



Thyroid Function

Improve thyroid health by supplying nutrients to protect the thyroid gland and support production of thyroid hormones. The minerals, amino acids, and proteins found in BioThy help to restore and maintain normal thyroid function.

Remedy	Dose	Daily Directions
BioThy	1 capsule	two times a day with food

BIOTHY

Recommended dosage (adult): 1 capsule two times daily with food. Safe to use long term.

Thyroid health benefits: BioThy contains a combination of minerals, amino acids, and protein to support normal thyroid function, through the production and secretion of thyroid hormones. Deficiency in zinc, selenium, or iodine may result in low thyroid function and increase the risk of developing goiter and hypothyroidism.^{14,15,17} BioThy works to restore and maintain healthy thyroid function and address iodine, zinc, or selenium deficiency.

Hypothyroidism (low thyroid function) results when the thyroid gland does not produce and secrete enough thyroid hormone, affecting 4.6% of the population.^{1,2} Symptoms of hypothyroidism include fatigue, weight gain, constipation, brittle thinning hair and hair loss, dry skin, memory issues and low mood, hoarseness, muscle aches and weakness, libido and fertility issues, and chilliness.^{3,4,5,6,7,8}

BioThy Thyroid health benefits:

- Maintain normal thyroid function^{9,10,13,15}
- Support production of thyroid hormones (T3, T4) and thyroid-stimulating hormone (TSH)^{9,11,14,16,17}
- Convert T4 to the active T3 form of thyroid hormone¹¹
- Protect the thyroid from inflammation and free radical damage¹²
- Produce thyroglobulin, a precursor to making thyroid hormones (T3, T4)¹⁸
- Prevent iodine, zinc, or selenium deficiency
- Decrease cognitive fatigue due to physically stressful situations¹⁹
- Improve symptoms associated with low thyroid function

Key features: Support and maintain normal thyroid function, antioxidant and multi-mineral, increase production and secretion of T3 and T4 thyroid hormones, thyroglobulin precursor of T3 and T4 hormones, convert T4 to bioactive T3 thyroid hormone, increase the production of thyroid-stimulating hormone (TSH), improve cognitive fatigue due to stress, prevent iodine and zinc and selenium deficiency.