

Thyroid Support

Thyroid Support for Women and Men

Natural Thyroid Complex

CogniTune Natural Thyroid Support is a dietary supplement designed to help support optimal thyroid function. The thyroid is a vital gland in the body that regulates metabolism and energy production, among other things. When the thyroid isn't functioning properly, it can lead to a variety of symptoms, including fatigue, weight gain, and brain fog.

It contains a blend of natural ingredients that are believed to help support healthy thyroid function and promote overall well-being.



Ingredients

Zinc	10mg
Iodine	150mcg
Selenium	200mcg
BioPerine	2.5mg
Magnesium	200mg
Copper	200mcg
Manganese	2mg
L-Thyrosine	300mg
Vitamin B12	150mcg
Kelp Powder	38mg
Molybdenum	50mcg
Bladderwrack Powder	50mg
Cayenne Pepper Powder	30mg
Schisandra Berry Powder	240mg
Ashwagandha Root Powder	200mg



Allergen Free

free from all of the priority allergenic foods: peanuts, tree nuts, milk, eggs, fish, crustaceans/shellfish, soybeans & wheat



Gluten Free

does not contain gluten- protein found in wheat and several other grains



Non-GMO

verified to have been grown and processed without genetic modification

Thyroid Support

Health Benefits

IODINE

Iodine is a key component of thyroid hormones, which are essential for regulating metabolism, growth, and development. Iodine deficiency can lead to hypothyroidism, which can cause symptoms such as fatigue, weight gain, and depression. Supplementing with iodine can help support healthy thyroid function and prevent iodine deficiency.

SELENIUM

Selenium is a mineral that is required for the production of thyroid hormones. It also plays a role in protecting the thyroid gland from damage and inflammation. Selenium deficiency can lead to thyroid dysfunction, and supplementing with selenium may help support healthy thyroid function.

ZINC

Zinc is involved in the synthesis of thyroid hormones and also plays a role in regulating the immune system. Zinc deficiency has been linked to thyroid dysfunction.

MAGNESIUM

Magnesium is involved in the conversion of thyroid hormones from their inactive to active form. It also plays a role in regulating the immune system and reducing inflammation, which can help protect the thyroid gland. Magnesium deficiency has been associated with an increased risk of hypothyroidism.

COPPER

Copper is necessary for the production of thyroid hormones, and a deficiency in copper can lead to thyroid dysfunction. Copper also plays a role in the antioxidant defense system, which helps protect the thyroid gland from oxidative stress and inflammation.

MANGANESE

Manganese is required for the synthesis of thyroid hormones and also plays a role in regulating the metabolism of thyroid hormones. Manganese deficiency has been linked to thyroid dysfunction, and supplementing with manganese may help support healthy thyroid function.



Additional Resources

1. [Leung, et al. \(2010\). Role of iodine in thyroid physiology](#)
2. [Ventura, et al. \(2017\). Selenium and Thyroid Disease: From Pathophysiology to Treatment](#)
3. [Betsy, et al. \(2013\). Zinc Deficiency Associated with Hypothyroidism: An Overlooked Cause of Severe Alopecia](#)
4. [Kolanu, et al. \(2020\). Activities of Serum Magnesium and Thyroid Hormones in Pre-, Peri-, and Post-menopausal Women](#)
5. [Kim, et al. \(2020\). Exploring the role of copper and selenium in the maintenance of normal thyroid function among healthy Koreans](#)
6. [Soldin, Aschner \(2008\). EFFECTS OF MANGANESE ON THYROID HORMONE HOMEOSTASIS](#)
7. [5 Hypothyroidism Natural Treatments](#)
8. [Central hypothyroidism: Causes, Symptoms and How to Treat It](#)
9. [14 Best Thyroid Supplements: Natural Remedies for Hypothyroidism](#)
10. [16 Health Benefits of Ashwagandha Root Supplements](#)

Thyroid Support

Health Benefits

L-TYROSINE

L-tyrosine is an amino acid that is a precursor to thyroid hormones. It's necessary for the production of thyroid hormones, and supplementing with L-tyrosine may help support healthy thyroid function.

VITAMIN B12

Vitamin B12 is important for the production of red blood cells and for maintaining healthy nerve function. It's also necessary for the conversion of thyroid hormones from their inactive to active form. B12 deficiency has been associated with an increased risk of hypothyroidism, so supplementing with B12 may help support healthy thyroid function.

BLADDERWRACK

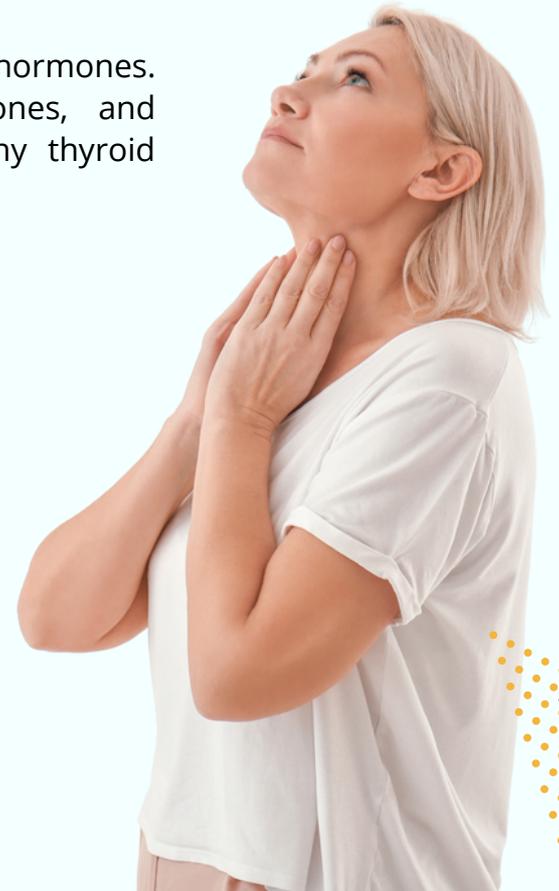
Bladderwrack is a type of seaweed that is rich in iodine. As we discussed earlier, iodine is an essential mineral for thyroid health, and bladderwrack powder can help supplement iodine intake.

SCHISANDRA BERRY

Schisandra is an adaptogenic herb that has been traditionally used to support overall health and well-being. It has antioxidant and anti-inflammatory properties and may help reduce stress, which can have a positive impact on thyroid function.

ASHWAGANDHA ROOT

Ashwagandha is another adaptogenic herb that has been used for centuries in traditional medicine. It has been shown to have anti-inflammatory and antioxidant properties and may help reduce stress and anxiety, which can be beneficial for thyroid function.



Additional Resources

1. [Deijen, Orlebeke \(1994\). Effect of tyrosine on cognitive function and blood pressure under stress](#)
2. [Fliers, et al. \(2001\). The hypothalamic-pituitary-thyroid axis in critical illness](#)
3. [Jabbar, et al. \(2008\). Vitamin B12 deficiency common in primary hypothyroidism](#)
4. [Choudhry, Nasrullah \(2018\). Iodine consumption and cognitive performance: Confirmation of adequate consumption](#)
5. [Mullur, et al. \(2014\). Thyroid hormone regulation of metabolism](#)
6. [Alexander, Wikman \(2008\). Pharmacology of Schisandra chinensis Bail.: an overview of Russian research and uses in medicine](#)
7. [Feng, et al. \(2021\). Study on the Hepatoprotection of Schisandra chinensis Caulis Polysaccharides in Nonalcoholic Fatty Liver Disease in Rats Based on Metabolomics](#)
8. [Mishra, et al. \(2000\) Scientific basis for the therapeutic use of Withania somnifera \(ashwagandha\): a review](#)
9. [Singh, et al. \(2011\). An Overview on Ashwagandha: A Rasayana \(Rejuvenator\) of Ayurveda](#)
10. [Lopresti, et al. \(2019\). A Randomized, Double-Blind, Placebo-Controlled, Crossover Study Examining the Hormonal and Vitality Effects of Ashwagandha \(Withania somnifera\) in Aging, Overweight Males](#)

Thyroid Support

For Best Results

CONSISTENCY IS KEY

Taking supplements consistently and at the recommended dosage is important for seeing results. It's also important to take supplements at the same time every day.

TAKE IT WITH FOOD

It is generally recommended to take iodine supplements with food. This is because taking iodine on an empty stomach can cause stomach upset or nausea in some people. Additionally, taking iodine with food can help improve its absorption.

FOLLOW A HEALTHY DIET

Eating a balanced diet that includes plenty of fruits, vegetables, and whole grains can help support thyroid health. It's also important to avoid processed foods and foods high in sugar, which can interfere with thyroid function.

MANAGE STRESS

Stress can have a negative impact on thyroid function, so managing stress through techniques such as meditation, yoga, or deep breathing can be beneficial.

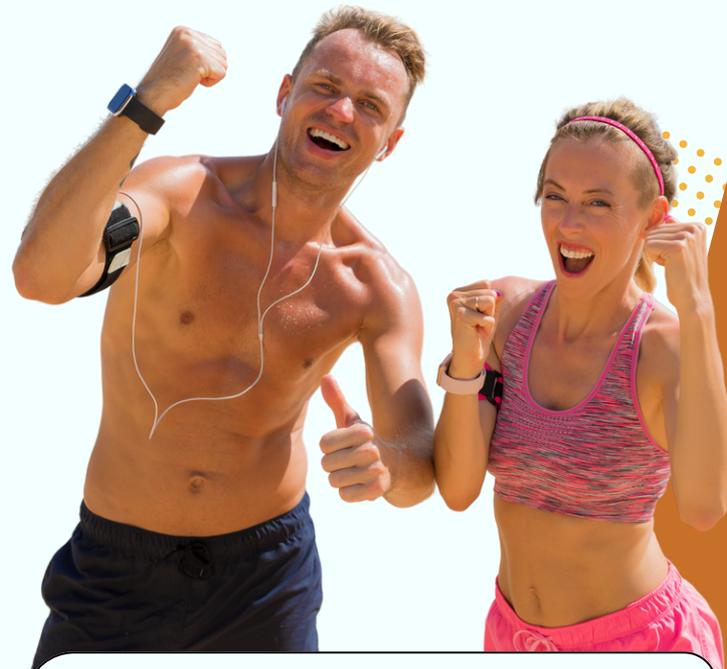
WHAT TO AVOID

Smoking: Tobacco smoke contains numerous toxins that can affect the thyroid. One of these is thiocyanate, which interferes with thyroid function by blocking the uptake of iodine, a nutrient that the thyroid needs to produce hormones.

Alcohol: Excessive alcohol consumption can have a direct impact on thyroid function. Studies have shown that alcohol can suppress the activity of the thyroid gland and inhibit the body's ability to use thyroid hormones.

Sedentary Lifestyle: Regular exercise is important for overall health and helps maintain a healthy thyroid. Avoid prolonged inactivity.

Insufficient Sleep: Lack of sleep can disrupt the balance of hormones, including thyroid hormones.



Usage Direction

Take one serving, two (2) capsules preferably food with or use as directed by your healthcare professional.