

Thyroid and Adrenal Health

THYROID SUPPORT			
Product	Brand	Description	Recommended Dose
Hpo-gen	Genestra brands	Symbiotic phytoembryotherapy combination of Almond, White Birch and Servicetree fresh bud extracts to support and underactive thyroid	Adults and children (over 12 years)” take 10 drops once daily sublingually, 15 mins AWAY from food
Thyro-set (Canadian Customers)	Douglas Laboratories	Combines iodine and selenium to help maintain normal function of the thyroid gland, along with ashwagandha and forskohlii root extracts, important herbs used for centuries in traditional Ayurvedic medicine.	Adults: Take 2 capsules daily with food a few hours away from taking other medications or natural health products.
ThyroMend (U.S. Customers)	Douglas Laboratories	ThyroMend™ is a Hormone Specific™ Formulation of iodine containing Seaweeds and herbs (Bacopa, Sage, Rosemary) that support thyroid function. This formulation is designed to maintain the health of thyroid hormone producing tissues and support the healthy function of tissues that respond to thyroid hormones.	Follow package directions
CurcumaSorb	Pure Encapsulations	A highly absorbable form of Curcumin to help reduce inflammation which can trigger thyroid and adrenal imbalances.	Adults: take 2 capsules 2x/day with food

ADRENAL SUPPORT			
Product	Brand	Description	Recommended Dose
Adreno Restore	Genestra brands	Restorative combination of vitamins, minerals and herbal extracts helping to temporarily relieve symptoms of stress such as mental fatigue and sensations of weakness, while supporting cognitive function such as mental focus and mental stamina.	Adults: Take 3 capsules daily with a meal, a few hours away from taking other medications of natural health products
TAD+	Genestra Brands	Vitamin-mineral supplement offering unique ingredients such as wild yam, licorice, and bovine adrenal and spleen, for immune function.	Adults: Take 1 tablet three times daily with meals, a few hours away from taking other medications.
Black current bud	Genestra Brands	Phytotherapy of fresh Black Currant bud extract to support adrenal function. It also acts as anti-inflammatory and can reduce symptoms of allergies.	Adults & children (over 12): Take 10 drops in the morning, sublingually, 15 minutes AWAY from food.
Astragalus Combination #1	Genestra Brands	A powerful blend of herbs such as Astragalus, Eleuthero, burdock, red clover and schisandra to help modulate the immune system and adrenal function to help balance cortisol.	Adults take 50 drops 3x/day in some water, with food.