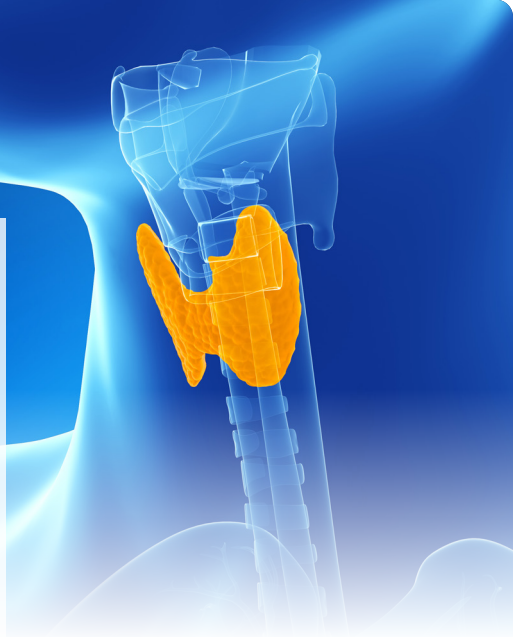




BioThy

BioThy is a specialized mineral, amino acid and protein formulation that is highly effective for promoting and maintaining normal thyroid gland function. It helps address symptoms associated with low thyroid function including fatigue, weight gain, hair loss and cold sensitivity.



Thyroid / Immune

- ▶ Boost metabolism
- ▶ Manage healthy weight
- ▶ Increases energy & mood
- ▶ Improves fatigue due to stress
- ▶ Supports healthy thyroid function

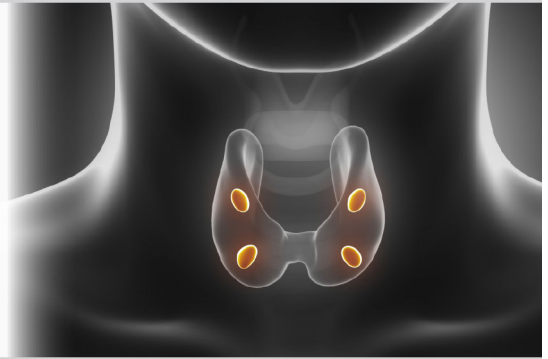


Suspect Subclinical Hypothyroidism?

Borderline hypothyroidism is quite common. The hallmark is an elevated TSH concentration with normal thyroid hormone levels. There may be vague symptoms or common complaints like fatigue and weight gain.

Have your patients take their Basal Body Temperature first thing in the morning, an easy at-home test to help identify subclinical hypothyroidism. After taking the BBT for several mornings in a row to establish a baseline, if the patient's temperature is consistently below 97.6 degrees Fahrenheit (36.5 degrees Celsius), then this may indicate an underactive thyroid.

The thyroid gland plays a critical role in regulating metabolism including temperature, influencing growth and development and regulating calcium levels.



- ▶ Normalize TSH production and secretion with selenium and zinc
- ▶ Support thyroid hormone production with iodine, selenium and zinc
- ▶ Provide key nutrients for peripheral T4 to T3 conversion with selenium and zinc
- ▶ Optimize thyroid hormones as a direct precursor to thyroxine (T4) with L-tyrosine
- ▶ Balance plasma thyroxine concentration and increase metabolism with protein hydrolysate

Low Thyroid Function

BioThy – take 1 capsule twice daily until symptoms resolve OR

Lycopus – take 15 - 25 drops* in water three time daily until symptoms resolve



Recommended use: Iodine helps in the function of the thyroid gland and helps to prevent iodine deficiency. L-Tyrosine helps decrease cognitive fatigue due to physically stressful situations (extended wakefulness, exposure to cold, excessive noise). Zinc helps to maintain immune function and helps in connective tissue formation. Selenium helps to maintain normal thyroid function.

Medicinal ingredients: Each capsule contains:
 L-Tyrosine (Anas falcata, feather) 200 mg
 Iodine (kelp) 100 mcg
 Selenium (selenomethionine) 100 mcg
 Zinc (zinc citrate) 10 mg

Non-medicinal ingredients: Microcrystalline cellulose, gelatin (capsule), animal protein hydrolysate and powder, magnesium stearate.

Recommended dose (adults): Take 1 capsule 2 times a day with food or as directed by a health care practitioner. Take a few hours before or after taking other medications.

Caution/warnings: Zinc supplementation can cause a copper deficiency.

Contraindications: Consult a health care practitioner if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are following a low protein diet or if you have a history of non-melanoma skin cancer.

NPN 80045509 • 60 caps



High Thyroid Function

Lycopus – Take 5 - 8 drops* in water three times daily until symptoms resolve, then maintain with 1 drop daily.

**Lycopus from Nestmann can be used to regulate thyroid function and the dosage can be customized for each patient.*

- In cases of hyperactive thyroid (low dosage) take 5 to 8 drops three times daily.
- In cases of hypoactive thyroid (higher dosage) take 15 to 25 drops three times daily.
- Optional customized individual dosage – this can be determined by increasing the dosage by one drop daily until the patient has a sensation (like an increase in heart rate), then reduce that amount by two drops and this becomes the new daily customized dosage.

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