

THYROTAIN



RECOMMENDED USE

- *Helps in the function of the thyroid gland*
- *Helps to maintain normal production of thyroid hormones*
- *Provides antioxidants that help protect cells against the oxidative effect of free radicals*

THYROID SUPPORT

Thyrotain is a comprehensive formula designed to support thyroid health. Thyrotain includes iodine, which makes up the backbone of the thyroid hormones thyroxine (T4) and triiodothyronine (T3). The addition of zinc, selenium, and vitamin A provide a source of vitamins and minerals to support biological functions, which play a key role in the maintenance of good health. Curcumin, along with the antioxidants vitamin C and E and N-acetyl cysteine (NAC), provides antioxidants that help protect cells against oxidative damage caused by free radicals.

Overview

The thyroid gland, located in the neck below the Adam's apple, produces T4 and T3 hormones that regulate cell metabolism. In this process, thyroxine is converted into the metabolically active hormone T3. Thyroid hormones are required for mitochondrial metabolism in every cell of the body, making a deficiency in thyroid hormones a detriment to virtually all bodily functions.

Lifestyle factors, environmental toxins and nutrient deficiencies can negatively impact thyroid hormone production. A number of nutrients are required to produce thyroid hormones and to help convert T4 into T3. Heavy metals, such as mercury, lead and cadmium, as well as other chemical contaminants, can also block the conversion of T4 to T3. In addition, long-term stress can lead to increased production of the adrenal hormone cortisol. Excessive levels of cortisol can block the conversion of T4 to T3 and also increase the production of reverse T3 (RT3). RT3 is an isomer of triiodothyronine that competes with T3

at the receptor sites. Conversely, exercise positively impacts the thyroid gland by stimulating hormone secretion and increasing tissue sensitivity to thyroid hormones.¹

Vitamins and Minerals

A key component of thyroid hormones is iodine. Iodine is an essential trace mineral and is necessary for the synthesis of thyroid hormones, as it is one of the most important components of the hormones T4 and T3. The thyroid gland absorbs iodine from the blood and incorporates it into thyroid hormones.

Normal thyroid status is dependent on adequate levels of many trace minerals for the synthesis and metabolism of thyroid hormones.

Antioxidants (Curcumin, Vitamins C and E, and N-Acetyl Cysteine)

Curcumin (*Curcuma longa*), along with vitamins C and E, has been shown to protect against oxidative stress.

Recommended Dose

Adults: Take 4 capsules once per day with food a few hours before or after taking other medications or natural health products. For use beyond 8 weeks, consult a health care practitioner.

Medicinal Ingredients (per dose capsule)

Vitamin C (Ascorbic Acid)	50mg
Vitamin A (Vitamin A Palmitate).....	189 mcg RAE (625 IU)
Vitamin E (d-Alpha Tocopheryl Acid Succinate)	33.5 mg AT (50 IU)
Iodine (Potassium Iodide).....	50 mcg
Zinc (TRAACS® Zinc Bisglycinate)	5 mg
Selenium (SeleneExcell® Selenium-enriched Yeast)	50 mcg
N-Acetyl-L-Cysteine.....	125 mg
L-Tyrosine (<i>Anas falcata</i> - Feather, <i>Homo sapiens</i> - Hair)	100 mg
Ashwagandha (<i>Withania somnifera</i> , Root).....	75 mg (15 : 1, QCE 1.125 g)
Curcumin (<i>Curcuma longa</i> - Rhizome)	17.5 mg
Gugul (<i>Commiphora wightii</i> - Gum oleoresin).....	37.5 mg (2.5 % Guggulsterone, 2 : 1, QCE 75 mg)

Non-Medicinal Ingredients

Hypromellose, Microcrystalline Cellulose, Silicon Dioxide, Calcium Silicate, Magnesium Stearate.

Risk Information

Consult a health care practitioner prior to use if you have stomach ulcers or excess stomach acids, have gallstones or a bile duct obstruction, are taking blood thinner/antiplatelet medications, have a history of non-melanoma skin cancer, have kidney stones, a thyroid disorder, are taking beta-blockers (e.g., propanolol) or calcium channel blockers (e.g. Diltiazem), have coagulation disorders and/or are at risk for bleeding. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Some people may experience diarrhea, nausea, vomiting, abdominal or gastrointestinal discomfort, headache, and/or skin rash; in which case, discontinue use. Do not use this product if you are pregnant or breastfeeding, or are taking antibiotics or nitroglycerin. If used as a workout supplement/athletic support, ensure to drink enough fluid before, during, and after exercise.

To be sure this product is right for you always read and follow the label.

References

1. Pizzorno JE, Murray MT (2013). Textbook of Natural Medicine (4th edition). St. Louis: Churchill Livingstone.

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