

Boost Your Thyroid
With The Building Blocks
It Needs To Thrive!

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Thyroid Support](#)



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**Thyroid
Support**

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Thyroid Support

- √ Helps regulate metabolism
- √ Supports optimal thyroid function
- √ Helps maintain ideal body weight
- √ Helps boost energy levels naturally
- √ Aids in producing, balancing and storing thyroid hormones

What is the Thyroid?

The thyroid is a gland at the base of your neck, just below the Adam's apple. It is one of your endocrine glands which make hormones that travel in your blood to all parts of your body.

Thyroid hormones control the rate of many of your body's activities including your body's temperature, your body's use of other hormones and vitamins, how fast your heart beats and your body's metabolism—how fast you burn calories. Depending on how much or how little hormone your thyroid makes, you may often feel restless or tired, or you may lose or gain weight.

Do You Have a Thyroid Problem?

Women are more likely than men to have a thyroid disorder, which can cause problems with their menstrual period, problems getting pregnant or problems during pregnancy. Sometimes, symptoms of thyroid problems are mistaken for menopause symptoms.

The most common thyroid problems for men and women alike include:

- Hyperthyroidism (overactive) - thyroid gland makes more thyroid hormones than your body needs
- Hypothyroidism (underactive) - thyroid gland doesn't produce enough thyroid hormone
- Thyroid nodules - lumps in the thyroid gland
- Goiter - enlargement of the thyroid gland
- Thyroid cancer

Several nutrients, such as **iodine** and **selenium**, play an important yet often overlooked role for the thyroid to function properly. Iodine and amino acids (the "building blocks" of proteins) are converted by the thyroid to the hormones T3 and T4—two of the most important hormones the thyroid produces. Research shows that either too much or too little iodine can impact this important process and contribute to thyroid dysfunction. The same can happen when someone is lacking B vitamins, zinc and other minerals, including electrolytes. Additionally, problems absorbing and converting nutrients from the diet can make matters worse.

Thyroid Support is a 100% vegetarian food supplement to help you get enough iodine, selenium, zinc, B vitamins (especially vitamin B12) and L-tyrosine, for optimal functioning of your thyroid.

A healthy thyroid is a critical component of one's overall health!

Burdock

- A natural diuretic
- A blood purifier & lymphatic system strengthener
- Contains good source of the mineral selenium which plays a key role in thyroid function to produce & regulate thyroid hormones
- Selenium works in tandem with iodine & is needed for the immune system to work properly

Carrot

- Boosts thyroid health
- Contains a variety of carotenoids—vitamin A precursor (Low levels of vitamin A are associated with increased risk of thyroid goiters & deficiencies which affect thyroid metabolism)
- Vitamin A has important role in immunity & essential for autoimmune thyroid conditions

Basil Leaf

- Rich in vitamins A, C & K, magnesium, iron, potassium & calcium, & plentiful in antioxidants
- Anti-inflammatory qualities to reduce swelling
- Potent antibacterial

Kelp Powder

- Long been used (since 3000 BC) to provide nutritional support for the thyroid gland
- High in minerals, especially iodine—crucial for proper function of the thyroid (Iodine levels must be increased if thyroid is underactive)
- Can rebalance the thyroid & regulate thyroid metabolism resulting in successful weight management
- Infection fighter—interferes with growth of some bacteria & fungi
- Helps prevent absorption of heavy metals

Irish Moss

- Irish moss & kelp combination to balance hormonal deficiency in the thyroid gland
- Detoxifies the body by increasing solubility of toxic metals (Detoxification can be an issue with thyroid health as substances such as chloride & fluoride can bind with the thyroid & interfere with iodine absorption)
- Increases metabolic rate & thyroid activity

Dong Quai

- L-tyrosine—an amino acid required for production of thyroid hormones
- Tremendous aid in normalizing hormones, especially female hormones
- Excellent blood builder for both men & women
- Increases energy & elevates mood

Dulse Leaf

- One of the finest sea vegetables known for the thyroid gland, being rich in potassium, manganese, iron, protein, vitamin K & iodine
- Controls calcium levels in the blood stream
- Ensures proper growth of hair, skin & nails
- Helps relieve cold hands or cold feet
- Reduces swelling of the thyroid