

# Iodine Synergy™

Supports Thyroid Function\*



ENDOCRINE/METABOLISM\*



Iodine Synergy™ contains potassium iodide for supporting normal thyroid function, including balanced production of the thyroid hormones, thyroxine (T4) and triiodothyronine (T3).\* Potassium iodide is a weak salt and easily splits apart in the gut, leaving free iodide ions to join together forming iodine. The selenium in this product works synergistically with iodine to support the normal conversion of T4 into T3, which helps support antioxidant status.\*

Iodine is part of the structure of thyroid hormones, making this trace element essential for thyroid hormone synthesis. Thyroid hormones regulate key aspects of biological function, including metabolism and normal growth and development. Some adaptation can occur to make up for iodine insufficiency and deficiency, but maintaining healthy levels over time is important in supporting long-term thyroid health.\*

Selenium is a required mineral for proper functioning of the enzymes that are involved in the conversion of T4 into the active thyroid hormone, T3. Selenium deficiency may reduce iodine metabolism and thyroid hormone synthesis. A balance between selenium and iodine is required, with excess selenium potentially exacerbating iodine deficiency.

Iodine and selenium also support immune function and antioxidant status.\* Some environmental pollutants such as fluoride, bromine, and perchlorate may compete with iodine uptake, potentially requiring additional intake to compensate. Heavy metals, such as mercury and cadmium, may impact selenium requirements.

## Benefits\*

- Supports thyroid function
- Supports thyroid hormone synthesis
- Supports normal conversion of T4 to T3
- Supports antioxidant status

## Recommended Use

Take 1 capsule per day or as directed by your health-care practitioner.

Do not exceed the recommended intake or use long term without medical supervision. This product is not recommended for pregnant or lactating women.

## Highlights

- 10,000 mcg of iodine (as potassium iodide) per serving to support thyroid hormone synthesis and thyroid function\*
- 40 mcg of selenium (as selenomethionine) per serving to support antioxidant status and normal conversion of T4 to T3\*

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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