



Women's Health Library

Thyroid Support



Dr. Patricia Beckstead
Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on our store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Tired all the time? It could be your thyroid. Find out how to stay Energized.

Many of us suffer from that mid-afternoon slump. But what if that grogginess lasts for the majority of the day? It's estimated 12% of Americans have a thyroid disorder, and over half of the cases have not been diagnosed.

There are 2 forms of thyroid dysfunctions: Hyperthyroidism and Hypothyroidism. The most common form, hypothyroidism, may cause symptoms such as extreme fatigue, depression, memory problems, hair loss, weight gain, mood swings, dry skin, and intolerance to cold temperatures. Hypothyroidism is a condition where the thyroid gland (in the neck area) doesn't appropriately produce thyroid hormone.

Thyroid hormone is important because it regulates many body functions such as metabolism, heart rate, respiration and reproduction. Even more worrisome, cholesterol levels become elevated in those with the condition, since the liver isn't able to clear cholesterol from the blood without adequate thyroid hormone.

Women tend to be more affected by the disorder than men, and the incidence of hypothyroidism increases with age. The good news is, diagnosing the disease is fairly easy. A blood test called "TSH" detects your level of circulating thyroid hormone. An unusually high level indicates hypothyroidism, while an abnormally low value indicates hyperthyroidism.

To maintain thyroid health, experts recommend those with hypothyroidism ensure an adequate supply of nutrients known to play a role in thyroid function:

Vitamin C: Boosts thyroid gland function – [Bio C Complete](#)

Iodine: Essential component of thyroid hormone – [Ultimate One](#)

Riboflavin: Needed for synthesis of thyroid hormone – [Ultimate One](#)

Niacin: Involved in synthesis of thyroid hormone – [Ultimate One](#), [Niacin Hex](#)

Zinc: Helps support thyroid function; works with vitamin E and beta carotene to synthesize thyroid hormone – [Ultimate One](#), [Liquid Cal-Mag-Zinc](#)

Vitamin B6: Involved in synthesis of thyroid hormone – [Ultimate One](#), [Supreme Stress B](#)