



Introducing NEW  
**Thyrosol®**  
 Designed to support healthy thyroid function

Thyroid function is influenced by many different lifestyle factors. A diet low in key essential nutrients can influence normal thyroid function,<sup>1</sup> along with prolonged elevated stress, lack of exercise, exposure to potentially harmful xenobiotics like heavy metals and pesticides, and the presence of hormones and antibiotic residues in meat and dairy products.<sup>1-4</sup> Specific nutrients at targeted doses may play a key role in the support of healthy thyroid function.

**New Thyrosol Formula with Myo-Inositol and Rhodiola Extract**

Thyrosol is a unique nutritional formula designed to support healthy thyroid function. This specialized vitamin-mineral blend also features rhodiola extract, which may help relieve stress-related fatigue.<sup>5,6</sup>

**Why Thyrosol?**

- Designed to support thyroid function with targeted nutrients that help support thyroid hormone synthesis and metabolism
- May aid the conversion of thyroid hormone thyroxine (T4) to the more bioactive triiodothyronine (T3)
- Provides myo-inositol and selenium, which may help support healthy metabolic processes in the thyroid
- Features rhodiola extract, which may support a healthy response to mild, everyday stress and may help relieve stress-related fatigue<sup>5,6</sup>
- Non-GMO and gluten-free formula

**Form:** 90 Capsules  
**Serving Size:** 1 Capsule

Ingredient	Amount Per Serving
Vitamin A (as retinyl palmitate) .....	1,000 IU
Vitamin D (as cholecalciferol) .....	333 IU
Vitamin E (as d-alpha tocopheryl succinate) .....	66.7 IU
Riboflavin .....	2 mg
Niacin (as niacinamide) .....	3 mg
Iodine (as potassium iodide) .....	50 mcg
Magnesium (as magnesium citrate) .....	33 mg
Zinc (as zinc citrate) .....	6.7 mg
Selenium (as selenomethionine) .....	50 mcg
Myo-inositol .....	200 mg
Rhodiola ( <i>Rhodiola rosea</i> L.) Rhizome Extract .....	133 mg
[standardized to 1% (1.33 mg) salidroside and 3% (3.99 mg) rosavins]	

**Other Ingredients:** Capsule (hydroxypropylmethylcellulose), microcrystalline cellulose, magnesium stearate (vegetable), and silica.

**Directions:** Take one capsule three times daily with food or as directed by your healthcare practitioner.

**This product is non-GMO and gluten-free.**

**Warning:** Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl palmitate) per day.

**Caution:** Not recommended for pregnant or nursing women. If taking medication, consult your healthcare practitioner before use.

**Storage:** Keep tightly closed in a cool, dry place.

<sup>1</sup> Vegetarian capsule

## Factors That Affect Thyroid Function

### Factors that inhibit proper production of thyroid hormones

- Stress
- Radiation, medications
- Fluoride (antagonistic to iodine)
- Toxins: pesticides, mercury, cadmium, lead

### Factors that increase conversion of T4 to RT3

- Stress
- Low-calorie diet
- Toxins
- Certain medications

### Factors that contribute to proper production of thyroid hormones

- Nutrients: iron, iodine, myo-inositol, zinc, selenium, vitamins E, B<sub>2</sub>, B<sub>3</sub>, B<sub>6</sub>, C, D

### Factors that increase conversion of T4 to T3

- Selenium
- Zinc

### Factors that improve cellular sensitivity to thyroid hormones

- Vitamin A
- Zinc
- Exercise

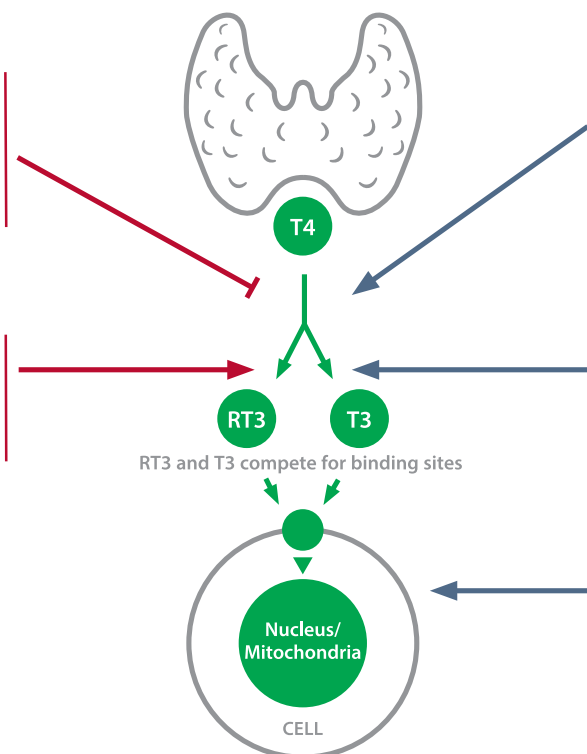
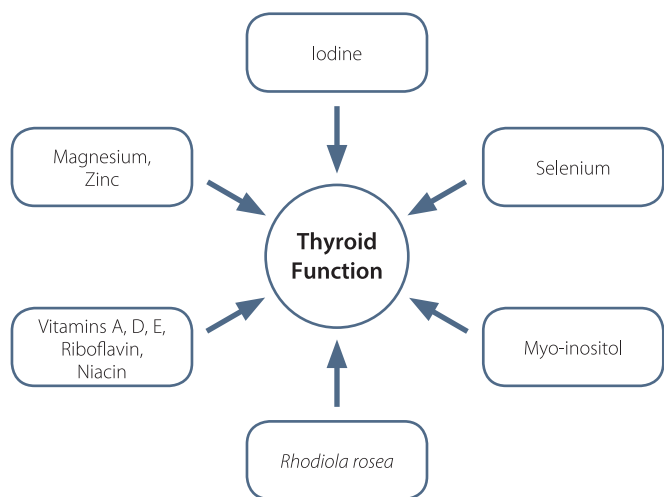


Figure adapted from The Institute for Functional Medicine

## Thyrosol Offers a Multifaceted Approach to Thyroid Function



### Complementary Products:

- **PhytoMulti®:** A proprietary blend of 13 concentrated extracts and phytonutrients with scientifically tested biological activity to protect cells and help maintain DNA stability
- **Mag Glycinate:** Highly absorbable magnesium
- **Vitamin D<sub>3</sub> 5000:** High potency, bioavailable vitamin D

### References:

1. Jones DS, MD. *Textbook of Functional Medicine*. 3rd edition. Federal Way, WA: Institute for Functional Medicine; 2010.
2. Kelly G. Peripheral metabolism of thyroid hormones: A review. *Alt Med Rev*. 2000;5(4):206-333.
3. Connolly J, Romano T. Selections from current literature: effecting of diet and exercise on resting metabolic rate and implications for weight management. *Fam Pract*. 1999;16(2):196-201.
4. Greenspan FS. Chapter 7, The Thyroid Gland, In: Greenspan FS, Gardner DG. *Basic and Clinical Endocrinology*. 5th edition. New York: Appleton and Lange; 1997.
5. Ishaque S, Shamseer L. Rhodiola rosea for physical and mental fatigue: a systematic review. *BMC Complement Altern Med*. 2012;12:70.
6. Darbinyan V, Kteyan A. Rhodiola rosea in stress induced fatigue—a double blind cross-over study of a standardized extract SHR-5 with a repeated low-dose regimen on the mental performance of healthy physicians during night duty. *Phytomedicine*. 2000;7(5):365-71.

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