

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:

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

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)
- [Probiotic G.I.](#) (PGI6)
- or [O.N.E.™ Multivitamin](#) (ONE1 / ONE3 / ONE6)
- [O.N.E.™ Omega](#) (ONO6 / ONO3)

FOCUSED SUPPORT

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

CLINICAL OBJECTIVE [‡]	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Healthy thyroid cell metabolism and hormone function	Urinary iodine/creatinine	<u>Thyroid Support Complex</u> (Order Code: TS21 / TS26) A comprehensive formula containing vitamins, minerals, iodine and herbal extracts to support healthy thyroid cell metabolism and thyroid hormone function. [‡]	2 capsules daily, with a meal
		OR <u>Selenium (selenomethionine)</u> (Order Code: SE1 / SE6) Supports antioxidant defenses, immune function and cellular health. [‡] <i>Both inadequate and excess iodine intake have been implicated in thyroid concerns. It is recommended that practitioners assess iodine status prior to dosing and assess total intake from diet and supplements. Follow-up assessment of TPO and TG antibodies is recommended to determine patient's response to dosing and if adjustment is needed.</i>	1 capsule daily, with a meal

[‡]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:

CLINICAL OBJECTIVE†	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Stress and Mood	Self-reported low mood or occasional nervous tension	<p><u>Inositol Complex</u> (Order Code: INC6) May support healthy mood, emotional wellness and behavior and helps lessen occasional nervous tension.‡</p> <p>OR</p> <p><u>Daily Calm</u> (Order Code: DCM6) Helps relieve occasional stress and supports positive mood‡</p>	<p>1 capsule, twice daily with meals</p> <p>1 capsule, 2 times daily, between meals</p>
	Four-point salivary cortisol test, DHEA-S, pregnenolone		
Support for healthy hepatic function and detoxification	Clinical evaluation of diet and lifestyle	<p><u>Curcumin 500 with Bioperine®</u> (Order Code: CUB51 / CUB56) Supports a healthy inflammatory response+** Supports the body's natural detoxification system and hepatic function‡</p>	1 capsule, 1-3 times daily, between meals
		<p><u>NAC (N-Acetyl-L-Cysteine) 600 mg</u> (Order Code: NA63 / NA61 / NA69) Supports respiratory function, glutathione production and detoxification.‡</p>	1 capsule, 1-3 times daily, between meals

**Not all inflammation is associated with disease states. The body's inflammation response to life's occasional, normal stressors is important for optimal health.

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FOCUSED SUPPORT (CONTINUED)

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Choose from the options listed below:

CLINICAL OBJECTIVE†	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Healthy gut microbiome, intestinal barrier integrity and digestive support	IgG, IgA food sensitivity, 3-hour breath test, Comprehensive stool analysis, Organic acids test	<u>Probiotic 50B</u> (Order Code: PR56) Supports healthy intestinal microflora to promote digestive and immune health.‡	1 capsule daily, with or between meals
		<u>L-Glutamine powder</u> (Order Code: LGP) Helps maintain healthy intestinal integrity by enhancing the intestine's protective mucosal lining.‡ OR <u>Epi-Integrity powder</u> (Order Code: EIP1) Supports healthy mucosal immune responses to promote G.I. integrity.‡	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.
		<u>Digestive Enzymes Ultra with Betaine HCl</u> (Order Code: DEUB9 / DEUB1) Supports protein, carbohydrate, fat, fiber and dairy digestion.‡	2 capsules with each meal

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ADDITIONAL CONSIDERATIONS

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

Choose from the options listed below:

CLINICAL OBJECTIVE†	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Provide a targeted micronutrient foundation	Micronutrient testing: Serum vitamin D, B ₁₂ and ferritin	<p><u>Magnesium (citrate)</u> (Order Code: MC1 / MC9) Supports the metabolism of carbohydrates, amino acids and fats for energy production.‡</p> <p>OR</p> <p><u>Magnesium (glycinate)</u> (Order Code: MG3 / MG1 / MG9) Supports the metabolism of carbohydrates, amino acids and fats for energy production.‡</p> <p>Provides support for cognitive and neuromuscular function.‡</p>	1-4 capsules daily, consume with food
		<p><u>Zinc 30</u> (Order Code: Z31 / Z36) Broad physiological support, including immune function and emotional wellness.‡</p>	1 capsule with a meal
		<p><u>Vitamin D₃ 125 mcg (5,000 IU)</u> (Order Code: VD51 / VD52 / VD56) Supports musculoskeletal, cardiovascular, neurocognitive, cellular and immune health.‡</p>	1 capsule with each meal
		<p><u>B-Complex Plus</u> (Order Code: BCP1 / BCP6) A comprehensive blend of B vitamins that support a wide range of benefits, including methylation, nerve support and cellular energy production.‡</p>	1 capsule, 1-2 times daily, with meals

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CLINICAL OBJECTIVE†	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Provide a targeted micronutrient foundation	Urinary iodine/creatinine	<p><u>Iodine</u> (Order Code: IO1)</p> <p>Supports the formation of thyroid hormones and promotes metabolic function.‡</p> <p><i>Both inadequate and excess iodine intake have been implicated in thyroid concerns. It is recommended that practitioners assess iodine status prior to dosing and assess total intake from diet and supplements. Follow-up assessment of TPO and TG antibodies is recommended to determine patient's response to dosing and if adjustment is needed.</i></p>	1 capsule, 1-2 times daily, with meals
Muscle, joint and tissue health	Self-report muscle or joint comfort, including after exercise	<p><u>Systemic Enzyme Complex</u> (Order Code: SYC1)</p> <p>Supports joint, muscle and cartilage comfort and helps maintain immune mediator activity.‡</p>	3 capsules, 1-2 times daily, between meals

Available for download at PureEncapsulationsPro.com/Protocols

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*All assessments may not be necessary. Testing should be performed at the discretion of the healthcare provider.
 ‡The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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