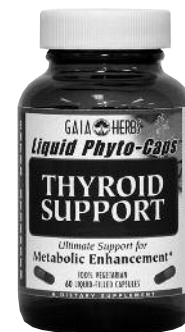


THYROID SUPPORT

Ultimate Support for
Metabolic Enhancement*



ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

| FORMULA | | MG EXTRACT PER 2 CAPSULES |
|-----------------------|---------------------------------|---------------------------|
| L-Tyrosine | | 300 mg |
| Coleus root | (<i>Coleus forskholii</i>) | 154 mg |
| Ashwagandha, Av. root | (<i>Withania somnifera</i>) | 120 mg |
| Schizandra berry | (<i>Schizandra chinensis</i>) | 78 mg |
| Kelp fronds | (<i>Laminaria digitata</i>) | 65 mg |
| Bladderwrack fronds | (<i>Fucus vesiculosus</i>) | 28 mg |

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Iodine (from seaweed) 0.3 mg

WHAT IS THYROID HEALTH?

The thyroid gland is one of the most important regulators of metabolism, its effect reaching throughout the body. It is in turn regulated by the two master glands of the endocrine system, the pituitary and the hypothalamus. The thyroid gland produces hormones (known as thyroid hormones) from the amino acid tyrosine and from iodine. Since the thyroid can affect practically every cell in the body in a wide variety of ways, normal thyroid function is essential to health.

Unfortunately, many people suffer from thyroid difficulties. There are two general types of low thyroid function. One can be the result of a variety of diseases. This type of hypothyroidism is diagnosed by standard laboratory tests and is treated by a physician. If clinical hypothyroidism is suspected, please consult a physician.

The second common problem is sometimes called "subclinical" low-thyroid function, though this name is misleading. The truth is that the person with this condition does have symptoms of low thyroid function. However, standard laboratory tests do not detect any difficulty with the thyroid. Thus the most appropriate name might be "sub-laboratory" low thyroid function. This type can manifest as lack of energy, inability to concentrate, mood fluctuation, dry skin and hair loss, weight gain, and many other seemingly unrelated problems. When one realizes that thyroid hormones affect every cell in the body, however, it becomes apparent that compromised function with thyroid hormones could possibly lead to effects all over the body.

The Thyroid Support formula is designed to help maintain healthy thyroid gland function and metabolism.

Bladderwrack is a seaweed with a long history of use for maintaining thyroid function and maintaining a healthy body weight. It was also used traditionally as a nutritive tonic. The complex carbohydrates (alginates) of Bladderwrack have been studied in the laboratory and clinic and are well known for promoting proper digestive function. Bladderwrack is purported

DOSAGE

1 Liquid Phyto-Cap, 2 times daily

DURATION OF USE

4-6 Months

BEST TAKEN

Between meals, with warm water

to prevent absorption of various radioactive isotopes. Bladderwrack contains a significant amount of iodine, a nutrient necessary for thyroid hormone production. Bladderwrack has not been sufficiently studied in modern research to determine its exact mechanism of action on the thyroid gland. However, animal studies suggest Bladderwrack can help maintain healthy cholesterol levels and can have profound effects on supporting the immune system. Apparently, the actions of Bladderwrack are extensive and complex.

Coleus forskholii is a mint family herb that contains forskolin. This compound increases cyclic AMP levels within most cells. Cyclic AMP is a type of second messenger, that is, one that transmits a signal from a hormone into the cell. Of particular interest here is the fact that thyroid stimulating hormone (TSH) requires cyclic AMP to transmit its signal. TSH is the hormone produced by the pituitary gland that tells the thyroid gland to produce thyroid hormones. This might explain how people with normal TSH levels can still have symptoms of low thyroid function--there isn't enough cyclic AMP to transmit the message. Coleus may help avoid this problem, and forskolin has been shown to increase TSH activity in thyroid cells.

Kelp is very similar to Bladderwrack in most aspects. It was used traditionally for regulation of the thyroid gland, to minimize weight gain and to promote healthy digestive and urinary system function.

L-Tyrosine is a central component of thyroid hormones. Adequate tyrosine levels help maintain normal thyroid function.

Ashwagandha, often referred to as "Indian Ginseng," is a common herb used in Ayurvedic medicine (from India) to enhance mental and physical vitality and stamina. It contains steroidal compounds and additional chemical constituents that advance the body's natural resistance and adaptation to stressful influences. As well, Ashwagandha supports mental endurance, promotes total metabolic efficiency and encourages an overall sense of well-being.

Note: The intention of this information is to represent the

traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

Schizandra berries are unique in that they hold a remarkable blend of five distinct flavor properties. Namely, bitter, sweet, sour, salty and hot. They also contain an array of active constituents including schizandrins, schizandrols, schizandrerins, schisantherins, and others, collectively referred to as lignans. These substances work together to enhance and protect overall cellular vitality. As a group, the varying actions associated with the Schizandra berry maintain healthy nerve, liver, lung and adrenal gland function. Accordingly, this berry serves as a valuable general tonic that encourages overall health and stamina, and improves one's natural ability to tolerate both physical and emotional stress. Likewise, Schizandra offers antioxidant protection and enhances healthy memory, mental clarity, energy levels, coordination and endurance. In addition, Schizandra may enhance the liver's cleansing capabilities and encourage healthy hormonal metabolic efficiency.

COMPLEMENTARY HERBS/FORMULAS

Cell Well formula can further augment the benefits of Thyroid Support formula if problems with TSH signaling are suspected.

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use during pregnancy or lactation. If symptoms of excessive thyroid activity (restlessness, anxiety, palpitations, or diarrhea) occur, the formula should be discontinued and a physician should be consulted. This formula should not be used

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by those with Hyperthyroidism, Hashimoto's thyroiditis, or Graves' disease. This formula may exacerbate acne due to its iodine content.

KNOWN DRUG INTERACTIONS

Consult a physician if taking any pharmaceutical drugs.

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.