

# Thyroid Complex

M1435

Quality is our Passion  
 Passion Flower (*Passiflora incarnata*)

## Thyroid Complex

Thyroid Complex is a unique combination of Bladderwrack whole plant, Ashwaganda (*Withania*) root and Bacopa herb.\*

### How Thyroid Complex Keeps You Healthy

Supports healthy thyroid function important for normal energy production

Bladderwrack contains iodine, and so it may be a suitable source of dietary iodine.<sup>1</sup> Iodine is essential for the production of thyroid hormones and the normal functioning of the thyroid gland. The body cannot store iodine, so it must be taken regularly either in foods such as fish or as a dietary supplement to support thyroid hormone production. The thyroid gland removes iodine from the blood and attaches it to certain proteins to form the thyroid hormones (known as T<sub>3</sub> and T<sub>4</sub>). Thyroid hormones can enter body cells directly causing an increase in the metabolic rate. A normal thyroid gland and healthy levels of thyroid hormones help the body to have a healthy weight, healthy energy levels and help to maintain normal blood pressure within a normal range. Too little of these thyroid hormones could change these body functions.\*

### Assists the body adapt to physically and mentally challenging circumstances

Bacopa and Ashwaganda have been used in the traditional medicine of India.\*

Bacopa is known in India as Brahmi – the mythical ‘creator’ in the Hindu tradition. Because the brain is the center for creative activity, any substance that assists the health of the brain is called Brahmi. Bacopa may assist the body to adapt to mentally challenging circumstances. It may do this by helping the thinking processes.<sup>2\*</sup>

Ashwaganda may help the body to adapt to physically challenging circumstances. It may do this by working as a tonic to benefit the entire body.<sup>3,4\*</sup>

### Why use top quality Bacopa?

Constituents thought to play an important part in the action of Bacopa on the healthy brain are the saponins known as bacosides.<sup>2\*</sup> Bacopa products are analyzed for these constituents and because of their chemical structure should be reported as “bacosides as bacoside A”.\*

### Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	3	
Calcium	52 mg	4%
Iodine	600 mcg	400%
Bladderwrack whole plant 3.5:1 extract from <i>Fucus vesiculosus</i> whole plant 1.05 g Containing iodine 600 mcg	300 mg	†
Withania (Ashwaganda) root 5:1 extract from <i>Withania somnifera</i> root 600 mg	120 mg	†
Bacopa herb 50:1 extract from <i>Bacopa monnieri</i> herb 2.5 g Containing bacosides as bacoside A 25 mg	50 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, sodium starch glycolate, hypromellose, silica and magnesium stearate.

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in hyperthyroidism and related cardiac problems.

Product No M1435      Content 40 Tablets



Thyroid Complex M1435



Associate Professor Kerry Bone  
 MediHerb Co-Founder and  
 Director of Research and Development

### A Phytotherapist’s Passion

“Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## What Makes Thyroid Complex Unique

Thyroid Complex is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (iodine, bacosides)
- MediHerb tests the quantity of bacosides (calculated as bacoside A) in Bacopa raw material

### Unique Manufacture & Analytical Testing

#### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

#### References

<sup>1</sup> Moro CO, Basile G. *Fitoterapia* 2000; **71**(Supp 1): S73-S82

<sup>2</sup> Russo A, Borrelli F. *Phytomedicine* 2005; **12**(4): 305-317

<sup>3</sup> Kapoor LD. *CRC Handbook of Ayurvedic Medicinal Plants*. CRC Press, Boca Raton, 1990.

<sup>4</sup> Roy AS, Acharya SB, De AK et al. *International Seminar - Traditional Medicine*, Calcutta, Nov 7-9, 1992: p 161.



### Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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