



# Thyrocare® Active

Thyrocare® Active is a dietary supplement containing selenium that supports the normal function of your thyroid gland. Its carefully formulated combination of myo-inositol, L-tyrosine, ashwagandha, vitamins B6 and B12, and zinc brings together high-quality ingredients in a modern formula.

Vitamins B6 and B12 provide energy, reduce fatigue, and support your energy metabolism—for days when you're under extra pressure. Another highlight of the formula is Ashwagandha KSM-66®. This herbal adaptogen contributes to mental and physical well-being during times of increased stress. With vitamin D3 and zinc, you also get nutrients that contribute to the normal function of your immune system and effectively round out the formula.

And best of all: Thyrocare® Active is deliberately **free of iodine** to avoid an iodine surplus.

- Supports thyroid function: Selenium contributes to normal thyroid function.
- Support for energy metabolism: Vitamin B6 and vitamin B12 contribute to normal energy metabolism.
- Reduction of tiredness: Vitamin B6 and vitamin B12 help reduce tiredness and fatigue.
- Hormone regulation: Vitamin B6 contributes to the regulation of hormone activity.
- Support for the immune system: Vitamin D and zinc contribute to the normal function of the immune system.
- Cell protection: Zinc and selenium help protect cells from oxidative stress.

INGREDIENTS per daily dose	3 capsules	% NRV*
Beta-carotene	3.5 mg	-
<i>corresponds to vitamin A (µg RE)</i>	<i>583 µg</i>	<i>73</i>
Vitamin B6	1.4 mg	100
Folic acid (Quatrefolic®)	200 µg	100
Vitamin B12 (MHA-Formula)	100 µg	4000
Vitamin D3	50 µg	1000
Zinc	15 mg	150
Selenium	200 µg	364
Ashwagandha extract (KSM-66®)	300 mg	-
<i>thereof withanolides</i>	<i>15 mg</i>	<i>-</i>
L-tyrosin	500 mg	-
Myo-inositol	600 mg	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

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## INGREDIENTS

Myo-inositol, L-tyrosin, hydroxypropyl methyl cellulose (capsule shell), Ashwagandha root extract, bulking agent: powdered cellulose, selenium blend (L-selenomethionine, selenium-enriched yeast), zinc bisglycinate, cholecalciferol, beta-carotene, Vitamin B12 Blend (Methylcobalamin, Hydroxocobalamin, 5'-Desoxyadenosylcobalamin), pyridoxal 5'-phosphate, 5MTHF-glucosamine.

## RECOMMENDED DOSAGE

3 x 1 capsule daily taken at meal times with plenty of liquid.

## NOTE

Food supplements according to EU Directive 2002/46/EC

## IMPORTANT NOTICE

Suitable for adults only, except pregnant and breastfeeding women. Regular measurement of selenium blood levels is recommended during long-term use.

## PACKAGE SIZE AND CONTENT

90 capsules (1 month's supply), 60 g

Dietary supplement: Do not exceed the recommended daily intake. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store at room temperature, in a dry place away from light. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided does not constitute medical advice or an invitation to self-medicate. KSM-66® is a registered trademark of Ixoreal Biomed Inc. Quatrefolic® is a registered trademark of Gnosis S.p.A. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to printing and typesetting errors.



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