



ThyroSense®

IMPROVES LOW THYROID SYMPTOMS

WOMENSENSE®

WomenSense is a line of products dedicated to helping women reach their full health potential. Each product is carefully formulated to suit the specific needs of adult women through various changes in life, ranging from mental or physical stress, to changes in hormones with age. All of the WomenSense products are free from common allergens and GMOs.

PRODUCT SUMMARY

ThyroSense is a balanced nutritional and herbal formula containing L-tyrosine, ashwagandha, guggul, pantothenic acid, copper, manganese, iodine, and selenium. Health care practitioners recommend ThyroSense to support thyroid health. ThyroSense also helps the body metabolize carbohydrates, fats, and proteins.

BENEFITS

- Nourishes and supports thyroid health
- Supports conversion of T4 to more active T3
- Formulated with nutrients and herbs for a healthy thyroid
- Helps metabolize carbohydrates, proteins, and fats

RESEARCH

The bow-shaped thyroid gland is located at the base of the neck just below the larynx. It converts iodine and tyrosine from food into hormones and controls how quickly the body burns energy as well as how sensitive we are to other hormones. Every cell in the body depends upon thyroid hormones for regulation of metabolism. Many nutrients are involved in the production of thyroid hormones. Several herbal extracts have been found to support thyroid function as well.

The amino acid tyrosine is a precursor to thyroid hormones thyroxine (T4) and triiodothyronine (T3), and the neurotransmitters dopamine, epinephrine, and norepinephrine (1). Supplemental L-tyrosine has been associated with enhanced alertness and mood, improved regulation of appetite, and decreased mental fatigue caused by physical stress, such as exposure to cold, loud environments, and sleep deprivation (1, 2, 3).

Thyroid hormone production also relies on adequate levels of copper, manganese, and iodine (4). Manganese modulates endocrinological functions, including thyroid function, adrenal hormones, and normal growth (1). Copper is needed for tyrosine metabolism, and deficiency can lead indirectly to hypothyroidism. In one study, people with goiter had higher blood and urinary copper concentrations compared to people without goiter, suggesting that hypothyroidism may impair copper metabolism (5).

Iodine is needed for T3 and T4 production and the recommended daily intake is 150 µg for an adult; this intake can be difficult to obtain from diet alone (6). In one study, participants whose meals were supplemented with 45–50 mg of iodine for two weeks had a 19.6% increase in their body's iodine levels; levels returned to baseline within a week of ending supplementation, indicating the need for ongoing supplementation (7). In another clinical study, 200–400 µg iodine per day helped restore thyroid function and normalize iodine blood levels in people with hypothyroidism. After two months of supplementation, thyroid-stimulating hormones had decreased from an average of 9.2 µIU/mL to 3.5 µIU/mL; TSH levels between 0.4 and 4.0 µIU/mL are considered normal (8).

Ashwagandha is an Ayurvedic herb recognized as an adaptogen that can help the body to handle stress, thereby indirectly supporting thyroid function (10). Ashwagandha is also associated with increases in serum T4 (thyroxine), suggesting that it may enhance thyroid function (1, 9).

Pantothenic acid is an essential nutrient needed for the metabolism of carbohydrates, proteins, and fats to provide energy. It is also vital for the synthesis of hormones, and for tissue formation (1, 10).

Guggul is a resin traditionally used to support cardiometabolic health, with recent studies finding that guggul contains bioactive plant sterols called guggulsterones that may support normal blood lipid levels and thyroid function (1, 11, 12).

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Each vegetarian capsule contains:

L-Tyrosine	250 mg
Ashwagandha Extract (5:1) (<i>Withania somnifera</i>) (root)	75 mg
Guggul Extract (<i>Commiphora wightii</i>) (gum oleoresin) (2.5% guggulsterone)	60 mg
Pantothenic Acid (calcium <i>d</i> -pantothenate)	50 mg
Copper (gluconate)	250 mcg
Manganese (citrate)	250 mcg
Iodine (potassium iodide)	50 mcg
Selenium (selenomethionine)	25 mcg

Recommended adult dose: 2–4 capsules daily (2 capsules with breakfast and 2 capsules with lunch) or as directed by a health care practitioner.

Cautions: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are following a low-protein diet. Consumption of alcohol, other drugs or natural health products with sedative properties is not recommended. Keep out of reach of children.

No artificial preservatives, colours, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, tree nuts, or GMOs.

✓ Gluten free ✓ Non-GMO ✓ Suitable for vegetarians



References

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