

Iodine Synergy™

Natural support for thyroid function

Iodine Synergy™ combines the two minerals iodine and selenium, in order to support healthy thyroid function. Iodine supports the balanced production of thyroid hormones, as well as the health of breast and prostate tissue. Selenium works together with iodine to support the normal conversion of thyroid hormones, thyroxine (T4) into triiodothyronine (T3), and supplies antioxidant protection to the thyroid gland.

Thyroid Gland

The thyroid gland (which is located in the front of the neck) requires iodine for the production of the thyroid hormones T4 and T3. These hormones stimulate vital processes in every part of the body, and have a major impact on growth, the use of energy and oxygen, heat production, the regulation of metabolism, fertility, immune regulation in the intestine, and the use of vitamins, proteins, carbohydrates, fats, electrolytes and water.

Along with iodine, the conversion of the thyroid hormone T4 into T3 requires an enzyme that is dependent on the mineral selenium. Taking high doses of iodine long-term increases the need for selenium, which is why Iodine Synergy™ includes both of these minerals in this formula.

Iodine Synergy™ Supports:

- Thyroid gland
- Breast tissue
- Prostate tissue

Iodine Deficiency

Over the years, many health professionals have recommended the restriction of sodium from the diet in an attempt to reduce hypertension and cardiovascular disease. This restriction has led to a decline in iodine intake, since most salt on the market is "iodized salt," which is salt with added iodine. In addition, there are various brands of salt available today that are not enriched with iodine, which can also lead to an iodine deficiency.

Good sources of dietary iodine include iodized salt, seafood, kelp, seaweed, asparagus, spinach and Swiss chard. However, the body does not store iodine for long periods of time, so regular intake through diet, as well as additional supplementation, is important.

Breast and Prostate

Breast tissue, like the thyroid gland, has a high concentration of iodine. Iodine Synergy™ helps stimulate the production of enzymes in the breast tissue, as enzymes found in breast tissue reacting with iodine have been shown to exert powerful antioxidant protection. Iodine has a similar effect on prostate health as well.

Recommended Use

As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.



TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.

ZPLP IOD 9/14