Thyroid Activator
Nutritional Support for a Healthy Thyroid Gland

Thyroid Activator was designed to nourish and support normal thyroid function. The thyroid gland produces hormones that increase energy, burn fat and regulate metabolism. Low thyroid function can result in dry skin, fatigue, weight gain, low blood pressure, feeling cold and/or sluggish, puffiness in the face and around the eyes, hair loss, and edema.

This formula contains three iodine-rich herbs, since iodine is an essential mineral for proper thyroid function. It also supplies other trace minerals such as iron, magnesium, potassium, selenium and zinc. Besides aiding thyroid function, the blend has a mild diuretic action and some immune-enhancing activity.

In addition to being a useful aid to thyroid function, Thyroid Activator can be used to increase energy, reduce allergic reactions, strengthen the immune system, improve skin tone and aid in weight loss. Here is what each of the ingredients in this blend does.

Irish Moss
This seaweed is a good source of iodine, as well as other trace minerals. Its mucilaginous compounds aid the intestinal tract and promote detoxification. It has been used to treat swollen lymph nodes, skin conditions, thyroid problems and to aid in weight loss programs.

Kelp Plant
Another seaweed, kelp, is also a good source of iodine and many other nutrients. Studies indicate that the Japanese dietary intake of kelp is significantly responsible for Japan’s lower rates of breast cancer, obesity, heart disease, respiratory disease, arthritis, high blood pressure and thyroid disease. Kelp can also help improve hair, skin and nails, as well as promoting energy and encouraging weight loss.

Parsley Herb
The leaves of the parsley plant are a naturally rich source of many minerals, vitamins and iron. Parsley is particularly high in potassium, which helps regulate the fluids of the body. It is also a mild diuretic, so it helps to eliminate fluid retention, a problem which can be associated with low thyroid.

Watercress Herb
Watercress is a rich source of vitamin C and sulphur compounds which aid in liver detoxification. Watercress aids liver function, and the liver is vital to converting the inactive form of the thyroid hormone T4 to the active T3 form. Watercress is also good for the immune system.

Black Walnut Hulls
The hulls of the black walnut tree are one of the few land plants that are rich in iodine. The hull is very beneficial for the immune system and has been used to help fight infections and eliminate parasites. Like iodine itself, black walnut hulls are a good antiseptic.

Sarsaparilla Root
Native to the southern Pacific coast, Sarsaparilla was used by ancient Greeks and Romans as an antidote to poisons. It also benefits the liver, acting as an alterative or blood purifier, and has been used to treat skin conditions. It also has hormonal properties that help to increase metabolic function.

Suggested Use
Take two capsules with meals three times daily. For serious problems, larger doses (3-4) capsules can be taken three times daily.

Selected References
Herbal Tonic Therapies by Daniel B. Mowrey
Nutritional Herbology by Mark Pederson

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