



# Iodine and Tyrosine

## What Is It?

This formula combines the amino acid tyrosine and the trace mineral iodine for thyroid hormone synthesis and healthy metabolic function.\*

## Uses For Iodine and Tyrosine

**Thyroid Support:** Tyrosine plays an important role in the production of thyroid hormones. Studies show that tyrosine interacts with iodine to promote thyroid hormone formation.\*

## What Is The Source?

Iodine is derived from salt brine. I-Tyrosine is extracted from soybeans.

## Recommendations

Pure Encapsulations recommends 2 capsules daily, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Too much iodine can actually be contraindicated for healthy thyroid function. Iodine supplementation should be closely monitored by a health professional. In sensitive individuals, iodine has been reported to cause an acne-like rash.

## Are There Any Potential Drug Interactions?

Iodine is probably best avoided when taking Armour or Synthroid thyroid medications.

### Iodine and Tyrosine

#### each vegetable capsule contains



iodine (potassium iodide).....	225 mcg.
I-tyrosine (free-form).....	500 mg.
<b>2 capsules per day, in divided doses, with meals.</b>	

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

For educational purposes only. Consult your physician for any health problems.