<sup>†</sup>

Supports optimal thyroid gland function<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Healthy thyroid gland support<sup>†</sup>

## BENEFITS

- Supports healthy thyroid cell metabolism and thyroid hormone function<sup>†</sup>

## FEATURES

- Comprehensive formula containing vitamins, minerals, and herbal extracts
- Made with high-quality vegetarian ingredients backed by verifiable science

## VERIFIABLE SCIENCE

This comprehensive thyroid support formula contains vitamins, minerals, and herbal extracts to nourish and support thyroid gland function. Optimal vitamin A, vitamin D, zinc, and selenium help to maintain healthy thyroid cell metabolism and support triiodothyronine (T3) and thyroxine (T4) hormone function.<sup>1-4</sup> Iodine and l-tyrosine are key components of these thyroid hormones. Forskolin in coleus extract has been shown to support thyroid hormone metabolism in preclinical models, potentially by promoting adenylate cyclase activity.<sup>5</sup> Preliminary research suggests that ashwagandha and guggul also maintain healthy thyroid function and relaxation.<sup>6</sup> Vitamin C, selenium, guggul, and curcumin help to neutralize free radicals that may affect iodothyronine 5'-monodeiodinase enzyme activity, the limiting factor in the conversion of T4 to the more active T3 hormone.<sup>7†</sup>

## SUGGESTED USE

As a dietary supplement, take 2 capsules daily, with a meal.

## STORAGE

Store in a cool, dry place.

## WARNING

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.

## SOURCE

- Vitamin A (acetate) is synthetic.
- Ascorbic acid and l-tyrosine are derived from corn dextrose fermentation.
- Vitamin D<sub>3</sub> is derived from lanolin.
- Zinc, iodine, and selenium are derived from the lime of rock.
- 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.

## NOTES

Size 00 capsule

Bottle count 120

Order code TS21/ TS26

Bottle size 290 cc/ 190 cc

## REFERENCES

1. Farhangi MA, et. al. *J Am Coll Nutr.* 2012 Aug;31(4):268-74.
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3. Kilic M. *Neuro Endocrinol Lett.* 2007 Oct;28(5):681-5.
4. Combs GF Jr, et al. *Am J Clin Nutr.* 2009 Jun;89(6):1808-14.
5. Godard MP, et. al. *Obes Res.* 2005 Aug;13(8):1335-43.
6. Chandrasekhar K, et. al. *Indian J Psychol Med.* 2012 Jul-Sep; 34(3): 255–262.
7. Mahmoodianfard S, et. al. *J Am Coll Nutr.* 2015;34(5):391-9.

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## SUPPLEMENT FACTS

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin A (as vitamin A acetate)	750 mcg
Vitamin C (as ascorbic acid)	150 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	5 mcg (200 IU)
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	20 mg
Selenium (as selenomethionine)	200 mcg
L-Tyrosine (free-form)	500 mg
Ashwagandha ( <i>Withania somnifera</i> ) extract (root) (standardized to contain 2.5% withanolides)	400 mg
Forskohlii ( <i>Coleus forskohlii</i> ) extract (root) (standardized to contain 10% forskolin)	100 mg
Guggul ( <i>Commiphora mukul</i> ) extract (gum resin) (standardized to contain 2.5% guggulsterones)	150 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	100 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

**Not to be taken by pregnant or lactating women.**



Thyroid Support Complex <sup>†</sup>	Quantity	Order Code
	120	TS21
	60	TS26

Visit [PureEncapsulationsPro.com](https://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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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