

Pure Encapsulations® Thyroid Support Protocol‡

Developed with Izabella Wentz, M.D.†

It is important to address underlying factors to support thyroid health. Food sensitivities, nutrient depletion, an impaired ability to eliminate toxins, a diminished stress response, gastrointestinal imbalance, and immunological factors are key contributors that can affect normal thyroid gland function. Initial testing considerations should include the following:

- TSH, free T3, free T4
- TPO antibody
- TG antibody

Depending on the individual, avoidance of one or more food groups may be suggested. Certain diets may be beneficial while utilizing this protocol, such as:

- Elimination diet
- Gluten, dairy, soy-free diet
- Paleo or autoimmune Paleo diet

Note: Gluten/Dairy Digest is specially formulated to contain a blend of proteases that help break down unintentional gluten and dairy intake in individuals avoiding these foods in their diet.

Clinical Objective‡	Assessment	Product Recommendations*	Dosing
Provide critical nutrient cofactors that support thyroid function	Micronutrient testing (SpectraCell Labs) Serum vitamin D ₃ , vitamin B ₁₂ , and ferritin	Magnesium (citrate) Order Codes: MC1 / MC9 OR Magnesium (glycinate) Order Codes: MG3 / MG1 / MG9	1-4 capsules daily, consume with food
Maintain healthy thyroid cell metabolism as well as T3 and T4 hormone function		B-Complex Plus Order Codes: BCP1 / BCP6	1 capsule, 1-2 times daily, with meals
Support healthy immune function in the thyroid gland		BenfoMax Order Code: BFM9	1 capsule, 1-3 times daily, with meals
Support healthy cytokine balance		Zinc 30 Order Codes: Z31 / Z36	1 capsule, with a meal
Help maintain healthy hepatic function, which plays an important role in thyroid health		Vitamin D₃ 125 mcg (5,000 IU) Order Codes: VD52 / VD51 / VD56	1 capsule daily, with a meal
		Selenium (citrate) Order Codes: SEC1 / SEC6	1 capsule daily, with a meal
	Omega-3 index	EPA/DHA essentials Order Codes: ED11 / ED19	1-2 softgel capsules daily, with a meal
	Assessment not necessary	Curcumin 500 with BioPerine® Order Codes: CUB51 / CUB56	1 capsule, 1-3 times daily, between meals
		NAC (N-Acetyl-L-Cysteine) 600 mg Order Codes: NA63 / NA61 / NA69	1 capsule, 1-3 times daily, between meals

*Please note that patients may not require all supplements listed.

†Dr. Izabella Wentz is a retained advisor to Pure Encapsulations.

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The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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Pure Encapsulations® Thyroid Support Protocol‡ (Cont.)

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Clinical Objective‡	Assessment	Product Recommendations*	Dosing
Support methylation status	MTHFR	Homocysteine Factors‡ Order Codes: HO1 / HO6	1 capsule, 2 times daily, with meals
Promote healthy adrenal gland function to strengthen the ability to withstand stress	Adrenal Stress Profile (BioHealth Laboratory), DUTCH adrenal hormone panel, ACTH, 21-hydroxylase antibody test, cortisol	Daily Stress Formula‡ Order Codes: DSF1 / DSF9	3 capsules daily, with or between meals
Support healthy gastrointestinal function, which plays an important role in thyroid health	IgG food sensitivity testing (Alletess Medical Laboratory) GI MAP SIBO breath test Comprehensive stool analysis Organic acid test	Betaine HCl Pepsin Order Code: BP2	1 capsule, 3 times daily, with each meal
		Probiotic 50B Order Code: PR506	1 capsule daily, with or between meals
		L-Glutamine powder Order Code: LGP	1 heaping scoop mixed with water or juice, 1-3 times daily, between meals
		Digestion GB Order Codes: DGB1 / DGB9	1-2 capsules, with each meal
Moderate cytokine and eicosanoid production	Assessment not necessary	Systemic Enzyme Complex Order Code: SYC1	3 capsules, 1-2 times daily, between meals

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