

**Suggested Usage:** Take 2 capsules daily, preferably in divided doses with food.

NOW® Thyroid Energy™ is a complete nutritional supplement for the support of a healthy thyroid gland.\* NOW has combined iodine and tyrosine, the two constituents necessary for the synthesis of thyroid secretions.\* The minerals selenium, zinc and copper have been added as cofactors needed for normal thyroid function.\* In addition, NOW® Thyroid Energy™ has the ayurvedic herbal extract ashwagandha to complement its nutritional support components.\*

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

**Caution:** For adults only. Not recommended for pregnant/nursing women. Consult physician if taking medication (especially taking thyroid, mood-altering, and central nervous system depressing medications), or have a medical condition (especially diagnosed thyroid conditions or ulcers). May cause mild transient GI upset. Discontinue use if GI symptoms persist. Discontinue use if rash/itching occurs. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

L-OptiZinc® is a Lonza trademark.

CAPSULE SIZE

CODE 3368D V15



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# Thyroid Energy™

Thyroid Support\*

- Supports Healthy Thyroid Function\*
- Supports Healthy Metabolism\*



90 Veg Capsules

A Dietary Supplement



General Health

Family owned since 1968.

## Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 45

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	2 mg	118%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Methylcobalamin)	60 mcg	2500%
Iodine (from Potassium Iodide)	225 mcg	150%
Zinc (from L-OptiZinc® - Zinc L-Methionine Complex)	25 mg	227%
Selenium (from L-Selenomethionine)	50 mcg	91%
Copper (from Copper Amino Acid Chelate)	1 mg	111%
L-Tyrosine (Free-Form)	1 g (1,000 mg)	†
Ashwagandha ( <i>Withania somnifera</i> ) (Root and Leaf) Standardized Extract (min. 2.5% Withanolides)	125 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Stearic Acid (vegetable source) and Silicon Dioxide.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.