

**DIRECTIONS:** Take one (1) capsule daily, preferably on an empty stomach.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical or thyroid condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*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.

**TO REORDER ITEM # 30496**  
**www.puritan.com**  
**1-800-645-1030**

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**PURITAN'S PRIDE, INC.**  
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Puritan's Pride

# Thyroid ACTION

Supports  
Thyroid Health\*

75 DIETARY SUPPLEMENT  
RAPID RELEASE CAPSULES

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Thiamin (as Thiamin Mononitrate)	25 mg	2,083%
Riboflavin (Vitamin B-2)	25 mg	1,923%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg	1,471%
Folate	41.66 mcg DFE (25 mcg folic acid)	10%
Calcium (as Dicalcium Phosphate)	52 mg	4%
Phosphorus (as Dicalcium Phosphate)	40 mg	3%
Iodine (as Potassium Iodide)	150 mcg	100%
Zinc (as Zinc Oxide)	15 mg	136%
Selenium (as Sodium Selenate)	50 mcg	91%
L-Tyrosine	150 mg	**
Flax ( <i>Linum usitatissimum</i> ) (seed)	50 mg	**
Ashwagandha Extract ( <i>Withania somnifera</i> ) (root) (Standardized to contain 1.5% Withanolides, 0.37 mg)	25 mg	**

\*\*Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate.