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Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Thyroid Formula Pro, 60 capsules

Product number: VS4256



Price

€27.22

~~€34.95~~ (22.12% saved)

previously €28.00

Prices incl. VAT plus shipping costs

Description

Vitamins, herbs and minerals for the thyroid

Vitals Thyroid Formula Pro contains selenium, which contributes to the normal function of the thyroid by supporting the production of thyroid hormones. It also contains zinc, which supports the hormonal balance. It is known that dietary selenium intake has decreased over the past decades. And that despite selenium playing, among other things, an elemental role in the proper functioning of our thyroid. The thyroid has the highest selenium concentration in the human body, which is one of the reasons why an adequate supply of selenium must be

ensured. Our body cannot produce trace elements such as selenium itself. Thyroid Formula Pro also contains myo-inositol, vitamin A, a generous amount of plant-based vitamin D3 and a highly absorbable form of zinc that is bound to amino acids. Enhanced by a highly effective extract of the ashwagandha root marketed under the brand name KSM-66.

Thyroid

The thyroid is a small organ located at the front of the neck. Although the thyroid weighs only around 20 grams, it has a substantial influence on bodily functions. The thyroid produces thyroid hormones that are important, among other things, for metabolism, nutrient uptake and utilisation, and energy levels. Iodine, a trace element, is known to be part of thyroid hormones. Selenium also plays a significant role in thyroid function, an aspect that has received considerably less attention.

Selenium

Selenium is one of the essential trace elements. Selenium is found in animal and plant products in both organic forms (such as selenomethionine or selenocysteine) and inorganic forms (such as selenite or selenate). The organic forms are absorbed by the body 1.5 to 2 times better than the inorganic forms. In Europe, especially among vegetarians, selenium intake is often low. Plant foods such as vegetables and bread contain selenium, with the amount depending on the selenium concentration in the soil. Unfortunately, this value is comparatively low in European countries such as Germany and the Netherlands. Selenium is a component of the deiodinase enzymes that are directly involved in the synthesis of thyroid hormones. The antioxidant effect of selenium is also important. There are antioxidant enzymes that depend on selenium, such as selenoproteins like glutathione peroxidase (GPx). Free radicals are produced during the synthesis of thyroid hormones in the thyroid. GPx neutralises these and thus helps to maintain healthy thyroid tissue. Selenium also contributes to the normal functioning of the immune system.

Myo-Inositol

Inositols comprise nine related compounds found in the cells of plants and animals. Myo-inositol is the most common variant. Myo-inositol is a vitamin-like, water-soluble substance present in foods (such as fruit, vegetables, cereals, legumes, nuts, lecithin, dairy products, eggs, meat, fish and poultry) and is often classed with the B vitamins. Myo-inositol is not a vitamin, because the body (mainly the kidneys and the liver) can synthesise it from glucose. However, it may be sensible to take myo-inositol as a supplement when demand is increased.

Ashwagandha

The herb ashwagandha (Withania somnifera), which grows in India, South Asia, Central Asia and parts of Africa, is becoming increasingly important in Western countries. In Ayurvedic medicine, ashwagandha has been used for over 4,000 years in various forms such as tea, syrup, ointment, tincture or powder. One special feature of ashwagandha is its pronounced adaptogenic effect, which can help regulate and stabilise processes in the body and support homeostasis. It also promotes vitality and energy levels. The ashwagandha extract used by Vitals comes from the manufacturer Ixoreal and is marketed under the brand name KSM-66®. The development of this specialised extract was based on fourteen years of research. With ashwagandha it is important that the full spectrum of active substances from the root is extracted and not just the withanolides. The effect of the preparation ultimately depends on the synergy between the different components. KSM-66® is obtained with a specially developed extraction process that does not use toxic or environmentally harmful solvents. This yields a broad-spectrum extract that preserves the natural properties of the original plant. Because the ashwagandha leaf contains withaferin A, only the root is used. KSM-66® is not only the highest quality ashwagandha extract but also the most thoroughly researched and best scientifically documented worldwide.

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Vitamin A

In the body, vitamin A (retinol) is converted into its active form, retinoic acid. In this form it is involved in various biochemical and physiological processes within cells. Vitamin A is important for a well-functioning immune system. It helps to maintain the balance between T-helper 1 (Th1) and T-helper 2 (Th2) cells – which is crucial for a balanced immune response. Thyroid Formula Pro contains a safe amount of vitamin A and does not use beta-carotene (provitamin A). Therefore the body does not need to convert beta-carotene into vitamin A.

Vitamin D3V® (Vitamin D3)

Vitamin D is a vitamin that is not present in significant amounts in our diet but is predominantly synthesised by sunlight on the skin. This of course depends on sufficient sun exposure, which in countries such as the Netherlands or Germany is not guaranteed due to the different seasons. In addition, people are currently spending more time indoors. Vitamin D has an effect on immune modulation. It helps to keep the immune system in balance – neither overactive nor underactive. Vitamin D receptors are found on various cells that play a role in the immune system, such as T cells. Vitamin D helps the immune system in many ways. In terms of effectiveness, the form of vitamin D3 as a dietary supplement is clearly superior to vitamin D2. Thyroid Formula Pro uses a novel, plant-based form of vitamin D3 derived from algae (Vitamin D3V). As a supplement to the body's own vitamin D production from sun exposure and dietary intake, Thyroid Formula Pro provides a comprehensive dose of the vitamin.

Zinc (TRAACS)

Zinc helps to maintain a normal hormonal balance. It also has a positive effect on maintaining a normal, balanced immune system. Zinc also helps to protect cells from oxidative damage, among other things through its role in the antioxidant enzymes catalase and superoxide dismutase (SOD). Zinc cooperates with vitamin A by supporting its normal metabolism. In Thyroid Formula Pro, zinc is present as bisglycinate. Each mineral particle is powerfully bound to two (up to two) molecules of the amino acid glycine (chelated). The term amino acid chelate or amino acid-chelated mineral is the generic term for such a compound. The word “chelate” comes from the Greek and means “claw”. This type of compound was chosen because its bioavailability is particularly high. And Vitals uses only genuine amino acid chelates from Albion Minerals, identifiable by the TRAACS® brand, which stands for The Real Amino Acid Chelate System. This ensures that it is indeed a chelate and not merely a combination of a mineral substance and an amino acid, which some manufacturers incorrectly offer as an amino acid chelate.

Why no L-tyrosine and iodine?

No iodine was intentionally added to Thyroid Formula Pro. Iodine is a component of thyroid hormones and therefore plays a significant role in their production. So it would certainly be expected that iodine would be included in a thyroid formula. However, when supplementing with iodine, the dose must be watched carefully. It can quickly become too low or too high. It is far easier to offer tailored solutions based on an individual's iodine level by using a separate iodine supplement for this purpose. Vitals' range includes a certified organic iodine supplement based on bladderwrack: Vitals Organic Iodine. L-tyrosine is an amino acid that serves as a component of thyroid hormones. In this context, however, the effect of supplementation with L-tyrosine has not yet been sufficiently studied. In addition, taking L-tyrosine as a supplement is usually only sensible in high dosages. These would not fit in a single capsule. Therefore L-tyrosine is not included in Thyroid Formula Pro.

Nutritional properties

- Selenium supports the normal function of the thyroid.
- Selenium is essential for the production of thyroid hormones.
- Selenium and zinc have an antioxidant effect.
- Selenium and zinc contribute to the maintenance of healthy cells and tissue.

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- Selenium, zinc and vitamins A and D contribute to the normal functioning of the immune system.
- Zinc contributes to a normal hormonal balance.
- Zinc contributes to the normal metabolism of vitamin A.
- Vitamin A contributes to normal iron levels.

Nutrition declaration

Micronutrients	per daily serving 2 capsules
Vitamin A	400 µg (50 %*)
Vitamin D	50 µg (1000 %*)
Zinc	10 mg (100 %*)
Selenium	84 µg (153 %*)

*Reference value according to Regulation (EU) No. 1169/2011

Active ingredients

Active ingredients*	per daily serving 2 capsules
Myo-Inositol	600 mg
Ashwagandha extract (KSM-66®)**	600 mg
of which withanolides	30 mg

* No reference intake specified under the FIC ** KSM-66® is a registered trademark of Ixoreal Biomed Inc.

Ingredients

Ashwagandha extract (Withania somnifera, root [contains milk]), myo-inositol, rice flour (Oryza sativa), vegetarian capsule (Pullulan, from fermented cassava starch), minerals (zinc, selenium), anti-caking agents (calcium salts of fatty acids, silicon dioxide), vitamins (D3, A).

Recommended intake

Take 2 capsules per day with water between meals (at least half an hour before or two hours after eating).

Note

This supplement is not suitable for children up to and including 10 years of age.

With an increased need for iodine it may be necessary to combine this product with an iodine supplement such as Vitals Organic Iodine. Sometimes it may be advisable to start with one capsule per day for the first week or two and only then increase the dose to 2 capsules per day.

Suitable for vegetarians (not for vegans).

Storage instructions

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Store in a cool, dry, dark place (do not refrigerate).

Legal notice

The recommended daily intake must not be exceeded. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of small children.

Product information

Application:	Metabolism
Dosage form:	In vegan capsules.
Micronutrients:	Selenium, Vitamin A, Vitamin D, Zinc
Plants:	Ashwagandha
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegetarian
Allergens:	Milk
Product type:	Dietary supplements