

Where Science and Nature Come Together.®

FOODSCIENCE® of Vermont

Thyroid Basics™

- **Thyroid Basics™** is a dietary supplement to support thyroid function and health.*
- **Thyroid Basics™** is a vegetarian blend of Tyrosine with herbal extracts, vitamins and minerals, not found in other supplements, and includes patented ForsLean® Coleus Foscokhli to support the maintenance and proper function of a healthy thyroid.*

Thyroid Basics™ supports:

- Appetite and weight management*
- Energy*
- Mood*
- Production of thyroid hormones T3 (Triiodothyronine) and T4 (Thyroxine)*

Appetite and Weight Management:

- **Chromium** helps regulate blood sugar levels, helps the body stay in a fat burning mode, helps control appetite and cravings, supports weight management and helps to preserve lean tissue.*
- **ForsLean® Coleus Foscokhli** supports lean body mass through ergogenic activity.* It stimulates AMP (adenosine monophosphate), which then stimulates metabolism for greater fat burning.*

Energy:

- **Folic Acid** is needed for the manufacture of red blood cells. Fatigue is associated with a folic acid deficiency.*

Mood balance:

- **Tyrosine** supports mood as it is required for the production of dopamine, norepinephrine and epinephrine which are responsible for regulating mood.* It also helps to reduce appetite.*
- **Bacopa Monnieri** is an Ayurvedic herb that has been used to increase focus and concentration.*

Thyroid gland and hormone production:

- **B Vitamins** such as B2 is needed for metabolism and thyroid function. A lack of B2 can contribute to low thyroid function.* Vitamin B6 helps to regulate the production of thyroid hormones. It also supports the utilization of iodine required for the production of hormones.*
- **Bacopa Mannieri** has been shown to support the thyroid's production of T4.*
- **Copper** plays an important role in thyroid metabolism, especially in hormone production and absorption.*
- **ForsLean® brand Coleus Foscokhli** is a perennial plant from the mint family. It contains an active compound called forskolin, which has been shown to mimic the effect of TSH (Thyroid Stimulating Hormone) with regard to iodine uptake.*

- **Guggelsterones** (extracts from the Indian herb Commiphora) have been shown to support the concentration of thyroid hormones in the blood especially the ratio of the active T3 to T4 in the blood.*
- **Iodine** is required for the production of thyroid hormones. It is a component of the thyroid hormones T3 (triiodothyronine) and T4 (thyroxin), and is therefore essential for normal thyroid function.*
- **Manganese** deficiency can reduce thyroid activity. Manganese is required for T4 production.
- **Selenium** is required for thyroid hormone production, activation and metabolism. It is an essential component of an enzyme that converts T4 to T3.*
- **Tyrosine** is required for the synthesis of thyroid hormones. A deficiency has been associated with low thyroid function.*
- **Zinc** is involved in the process that converts inactive T4 into active T3.

Supplement Facts

Serving Size: 2 Capsules

Amount Per Serving

Vitamin B2 (Riboflavin 5-Phosphate)	5 mg
Vitamin B6 (Pyridoxal 5-Phosphate)	25 mg
Folic Acid	500 mcg
Iodine (Potassium Iodide)	225 mcg
Zinc (Zn Glycinate)	10 mg
Selenium (Selenomethionine)	50 mcg
Copper (Cu Glycinate)	500 mcg
Manganese (Mn Glycinate)	5 mg
Chromium (Chromemate® Cr Polynicotinate)	50 mcg
L-Tyrosine	500 mg
Bacopa Monnieri (20%) Extract	200 mg
Commiphora Mukul Extract	100 mg
Coleus Foscokhli (ForsLean® Brand) Extract yielding Forskolin	100 mg 10 mg

Other ingredients: vegetable cellulose (capsule), rice flour, vegetable stearate.

Warning: Do not use if you have an over-active thyroid, bleeding disorders, cardiovascular disease or hormone sensitive conditions; or if you are on blood-thinners, calcium channel blockers, nitrates, cytochrome P450 drugs, statin drugs, or hormone replacement therapy. If pregnant or nursing, consult with your health care professional before taking this product.

ForsLean® is a Registered Trademark and Patented Product of Sabinsa Corporation.

- **Suggested use:** As a dietary supplement, take 2 capsules with food, twice daily until results occur, then take 2 capsules daily with food.

Sold Exclusively Through Retailers.

0300840.120 (120 Capsules)

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Copyright© 2009 by FoodScience® of Vermont. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.

1-800-874-9444 • www.foodscienceofvermont.com