Thyroid Support Protocol
DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS

It is important to address underlying factors to support thyroid health. Supporting immune balance, micronutrient sufficiency, gut health, stress management and encouraging adequate detoxification are essential for optimizing thyroid health.‡

INITIAL TESTING CONSIDERATIONS INCLUDE:

- TSH, free T3, free T4
- TPO antibody
- Urinary iodine/creatinine
- Reverse T3
- 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

FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:‡

- PureResponse® Multivitamin (PRSM6)
- O.N.E™ Omega (ONO6 / ONO3)
- Probiotic G.I. (PGI6)

FOCUSED SUPPORT

The products in this category support common clinical objectives related to thyroid health.‡ Choose from the options listed below:

<table>
<thead>
<tr>
<th>CLINICAL OBJECTIVE</th>
<th>ASSESSMENT</th>
<th>PRODUCT RECOMMENDATIONS</th>
<th>SUGGESTED USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy thyroid cell metabolism and hormone function</td>
<td>Urinary iodine/creatinine</td>
<td>Thyroid Support Complex (Order Code: TS21/TS26) A comprehensive formula containing vitamins, minerals, iodine and herbal extracts to support healthy thyroid cell metabolism and thyroid hormone function.‡</td>
<td>2 capsules daily, with a meal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Selenium (citrate) (Order Code: SEC1 / SEC6) Supports antioxidant defenses, immune function and cellular health.‡</td>
<td>1 capsule daily, with a meal</td>
</tr>
</tbody>
</table>

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.
**FOCUSED SUPPORT (CONTINUED)**

The products in this category support common clinical objectives related to thyroid health.‡

Choose from the options listed below:

<table>
<thead>
<tr>
<th>CLINICAL OBJECTIVE‡</th>
<th>ASSESSMENT</th>
<th>PRODUCT RECOMMENDATIONS</th>
<th>SUGGESTED USE</th>
</tr>
</thead>
</table>
| Stress and Mood     | Four-point salivary cortisol test, DHEA-S, pregnenolone | **Daily Stress Formula‡**  
(Order Code: DSF1 / DSF9)  
Promotes mental relaxation and moderates the effects of occasional stress.‡  
OR  
**Sereniten Plus**  
(Order Code: SRP4)  
Moderates the effects of occasional stress and enhances positive mood.‡ | 3 capsules daily, with or between meals |
| Support for healthy hepatic function and detoxification | Assessment not necessary | **Curcumin 500 with Bioperine®**  
(Order Code: CUB51 / CUB56)  
Supports the body’s natural detoxification system and helps maintain healthy hepatic function.‡ | 1 capsule, 1-3 times daily, between meals |
|                      |            | **NAC (N-Acetyl-l-Cysteine) 600 mg**  
(Order Code: NA63 / NA61 / NA69)  
Supports respiratory function, glutathione production and detoxification.‡ | 1 capsule, 1-3 times daily, between meals |

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

‡This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
FOCUSED SUPPORT (CONTINUED)

The products in this category support common clinical objectives related to thyroid health.

Choose from the options listed below:

<table>
<thead>
<tr>
<th>CLINICAL OBJECTIVE</th>
<th>ASSESSMENT</th>
<th>PRODUCT RECOMMENDATIONS</th>
<th>SUGGESTED USE</th>
</tr>
</thead>
</table>
| Healthy gut microbiome, intestinal barrier integrity and digestive support | IgG, IgA food sensitivity, 3-hour breath test, Comprehensive stool analysis, Organic acids test | **Probiotic 50B**  
(Order Code: PR56)  
Supports healthy intestinal microflora to promote digestive and immune health.  

OR  
**Epi-Integrity powder**  
(Order Code: EIP1)  
Supports healthy mucosal immune responses to promote G.I. integrity.  

**Digestive Enzymes Ultra w/Betaine HCl**  
(Order Code: DEUB9 / DEUB1)  
Supports protein, carbohydrate, fat, fiber and dairy digestion.  | 1 capsule daily, with or between meals  
1 scoop mixed with water or juice, 1-3 times daily, between meals  
1 scoop, 1-2 times daily. Add 1 serving to 8 oz of water or juice. Shake or stir until dissolved  
2 capsules with each meal |
## ADDITIONAL CONSIDERATIONS

The products in this category offer alternative or added support.‡

Choose from the options listed below:

<table>
<thead>
<tr>
<th>CLINICAL OBJECTIVE‡</th>
<th>ASSESSMENT</th>
<th>PRODUCT RECOMMENDATIONS</th>
<th>SUGGESTED USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical nutrient cofactors that support thyroid function</td>
<td>Micronutrient testing: Serum vitamin D, B₁₂ and ferritin</td>
<td><strong>Magnesium (citrate)</strong>&lt;br&gt;(Order Code: MC1 / MC9)&lt;br&gt;Supports the metabolism of carbohydrates, amino acids and fats for energy production.‡&lt;br&gt;OR&lt;br&gt;<strong>Magnesium (glycinate)</strong>&lt;br&gt;(Order Code: MG3 / MG1 / MG9)&lt;br&gt;Supports the metabolism of carbohydrates, amino acids and fats for energy production.‡&lt;br&gt;Provides support for cognitive and neuromuscular function.‡</td>
<td>1-4 capsules daily, consume with food</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Zinc 30</strong>&lt;br&gt;(Order Code: Z31 / Z36)&lt;br&gt;Broad physiological support, including immune function and emotional wellness.‡</td>
<td>1 capsule, with a meal</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Vitamin D₃ 125 mcg (5,000 IU)</strong>&lt;br&gt;(Order Code: VDS1 / VDS2 / VDS6)&lt;br&gt;Supports musculoskeletal, cardiovascular, neurocognitive, cellular and immune health.‡</td>
<td>2 capsules with each meal</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>B-Complex Plus</strong>&lt;br&gt;(Order Code: BCP1 / BCP6)&lt;br&gt;A comprehensive blend of B vitamins that support a wide range of benefits, including methylation, nerve support and cellular energy production.‡</td>
<td>1 capsule, 1-2 times daily, with meals</td>
</tr>
</tbody>
</table>

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

‡This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
**ADDITIONAL CONSIDERATIONS**
The products in this category offer alternative or added support.‡

Choose from the options listed below:

<table>
<thead>
<tr>
<th>CLINICAL OBJECTIVE</th>
<th>ASSESSMENT</th>
<th>PRODUCT RECOMMENDATIONS</th>
<th>SUGGESTED USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide critical nutrient cofactors that support thyroid function</td>
<td>Urinary iodine/creatinine</td>
<td><strong>Iodine</strong>&lt;br&gt;(Order Code: IO1)&lt;br&gt;Supports the formation of thyroid hormones and promotes metabolic function.‡&lt;br&gt;Both inadequate and excess iodine intake have been implicated in thyroid health. It is recommended that practitioners assess iodine status prior to dosing.</td>
<td>1 capsule, 1-2 times daily, with meals</td>
</tr>
</tbody>
</table>

To download this protocol or view other protocols visit: [PureEncapsulationsPro.com/Protocols](http://PureEncapsulationsPro.com/Protocols)