

**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 extracts from Guggul and 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, or have a medical condition including known ulcer. May cause mild transient GI upset. Discontinue use if GI symptoms persist. Individuals with thyroid disorders or those taking warfarin, thyroid medications, L-dopa, SNRIs, MAO inhibitors, or other mood altering medications should seek the advice of a physician before consuming this product. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

L-OptiZinc® is a registered trademark of InterHealth Corp.

CAPSULE SIZE

CODE 3368Z V10



# 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<br>Per Serving               | % Daily<br>Value |
|---------------------------------------------------------------------------------------------------|-------------------------------------|------------------|
| Vitamin B-6 (from Pyridoxine HCl)                                                                 | 2 mg                                | 118%             |
| Folate                                                                                            | 667 mcg DFE<br>(400 mcg folic acid) | 167%             |
| 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)                      | †                |
| Guggul ( <i>Commiphora mukul</i> ) (Gum Resin)<br>Standardized Extract (min. 2.5% Guggulsterones) | 75 mg                               | †                |
| Ashwagandha ( <i>Withania somnifera</i> ) (Root)<br>Standardized Extract (min. 2.5% Withanolides) | 50 mg                               | †                |

† Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder, Magnesium Stearate (vegetable source) and Silica.

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

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

