

Triple Action Thyroid

Comprehensive thyroid gland support

Item #02003 • 60 vegetarian capsules

A healthy **thyroid** gland not only acts as the body's thermostat, but it's also one of the major regulators of metabolism, including **fat burning** for energy.

Life Extension® introduces **Triple Action Thyroid**, a formulation that combines critical nutrients that have been scientifically demonstrated to support healthy thyroid function.

Optimal thyroid function can help improve energy levels, motivation, metabolism, healthy weight management, and concentration.

Comprehensive Thyroid Support

The new **Triple Action Thyroid** formula provides:

- **Ashwagandha**, an "adaptogenic" herb, shown to support natural production of the thyroid hormone **T4**. In one study, researchers found that **500 mg** per day of standardized ashwagandha extract enhanced **T4** levels.¹
- **Guggul**, an extract of *Commiphora mukul*, shown in one study to support the activity of the enzyme that converts **T4** into the most active thyroid hormone, **T3**.²
- **Korean ginseng**, found in one study to reduce levels of the inactive, thyroid hormone-inhibiting **reverse T3** (rT3) and support healthy **T3** and **T4** levels.³

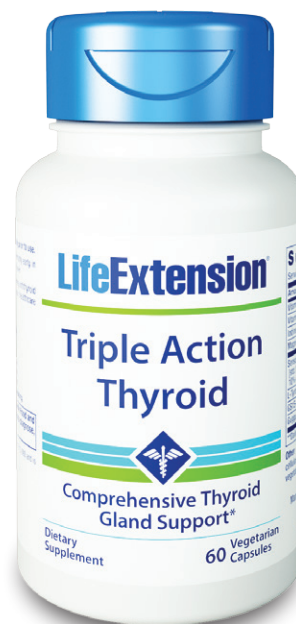
The following *additional* nutrients are included in **Triple Action Thyroid** to further enhance benefits:

- **Iodine** and **tyrosine**, which are required for thyroid hormone production⁴
- **Vitamin B12**, a sufficient level of which is needed for healthy thyroid activity⁵
- **Vitamin A**, an important nutrient for supporting healthy serum **T3** (active) levels^{6,7}

The suggested dose of Triple Action Thyroid is one capsule twice daily. If blood testing for thyroid function reveals less than optimal hormone levels, consult your physician for further evaluation.

References

1. *J Ayurveda Integr Med.* 2014 Oct-Dec;5(4):241-5.
2. *Phytother Res.* 2005 Jan;19(1):78-80.
3. *Zhongguo Zhong Xi Yi Jie He Za Zhi.* 1999 Apr;19(4):209-11.
4. Available at: http://fitsweb.uchc.edu/student/selectives/Luzietti/Thyroid_hormones.htm. Accessed October 6, 2015.
5. *Am J Med Sci.* 2006 Sep;332(3):119-22.
6. *J Am Coll Nutr.* 2012 Aug;31(4):268-74.
7. *J Endocrinol.* 1989 Apr;121(1):75-9.



Two vegetarian capsules contain:

Vitamin A (as retinyl palmitate)	1000 IU
Vitamin B12 (as methylcobalamin)	200 mcg
Iodine (from kelp and potassium iodide)	350 mcg
Magnesium (as magnesium carbonate)	20 mg
Sensoril® Ashwagandha extract	500 mg
(root and leaf)	
[std. to 32% oligosaccharides,	
10% withanolide glycoside conjugates]	
L-Tyrosine	200 mg
GS15-4™ Fermented Korean ginseng extract	200 mg
Guggul (gum resin)	100 mg
(std. to 10% guggulsterones)	

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, gum acacia, maltodextrin, silica, dicalcium phosphate, vegetable stearate, modified food starch.

Dosage and use

- Take one capsule twice daily, preferably early in the day, or as recommended by a healthcare practitioner.

Due to the source of kelp, this product may contain fish and shellfish.

Caution: If you have a thyroid condition or are taking antithyroid medications, do not use without consulting your healthcare practitioner.

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