

Thyroid Support Protocol

Assessment

Labs	Thyroid panel:	Other labs can include:
	<input type="checkbox"/> TSH <input type="checkbox"/> Total & free T4 <input type="checkbox"/> Total & free T3 <input type="checkbox"/> TPO antibodies <input type="checkbox"/> Tg Antibodies <input type="checkbox"/> Reverse T3 <input type="checkbox"/> RBC selenium <input type="checkbox"/> Serum iodine	<input type="checkbox"/> RBC zinc <input type="checkbox"/> RBC magnesium <input type="checkbox"/> Ferritin <input type="checkbox"/> 25(OH)D <input type="checkbox"/> Adrenal function testing

Notes:

Nutrition & lifestyle recommendations

Focus	Recommendations	Notes
Lifestyle	<input type="checkbox"/> Regular sleep schedule: Being as consistent as possible with sleep and wake times may help improve quality of sleep <input type="checkbox"/> Keeping the bedroom dark <input type="checkbox"/> Avoiding using any technological devices 2 hours before bed <input type="checkbox"/> Turning the bedroom temperature down slightly so the body stays cool during sleep cycles <input type="checkbox"/> Personalized exercise regimen <input type="checkbox"/> Stress resiliency techniques	
Nutrition	<input type="checkbox"/> Modified elimination diet <input type="checkbox"/> Proper hydration <input type="checkbox"/> Reduce caffeine and alcohol (if needed)	

Supplement recommendations

Focus	Product name	Dosage	Description	Notes
Core support	<input type="checkbox"/> Thyrosol®	1 capsule 3x/day	Targeted nutrients that support healthy thyroid hormone synthesis and promote the conversion of thyroxine (T4) to the more bioactive triiodothyronine (T3)*	
	<input type="checkbox"/> UltraClear® RENEW	2 scoops 1x/day	Advanced nutritional support to help the body's natural metabolic detoxification, alkalization, and heavy metal metabolism processes*	
Targeted support	<input type="checkbox"/> Inflammation Intensive Care®	2 capsules 1x/day	Helps support antioxidant activity in the body, to help protect against oxidative stress*	
	<input type="checkbox"/> Adreset®	2 capsules 2x/day	Relief for stress-related fatigue*	

Supplement recommendations

Focus	Product name	Dosage	Description	Notes
Additional support	<input type="checkbox"/> CoQ10 ST-100™	1 softgel 1x/day	Highly absorbable coenzyme Q10	
	<input type="checkbox"/> PhytoMulti™	1-2 tablets 1x/day	Multivitamin with a proprietary blend of 13 concentrated extracts and phytonutrients	
	<input type="checkbox"/> D3 5000+K	1 softgel 1x/day	High-potency, bioactive vitamin D with vitamin K2	

For more information, contact your local sales representative or call 800.692.9400.

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This product is not intended to diagnose, treat, cure, or prevent any disease.**