

**SUGGESTED USE:** As a dietary supplement, take two (2) capsules twice daily. For best results, take capsules in the morning and the afternoon with 8oz. of water.

**CAUTION:**


Do not exceed recommended dose.  
Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

**KEEP OUT OF THE REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.**

**STORE IN A COOL, DRY PLACE.**

Distributed by:  
Herbs SRA  
Houston, TX, 77083-4865

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



# ThyroidHelp

Dietary Supplement

Supports Healthy Thyroid  
Balance & Function\*\*

120 Vegetarian Capsules

## Supplement Facts

Serving Size: 2 capsules (400mg)

Serving per container: 60

	Amount Per Serving	% DV
Bladderwrack ( <i>Fucus vesiculosus</i> )	80mg	160%
L-Tyrosine ( <i>Free-Form</i> )	56mg	112%
Vitamin C ( <i>as Ascorbic Acid</i> )	52mg	104%
Ashwagandha Extract (5:1) ( <i>Withania somnifera</i> )	40mg	80%
Magnesium ( <i>as Magnesium Citrate</i> )	40mg	80%
Manganese ( <i>as Manganese Gluconate</i> )	40mg	80%
Vitamin B12 ( <i>as Methylcobalamin</i> )	24mg	480%
Zinc ( <i>as Zinc Citrate</i> )	18mg	360%
Vitamin D3 ( <i>as D-Cholecalciferol</i> )	4mg	80%
Copper ( <i>as Copper Gluconate</i> )	3.2mg	64%
Potassium ( <i>as Potassium Iodide</i> )	2mg	40%
Selenium ( <i>as Selenomethionine</i> )	0.8mg	16%
Chromium ( <i>as Chromium Picolinate</i> )		

\*Percent Daily Values are based on a 2,000-calorie diet.

†Daily Value (DV) Not Established.

Other Ingredients: Vegetable Cellulose Capsule.