

# Thyrocare® Calm Thyroid Complex



Thyrocare® Calm supports normal thyroid function\* with selenium and contributes to normal nervous system and mental function\* with selected B vitamins and magnesium. The combination of acetyl-L-carnitine and selected plant substances such as lemon balm, valerian, and Rhodiola rosea complements the formula effectively: Rhodiola rosea helps the body adapt to emotional stress and physical exertion. Valerian extract supports inner calm in times of increased irritability. Turmeric extract rounds off the herbal formula. A balanced formula with nutrients for thyroid function, the nervous system, and inner balance.

- Supports normal thyroid function: with organically bound selenium\*
- Mental balance: B vitamins and magnesium support normal mental function\*
- Stress adaptation: with Rhodiola rosea extract\* (Rhodiolife®)
- Inner calm: with valerian extract\*
- Energy metabolism: with magnesium for balanced energy metabolism\*


#### Health claims:

- \*Selenium: Contributes to normal thyroid function and helps protect cells from oxidative stress.
- \*Magnesium: Supports normal nervous system and mental function, helps reduce tiredness and fatigue, and supports normal energy metabolism.
- \*Thiamine, vitamin B12, and vitamin B6: contribute to normal nervous system and psychological function and support normal energy metabolism.
- \*Rhodiola rosea helps the body adapt to emotional stress and physical exertion.
- \*Valerian extract supports inner calm in times of increased irritability.

INGREDIENTS per daily dose	3 capsules	% NRV*
Vitamin B6	5 mg	357
Thiamine (vitamin B1)	1.1 mg	100
Vitamin B12 (MHA-Formula)	100 µg	4000
Magnesium	57 mg	15
Selenium	200 µg	364
botanical calm blend (lemon balm, valerian, rhodiola rosea)	500 mg	-
<i>contains valerian root extract</i>	200 mg	-
<i>containing: Valerenic acids</i>	0.6 mg	-
<i>contains Rhodiola rosea extract (Rhodiolife®)</i>	100 mg	-
<i>containing: rosavins</i>	3 mg	-
<i>containing: salidosides</i>	1 mg	-
Curcuma extract	160 mg	-
<i>containing: curcuminoids</i>	152 mg	-
Acetyl-L-carnitine	660 mg	-

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

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## INGREDIENTS

Acetyl-L-carnitine hydrochloride, magnesium bisglycinate, botanical calm blend (lemon balm extract, valerian root extract, rhodiola rosea extract), hydroxypropyl methyl cellulose (capsule shell), Curcuma longa extract, L-selenomethionine, bulking agent: powdered cellulose, pyridoxal 5'-phosphate, Vitamin B12 Blend (Methylcobalamin, Hydroxocobalamin, 5'-Desoxyadenosylcobalamin), thiamine mononitrate.

## RECOMMENDED DOSAGE

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

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## IMPORTANT NOTICE

Suitable for adults only, except pregnant and breastfeeding women.

## PACKAGE SIZE AND CONTENT

90 capsules, 66 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. 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. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Rhodiolife® is a trademark of Nektium. Subject to printing and typesetting errors.



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