



Thyroid Support Complex

DESCRIPTION

Thyroid Support Complex, available from Medical Wellness Associates, is a comprehensive formula containing vitamins, minerals and herbal extracts to nourish and support healthy thyroid cell metabolism and thyroid gland function.

FUNCTIONS

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.

RECOMMENDATIONS

Pure Encapsulations recommends 2 capsules daily, with meals.

SIDE EFFECTS

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.

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.

FORMULA

two vegetable capsules contain:

Vitamin A	2,500 I.U.
(Acetate)	
Ascorbic Acid	150 Mg
Vitamin D3	200 I.U.
Ascophyllum Nodosum.....	30 Mg
(Kelp) (Whole Plant)	
(Standardized To Contain 0.5% Iodine).....	150 Mcg
Zinc (Citrate)	20 Mg
Selenium.....	200 Mcg
(Selenomethionine)	
L-Tyrosine.....	500 Mg
(Free-Form)	
Ashwagandha Extract (Root).....	400 Mg
(Withania Somnifera)	
(Standardized To Contain 5% Withanolides)	
Coleus Forskohlii Extract.....	100 Mg
(Root)	
(Standardized To Contain 10% Forskolin)	
Guggul Extract.....	150 Mg
(Commiphora Mukul)	
(Gum Resin)	
(Standardized To Contain 2.5% Guggulsterones)	
Turmeric (Curcuma Longa)	
Extract.....	100 Mg
(Curcuma Longa)	
(Root)	
(Standardized To Contain 95% Curcuminoids)	
Ascorbyl Palmitate.....	30 Mg
(Fat-Soluble Vitamin C)	

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. ForsLean® is a Registered Trademark of Sabinsa Corporation.

**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.**

**Medical wellness Associates
6402 Route 30
Jeannette, Pa 15644
1-800-834-4325
www.vitamincoach.com**