Thyroid Select™ provides a comprehensive blend of vitamin A, iodine and other minerals, amino acids and herbs that have been researched to help nourish and support healthy thyroid function.

The thyroid gland is a small, butterfly-shaped organ located in the neck, behind and below the center of the throat. It produces thyroid hormones such as thyroglobulin (Tg), thyroxine (T4) and triiodothyronine (T3) which work together with others including thyroid stimulating hormone (TSH) to regulate metabolic activities throughout the body. Thyroid Select™ contains ingredients studied to help support the normal synthesis and utilization of these critical hormones and to support mechanisms secondary to healthy thyroid function, such as fat metabolism and a balanced stress response.

VITAMIN A is a fat-soluble antioxidant vitamin that, in its active retinol form, helps to regulate healthy thyroid hormone metabolism. Because people with low thyroid function often have difficulty converting beta carotene into vitamin A, Thyroid Select™ provides this essential nutrient in the form of bioactive, pre-formed retinyl palmitate.

THYROID-SUPPORTIVE MINERALS: IODINE, ZINC, SELENIUM & MANGANESE

Iodine is the primary structural component of our two main circulating thyroid hormones: T3 and T4. The iodine in this product is supplied as potassium iodide, a form of iodine which has been clinically shown to help protect the thyroid gland from radiation damage. Zinc, Selenium & Manganese are required for the synthesis of thyroid hormones, the conversion of T4 to its active T3 form, and the release of T3 from the thyroid gland. Zinc and selenium also function as antioxidants and may help protect the thyroid gland from potential damage caused by inflammation or immune stressors. The manganese and zinc in Thyroid Select™ are provided as Albion® bisglycinate chelates, researched forms providing superior absorption.

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TYROSINE combines with iodine to make T3 and T4, making it a core structural component in the synthesis of thyroid hormones. The tyrosine in Thyroid Select™ is provided as N-Acetyl L-Tyrosine, a highly stable form.

LEUCINE is a branched-chain amino acid required for the production of thyroglobulin, a thyroid protein which serves both as a substrate for the synthesis of thyroid hormones, and as a storage site for iodine. Leucine also is required for the synthesis of muscle tissue, primary site of insulin receptors and mitochondrial energy production in the body. Many people with thyroid concerns struggle to maintain healthy glycemic control and healthy energy levels, both of which are associated with adequate muscle status, regardless of thyroid function. Leucine supplementation has been suggested to help prevent muscle wasting in people with certain thyroid issues and promotes lean body composition in all people.

ASHWAGANDHA (*Withania somnifera*) is an Ayurvedic, adaptogenic herb that has been researched to help support a healthy stress response. The stress hormone cortisol can inhibit thyroid function by directly inhibiting TSH activity, inhibiting the release of thyroid hormones and reducing the conversion of T4 to T3. By helping to support healthy cortisol levels, Ashwagandha may help balance stress levels and support healthy thyroid function.

COLEUS FORSKHOLII is an Indian medicinal plant. Its roots contain *forskolin*, a potent stimulator of the adenylate cyclase enzyme found in numerous systems throughout the body, including endocrine tissues such as the thyroid gland. Adenylate cyclase activates the release of cyclic AMP, a “second messenger” molecule required for the healthy functioning of hormones such as TSH. Forskolin also has been shown to help support lipolysis and healthy fat metabolism, both of which may be impaired by suboptimal thyroid activity.

GUGGUL (*Commiphora mukul*, Myrrh gum resin) exhibits anti-inflammatory and antioxidant properties. Guggul has been shown to help stimulate thyroid activity in animals and to help support healthy levels of T3 and T4. It contains guggulsterones, natural plant steroids that have been researched to help support healthy serum lipid levels. Disturbances in cholesterol and lipid metabolism, along with increased inflammatory biomarkers, are commonly found in people with both overt and subclinical thyroid disturbances.

Thyroid Select™ contains no glandular ingredients and is suitable for use by vegetarians. It has been rigorously tested for purity and potency and has been verified by independent laboratory testing to contain no gluten.

REFERENCES

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