



### Formulation Features

- Supports thyroid function
- Optimizes body temperature
- Contains less iodine and is zinc free

## Thyroid Support

**Provides thyroid support for patients who are sensitive to high levels of iodine.**

While still helping to maintain healthy thyroid function and metabolism, ThyroCare contains less iodine and is zinc-free. Therefore, this formula provides safe thyroid support for those who are sensitive to high levels of iodine.

ThyroCare is a complete botanical and nutrient formula that supports thyroid metabolism, including T4 to T3 conversion. This gentle formula has also been shown to help optimize metabolism, reinforce healthy body temperature, and stabilize thyroid antibodies.

ThyroCare combines potent ingredients in order to provide optimal thyroid support. This formula contains iodine in the form of Potassium iodide, Bladderwrack thallus, and 3,5-Diiodotyrosine, which is the most immediate precursor used for thyroid hormone synthesis. ThyroCare also contains botanical extracts of Guggul Myrrh and Blue Iris that both stimulate and support thyroid function.

### Supplement Facts

	Amount Per Serving	% Daily Value
<b>Serving Size: 2 capsules      Servings Per Container: 37</b>		
Iodine (as Potassium iodide)	200 mcg	133%
Selenium (as L-selenomethionine)	200 mcg	286%
Kelp, O	500 mg	†
Blue Flag root, O	330 mg	†
Myrrh Gum, W	120 mg	†
Nettle herb, O	100 mg	†
Ashwagandha root, O	100 mg	†
Triphala, O	80 mg	†
Ginger root, O	20 mg	†

All Organic Herbs are Certified Organic  
 W Wildcrafted  
 † Daily Value not established

**Other Ingredients:** Vegetable Capsule (cellulose)



## Herbal Foundation of "ThyroCare"

### GUGGUL MYRRH

Contains compounds known as guggulesterones which increase iodine uptake by the thyroid, encourage the conversion of T4 to T3, and stimulate metabolism.

### BLUE FLAG

In addition to its traditional use as a thyroid detoxifier, this herb is also known to remove waste through the lymphatic system.

### IODINE

Precursor molecules essential for the production of thyroid hormones.

### SELENIUM

Helps balance thyroid antibodies (TPO) and is an essential component of the antioxidant glutathioneperoxidase, which can protect the thyroid from oxidative damage.

95% of our herbs and herbal extracts are certified organic or ecologically wildcrafted.

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## Supplementation

- Take one to two capsules twice daily or as directed by your health care practitioner. Can be taken with or without food.
- Do not exceed nine capsules per day.
- For instructions on body temperature measurement technique please see: [www.wilsonssyndrome.com/how-are-body-temperatures-measured/](http://www.wilsonssyndrome.com/how-are-body-temperatures-measured/)

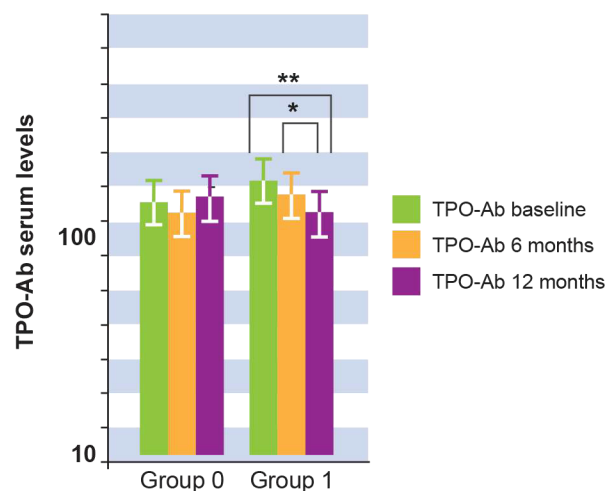
## Diet & Lifestyle

- Consume Vitamin D and monitor blood levels
- Consume omega 3 oil daily
- Eat a well-balanced, hypoallergenic diet
- Support healthy digestion
- Engage in an annual detoxification diet

## Thyroid Specific Support

- Avoid all toxins that interfere with thyroid function including endotoxins
- Decrease heavy metals that affect thyroid function (e.g., mercury, lead, and cadmium)
- Decrease halogens that interfere with sodium iodide synthesis (e.g., fluoride, chlorine, and bromine)
- In select cases, gluten-free diet may single-handedly reverse thyroid disorders

Influence of physiological dietary selenium supplementation on the natural course of autoimmune thyroiditis.



TPO-Ab (a) thyroid antibody concentrations in autoimmune thyroiditis given no treatment (Group 0) or taking 80 mcg/day of sodium selenite (Group 1) at baseline and after 6 and 12 months of follow up.

### REFERENCES:

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- Free diiodotyrosine effects on protein iodination and thyroid hormone synthesis catalyzed by thyroid peroxidase. *Biochem*. 51 (2): 329-36 (February 1975).
- Selenium Supplementation in Patients with Autoimmune Thyroiditis Decrease Thyroid Peroxidase Antibodies Concentrations. *The Journal of Clinical Endocrinology & Metabolism* Vol. 87, No. 4 1687-1691
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- Prevalence of thyroid disorders in untreated adult celiac disease patients and effect of gluten withdrawal: an Italian multicenter study. *The American Journal of Gastroenterology* (2001) 96, 751-757.