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Suggested Usage: As a dietary supplement, adults may take **2 capsules each day with food** for 1 to 2 weeks or as directed by your healthcare professional.

The dose may then be increased to **4 capsules each day with food** for 2 to 4 months or as directed by your healthcare professional.

After 2 to 4 months dosage may be lowered back down to **2 capsules each day with food** and may continue on that dosage as needed or as directed by your healthcare professional.

WARNING: If you are pregnant or nursing, or if you are taking prescription medications, consult your healthcare professional before using this supplement.

This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, sodium, sugar, starch, artificial coloring, artificial preservatives or genetically modified organisms (GMOs).

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Manufactured for:
Douglas Laboratories
600 Boyce Road • Pittsburgh, PA 15205 USA
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Formula #201381

ThyroMend™

Hormone Specific™ Formulation

A Dietary Supplement



120 Vegetarian Capsules

Supplement Facts

Serving Size	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container	60	30

Amount Per Serving	%DV	%DV
Iodine..... 200 mcg (from seaweed blend)	133%	400 mcg 267%

Proprietary Blend..... 1,300 mg	*	2,600 mg *
Seaweed Blend (<i>Ascophyllum nodosum</i> & <i>Fucus vesiculosus</i> , entire plant), Standardized Guggulipid (<i>Commiphora mukul</i> , gum resin, 2.5% guggulsterones), Standardized Bacopa (<i>Bacopa monnieri</i> , aerial parts, 20% bacosides), Standardized Ashwagandha (<i>Withania somnifera</i> , root, 1.5% withanolides & 1% alkaloids), Standardized Hops (<i>Humulus lupulus</i> aerial parts, 5% alpha bitter acid), <i>Coleus forskohlii</i> (root, standardized to 10% forskolin), Sage (<i>Salvia officinalis</i> , leaf), & Standardized Rosemary extract (<i>Rosmarinus officinalis</i> , aerial parts, 6% carnosic acid)		

*Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica.