



Nutritional support for thyroid function, occasional stress, and healthy mood

APPLICATIONS / BENEFITS

- Supports healthy thyroid function
- Promotes T3/T4 conversion
- Optimizes healthy mood and energy levels
- Maintains normal stress responses

OVERVIEW

Statistics indicate that millions of Americans suffer from sluggish thyroid function and that women are 6 times as likely as men to be affected by low thyroid, commonly undiagnosed. With low thyroid function, the body may not be producing enough thyroid hormones or may have difficulty converting them into the active form the body uses.

Patient One Thyroid Maintenance formula provides a range of herbal and nutritional support for healthy thyroid function and hormone synthesis. Our vegetarian formula is designed to ease symptoms associated with thyroid issues, including occasional stress, mood disruptions and mental foggy, while fine-tuning thyroid function for optimal well-being.

KEY INGREDIENTS

The resin of the mukul myrrh tree, guggul (*Commiphora mukul*) has long been used in Ayurvedic wellness practices, and is presented here as **Gugulipid**[®], a standardized and assayed extract supplying guggulsterone E and guggulsterone Z. These compounds promote healthy thyroid function by influencing enzymes that catalyze production of hormones triiodothyronine (T3) and thyroxine (T4).

Another well-known botanical staple of Ayurvedic traditions, **ashwagandha** (*Withania somnifera*) acts as an adaptogen, supplying withanolides that help the body to optimally adjust to stressful situations and maintain energized cognitive clarity. Research suggests

that ashwagandha may stimulate thyroidal function, reflected by increased serum T4 concentrations.

Rosemary supplies the compound rosmarinic acid, which promotes hormone production and optimizes B and T cell performance in the thyroid.

Iodine is an element essential to the ideal functioning of the thyroid; it is necessary for humans to synthesize thyroxine hormones T3 and T4. Studies have indicated that a deficiency of iodine is relatively common. Thyroid Maintenance formula supplies a balanced serving of kelp, a superior natural source of iodine.

Tyrosine is a key compound involved in the creation of neurotransmitters and the production and regulation of hormones in the thyroid, qualities that may enable the amino acid to promote a balanced, healthy and relaxed mood.

Thyroid Maintenance supplies **Zinc and Selenium** as important trace elements required for efficient thyroid hormone synthesis, activation and metabolism. Zinc and selenium are used by the liver and kidneys to convert T4 to the more active T3 hormone.

RESEARCH

- An Indian study on guggul, also known as guggulu, found that the compound encouraged the production of the thyroid hormone triiodothyronine (T3). The same Indian researchers later conducted a study that indicated that guggul, due to its thyroid-supportive qualities,

may assist individuals with insufficient thyroid hormone production.

- An animal study of ashwagandha root extract found that ashwagandha significantly reduced hepatic lipid peroxidation and boosted activity of antioxidant enzymes – leading researchers to suggest that ashwagandha root extract appears to stimulate thyroidal activity.

REFERENCES

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Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 45

Amount Per Serving		% DV*
Vitamin A (as natural beta carotene)	3,000 mcg RAE	333%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin B-12 (as methylcobalamin)	100 mcg	4,167%
Iodine (from kelp)	75 mcg	50%
Zinc (as zinc gluconate)	5 mg	45%
Selenium (as L-selenomethionine)	100 mcg	182%
Gugulipid® (<i>Commiphora mukul</i>) (resin)	500 mg	**
[Standardized for 2.5-3.5% guggulsterones (12.5-17.5 mg)]		
Ashwagandha extract (<i>Withania somnifera</i>) (roots)	150 mg	**
[Standardized for 1.0% total alkaloids (1.5 mg), 1.5% total withanolides (2.25 mg), and 0.5% total Withaferin-A (0.75 mg)]		
Rosemary Extract (<i>Rosmarinus officinalis</i>) (leaf)	25 mg	**
[Standardized for 6% Rosmarinic acid (1.5 mg)]		
Tyrosine	500 mg	**

* % Daily Values are based on a 2,000 calorie diet
** Daily Value not established

Other Ingredients: vegetable cellulose (capsule), vegetable stearate, rice flour

May contain: trace amounts of crustacean shellfish

Free of: milk, egg, peanuts, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 2 capsules daily, preferably with a meal, as a dietary supplement, or as directed by a health practitioner.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

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Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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