

Thyroid Synergy™

*Foundational support for healthy thyroid function and hormone balance**

Thyroid Synergy™ is a unique formula specifically designed to offer nutritional support for healthy thyroid function and hormone balance.* The thyroid gland is responsible for regulating the body's metabolic rate and energy production, which affects virtually every tissue and cell, as well as helping to promote a positive mental outlook. Your body relies on the thyroid gland for fat burning and sugar metabolism; it also affects brain development and cognitive function, bone metabolism, intestinal function, and healthy skin, hair and eyes.

Like all of our glands, the thyroid needs supportive nutrients from food or supplements for it to function properly. The pituitary gland produces thyroid stimulating hormone (TSH), which is needed in order to give thyroid cells the message to make thyroxine. Thyroxine, known as T4, needs to be converted into active triiodothyronine, or T3. In order for this conversion to happen successfully, not only must the appropriate precursors and coenzymes be available, but proper levels of the critical hormones cortisol and insulin must also be maintained. Cortisol is our stress-fighting hormone, while insulin is needed to regulate blood glucose.

Highlights of Thyroid Synergy™

- **American Ginseng root** — Helps support a normal response to stress, normal blood glucose metabolism, along with a balanced conversion of thyroid hormone.*
- **Coleus forskohlii extract** — Promotes the proper function of TSH, a hormone which stimulates the synthesis and secretion of T3 and T4 thyroid hormones.* This herb also supports the normal breakdown of body fat to use as energy.*
- **Selenium** — This mineral is a key constituent in the conversion of T4 to the more active T3. Additionally, selenium supports the generation of a very powerful antioxidant known as glutathione, and reduces the effects of free radicals and mercury to the thyroid gland.*
- **Potassium Iodide** — A source of iodine. Iodine is an essential component of thyroid hormones and is necessary for normal thyroid function. If the body is deficient in iodine, the thyroid will have trouble making enough thyroid hormone. Potassium is included as it is necessary for getting thyroid hormones into our cells, and is a critical electrolyte needed for healthy cellular function.*
- **Tyrosine and Copper** — Support the natural production of “feel good” compounds such as dopamine and norepinephrine, which promote a healthy mood.* Tyrosine is also the amino acid building block from which thyroid hormone is synthesized.
- **Chromium, Zinc and Manganese** — These minerals are needed for support of the thyroid gland by supporting the metabolic pathways that maintain insulin, glucose and cholesterol regulation.*

Recommended Use: Take two capsules per day with meals, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.