

## SCIENTIFIC UPDATE

-- Dr. James Meschino, D.C., M.S.

### Introducing Thyro Support Formula

We are pleased to announce the addition of *Thyro Support Formula* to our list of professional supplement products. *Thyro Support Formula* is a proven formulation that has helped thousands of women (as well as men) conquer symptoms related to sub-clinical hypothyroid problems. Developed by a noted medical researcher, we are honored to have been granted the licencing rights to distribute this highly effective nutritional supplement to healthcare professionals throughout North America.

#### Sub-Clinical Hypothyroid Function: A Common Finding In Clinical Practice

As most practitioners know it is not uncommon for middle-aged patients (especially women) to suspect that they have an under active thyroid, based upon symptoms of fatigue, difficulty in losing weight, cold hands and feet, skin texture changes, lowered resistance to infection, etc. Yet, upon medical testing, blood tests often indicate that the patient's TSH (thyroid stimulating hormone), T3 and T4 tests are within the accepted normal range. However, many medical doctors, who are members of the Life Extension Foundation and the American Board of Anti-Aging Medicine, maintain that the accepted ranges of TSH, as well as free and total T3 and T4, do not represent optimal levels of these hormones. As such, many middle-age adults are walking around suffering from symptoms of sub-optimal thyroid function and are not being managed properly for this condition. (More details on this subject can be found in the book, *The Life Extension Revolution* by Dr. Phillip Lee Miller, founder and medical director of the Los Gatos Longevity Institute, a diplomat of the American Board of Anti-Aging Medicine and a member of the advisory board of the Life Extension Foundation).

As many anti-aging experts suggest, while thyroid disease is rare, thyroid dysfunction is very common as we age. With aging, thyroid function gradually slows down leading to a host of symptoms. The American Association of Clinical Endocrinologists estimates that one out of every five women and one out of every ten men over the age of 60 suffer from an under active thyroid gland. Anti-aging experts suggest that the number of people with sub-optimal thyroid function is much higher than this. They note that many individuals first begin to experience sluggish thyroid function at age 35-40.

#### Natural Management of Thyroid Dysfunction

When medical testing suggests that the patient is not a candidate for the drugs Synthroid or Levoxyl (thyroid hormone replacement), according to the accepted normal ranges for TSH, T4 and T3, yet the patient is expressing symptoms of sluggish thyroid function, they are suitable candidates for supplementation with *Thyro Support Formula*.

This product has been shown to reverse symptoms of sub-clinical hypothyroid function in patients experiencing symptoms of sluggish thyroid function, but who are not candidates for the prescription drug Synthroid (or other versions of thyroxine hormone), according to the standards of current day medical screening.

*Thyro Support Formula* is effective in these cases because it contains two natural herbal agents that are proven to boost the output of thyroid hormone (*Withania Somnifera*) from the thyroid gland and to hasten the conversion (*Commiphora mukul*) of T4 to T3. This is a very important mechanism as most of the thyroxine produced by the thyroid gland is in the form of T4 (it is called T4 because each molecule of hormone contains four atoms of iodine). Before T4 can be used in tissues however, it has to be converted to the T3 version of the hormone. Thus, T3 is the most active form of thyroxine hormone. In some cases of thyroid dysfunction, the body appears to be ineffective at converting T4 to T3. *Thyro Support Formula* helps the body overcome this impediment.

*Thyro Support Formula* also contains generous amounts of the amino acid tyrosine, which is the primary building block for thyroxine hormone synthesis, as well as other nutrients that act as coenzymes in the biochemical pathways that convert tyrosine to thyroxine.

As such, *Thyro Support Formula* has been used by thousands of individuals world-wide as a means to boost thyroid function when sub-clinical hypothyroid dysfunction is suspected. The daily dosage in these cases is 1-2 capsules, twice daily with meals.

| <b>ADĒEVA Thyro Support Formula</b>  | <b>2 Capsules Contain:</b> |
|--|----------------------------|
| L- Tyrosine  | 500 mg                     |
| Ashwaghandha ( <i>Withania somnifera</i> ) Extract (standardized to 1.5% withanolides) | 150 mg                     |
| Guggul ( <i>Commiphora mukul</i> ) Extract   | 100 mg                     |
| Pantothenic acid (calcium pantothenate)  | 100 mg                     |
| Copper (copper gluconate)  | 500 mcg                    |
| Manganese (manganese citrate)  | 500 mcg                    |
| Iodine (Potassium iodide)  | 100 mcg                    |

#### Selected References:

1. Panda S, Kar A. *Withania somnifera* and *Bauhinia purpurea* in the regulation of circulating thyroid hormone concentrations in female mice. *J Ethnopharmacol* 1999;67(2):233-9.
2. Panda S, Kar A. Changes in thyroid hormone concentrations after administration of ashwagandha root extract to adult male mice. *J Pharm Pharmacol* 1998;50(9):1065-8.
3. Panda S, Kar A. Guggulu (*Commiphora mukul*) induces triiodothyronine production: possible involvement of lipid peroxidation. *Life Sci* 1999;65(12):PL137-41.
4. Tripathi YB, Malhotra OP, Tripathi SN. Thyroid stimulating action of Z-guggulsterone obtained from *Commiphora mukul*. *Planta Med* 1984;(1):78-80.