



# Thyroid Complex

Nutritional Support for  
Healthy Thyroid Function\*

Thyroid Complex is a comprehensive formula featuring key vitamins, minerals, and *Rhodiola rosea* root extract which support healthy thyroid gland function.\* Your thyroid gland is a major regulator of metabolic rate and body temperature, producing thyroid hormones that affect nearly every cell in the body.

Your thyroid needs certain micronutrients to support healthy thyroid hormones, which is precisely how Thyroid Complex can help.\* Read on to learn more about how the Thyroid Complex formula works to fortify thyroid gland function and how it can benefit you.

## How Thyroid Complex Works

The foundation ingredients of the Thyroid Complex formula are a profile of thyroid-supporting vitamins and minerals as well as a root extract of *Rhodiola rosea*.\*

### Thyroid-Supporting Vitamins and Minerals

The primary role of the thyroid gland is to utilize iodine, as the thyroid tissue contains the only cells in your body that are capable of absorbing this essential mineral. Iodine is necessary for synthesizing the biologically active thyroid hormones: thyroxine (T4) and triiodothyronine (T3).<sup>1</sup> As such, Thyroid Complex provides a high dose of potassium iodide in each serving.

Two other key essential minerals found in Thyroid Complex are zinc and selenium.<sup>2</sup> It appears these minerals act synergistically on various enzymes to support healthy thyroid function.\*<sup>3</sup>

In conjunction with these minerals, Thyroid Complex provides key vitamins that have been shown to support healthy thyroid function and support healthy oxidative stress, such as vitamin E, riboflavin, and vitamin D3.\*<sup>4,5,6</sup>

### Rhodiola Root Extract

*Rhodiola rosea* is broadly defined as an adaptogenic herb and is known to have a variety of actions throughout the body, mainly due to its unique profile of salidroside. Research suggests that supplementing with rhodiola root extract may support the HPT (hypothalamic-pituitary-thyroid) axis.\*<sup>7</sup> Through use of a signaling cascade—via TRH and TSH—this axis is ultimately how the body promotes healthy thyroid function.

## Thyroid Complex Supplementation

Research cited herein suggests that the herbal extracts in Thyroid Complex play pivotal roles in modulating the HPT axis and promote healthy thyroid gland function.\*

Research-backed benefits of supplementation with Thyroid Complex may include:

- Helps promote healthy thyroid function\*
- Supports thyroid-related fatigue\*
- Supports energy levels\*



Form: 90 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Vitamin A (as retinyl palmitate)	300 mcg RAE	34%
Vitamin D3 (as cholecalciferol)	8 mcg	40%
Vitamin E (as d-alpha tocopheryl succinate)	44 mg	293%
Riboflavin	2 mg	154%
Niacin (as niacinamide)	3.2 mg NE	20%
Iodine (as potassium iodide)	50 mcg	34%
Magnesium (as magnesium citrate)	33 mg	8%
Zinc (as zinc citrate)	6.7 mg	61%
Selenium (as selenomethionine)	50 mcg	91%
Inositol	200 mg	**
<i>Rhodiola rosea</i> Extract (root; 3% (1.35 mg) salidroside)	45 mg	**

### Other Ingredients:

Hypromellose (capsule), microcrystalline cellulose, rice concentrate, and silicon dioxide.

### Directions:

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

**Caution:** Not recommended for pregnant or nursing women. If taking medication, consult your healthcare practitioner before use.

**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.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A  
cGMP FACILITY

\* 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.

## References:

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