

# Thyroid Support with Zinc



## DESCRIPTION

Thyroid Support with Zinc is a comprehensive vitamin, mineral and herbal formula designed to support healthy functioning of the thyroid gland.

## FUNCTIONS

The thyroid gland produces and secretes thyroid hormones, mostly T4 (inactive) and small amounts of T3 (active). When needed T4 is typically converted in the liver, kidney and other tissues to active T3. The primary action of thyroid hormone is to raise the body's metabolic rate — that is, to increase the rate of oxygen consumption and energy expenditure. Thyroid hormone is also essential for normal growth and development in children, interacts with other hormones to modulate carbohydrate, fat and protein metabolism, and controls other important biological functions.

Thyroid Support with Zinc provides the amino acid tyrosine and the mineral iodine (from kelp) — essential structural components of triiodothyronine (T3). Selenium is included as an essential cofactor for the enzymes that convert inactive T4 (thyroxine) into the active T3 (triiodothyronine). Also included are Ayurvedic herbs traditionally used to support thyroid health, including *Commiphora mukul* (Gugulipid®) and *Bacopa monniera* (Bacopin®).

## INDICATIONS

Thyroid Support with Zinc may be a useful dietary supplement for those who wish to support healthy functioning of the thyroid gland.

## SUGGESTED USE

Adults take two vegetarian capsules at mealtime or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## FORMULA (WV #10257)

### 2 Vegetarian Capsules Contain:

Vitamin A (as palmitate).....	2,500 IU
Vitamin C (as ascorbic acid).....	30 mg
Vitamin D (as cholecalciferol).....	400 IU
Vitamin B-6 (as pyridoxine HCl).....	15 mg
Folic Acid.....	400 mcg
Iodine (from kelp).....	300 mcg
Magnesium (as oxide, amino acid chelate).....	100 mg
Zinc (as monomethionine from L-OptiZinc®).....	10 mg
Selenium (as selenomethionine).....	100 mcg
Copper (as amino acid chelate).....	2 mg
L-Tyrosine.....	500 mg
Green Tea ( <i>Camellia sinensis</i> ) leaf extract.....	60 mg (Standardized to 98% [58.8 mg] polyphenols)
Gugulipid ( <i>Commiphora mukul</i> ) resin extract....	150 mg (Standardized to 2.5% [3.75 mg] guggulsterones)
Bacopin ( <i>Bacopa monniera</i> ) leaf extract.....	100 mg (Standardized to 20% [20 mg] bacosides A&B)
Ashwagandha ( <i>Withania somnifera</i> ) root extract	100 mg (Standardized to 1.5% [1.5mg] withanolides)
Other Ingredients: vegetable capsule (cellulose and water), cellulose, magnesium stearate, and silica. Contains soy.	

This product contains NO sugar, salt, dairy, wheat, gluten, preservatives, artificial colors or flavors.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Balch, P. and J. Balch. Prescription for Nutritional Healing, 3rd Ed. New York: Avery; 2000.
- Groff, J and S. Gropper. Advanced Nutrition and Human Metabolism, 3rd Ed. Belmont, CA: Wadsworth; 2006.
- Jain A and Gupta VB. Chemistry and pharmacological profile of guggul — a review. Indian Journal of Traditional Knowledge. 2006;5(4):478-483.
- Kar A, Panda S, Bharti S. Relative efficacy of three medicinal plant extracts in the alteration of thyroid hormone concentrations in male mice J Ethnopharmacol. 2000;81(2):281-285.
- NIH web site. Masten SA. Guggul and its steroidal constituents: a review of the toxicological literature. Available at: [http://ntp.niehs.nih.gov/ntp/htdocs/chem\\_background/exsumpdf/gumguggul.pdf](http://ntp.niehs.nih.gov/ntp/htdocs/chem_background/exsumpdf/gumguggul.pdf). Accessed 8/2/12.

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