HORMONE SUPPORT

Thyroid Support Complex

SUPPORTS OPTIMAL THYROID GLAND FUNCTION‡

Thyroid Support Complex is a comprehensive formula providing vitamins, minerals and herbal extracts to nourish and support thyroid gland function.‡

Supports thyroid hormone biosynthesis and metabolism‡

Supports healthy thyroid gland function‡

WHO IS THIS SUPPLEMENT FOR?

- Patients seeking support for healthy thyroid function‡

MECHANISMS OF ACTION‡

Thyroid hormone biosynthesis and metabolism. Iodine and l-tyrosine are structural components of the thyroid hormone precursor, thyroxine (T4) and its metabolite, triiodothyronine (T3) (Figure 1). T4 is converted to T3, which is more biologically active than T4, via selenium-dependent reactions catalyzed by iodothyronine deiodinases (DIOs) (Figure 2). Vitamin A and vitamin D also support the metabolism of thyroid hormones and the normal functioning of the thyroid gland.[1-7]

Antioxidant activity. Reactive oxygen species (ROS) can affect various aspects of thyroid function.[8] For example, oxidative stress inhibits deiodinase-catalyzed conversion of T4 to T3 in preclinical models.[9] Antioxidants, such as vitamin C, selenium and curcumin, help to neutralize free radicals. Selenium supports the function of glutathione peroxidases, antioxidant enzymes that scavenge reactive hydrogen peroxide in the thyroid gland.[10]

Adenylate cyclase activity. Adenylate cyclase is an enzyme involved in signal transduction in the thyroid gland. Forskolin, a diterpene from the Ayurvedic herb Coleus forskohlii, promotes adenylate cyclase activity in preclinical studies.[11]

Adaptogenic effects. Ashwagandha is a calming adaptogen that supports thyroid function in preclinical models.[12,13]

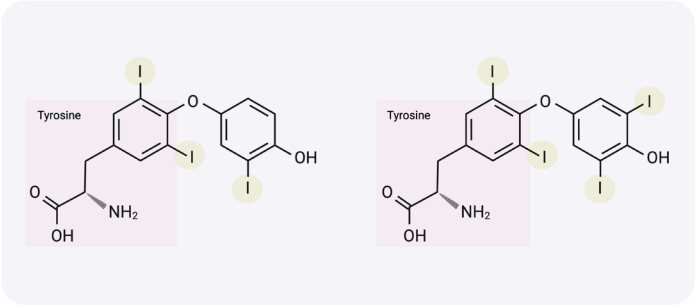

Figure 1. *The two major thyroid hormones, triiodothyronine (T3, left) and thyroxine (T4, right) are derived from the amino acid tyrosine (shaded boxes) and dietary iodine (I, circles).*

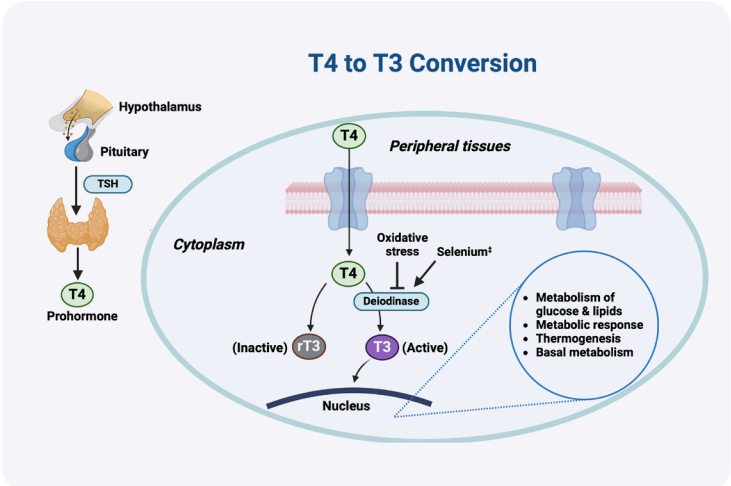

Figure 2. Overview of T4 to T3 conversion. *The thyroid gland releases T4 in response to thyroid stimulating hormone (TSH) secreted by the pituitary gland. T4 enters peripheral tissues and undergoes conversion by deiodinase enzymes to T3 or reverse T3, which is inactive. As a deiodinase cofactor, selenium (Se) is essential for the conversion of T4 to active T3. T3 enters the nucleus, where it activates thyroid hormone receptors to regulate genes involved in metabolism and thermogenesis.‡*

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POTENTIAL INTERACTIONS

- Patients taking this supplement while receiving levothyroxine should be monitored for potential additive effects, particularly during the initial weeks of supplementation.
- Concomitant use of iodine with lithium carbonate may elevate iodine uptake by the thyroid, with potential additive risks.[14]
- Monitor iodine intake when using this product in combination with iodine-containing medications, such as amiodarone.[15]
- L-Tyrosine may compete with levodopa for transport across the blood-brain barrier, potentially reducing the effects of levodopa.[16]

To check whether a medication may have clinically significant interactions with [nutrients and] ingredients based on doses commonly used in dietary supplements, visit our **Drug-Nutrient Interaction Checker**.

Supplement Facts

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin A (as vitamin A acetate)	750 mcg
Vitamin C (as ascorbic acid)	150 mg
Vitamin D (as cholecalciferol) (D_3)	5 mcg (200 IU)
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	20 mg
Selenium (as selenomethionine)	200 mcg
L-Tyrosine (free-form)	500 mg
KSM-66 Ashwagandha® (*Withania somnifera*) extract (root)	400 mg
Forskohlii (*Coleus forskohlii*) extract (root) (standardized to contain 10% forskolin)	100 mg
Guggul (*Commiphora mukul*) extract (gum resin) (standardized to contain 2.5% guggulsterones)	150 mg
Turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

Not to be taken by pregnant or lactating women.

Hormone Support NON GMO VEG

Thyroid Support Complex	Quantity	Order Code
	120	TS21
	60	TS26

REFERENCES

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