



# Health Matters

by

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All of our metabolic processes are regulated by the thyroid gland, under the direction of our master gland, the pituitary. Low thyroid (hypothyroidism) can cause us to feel tired, gain weight, have dry skin or lose our hair. The thyroid gland absorbs iodine, combining it with the amino acid L-tyrosine, to produce thyroid hormone messengers T3 and T4. Released into the bloodstream, T3 and T4 are transported throughout the body to regulate energy levels, body weight, muscle strength, skin moisture and many other important body functions. Research has shown healthy thyroid function is essential for immune and cardiac health, as well. If you have symptoms of hypothyroidism, we suggest **Metabolic Advantage Thyroid Formula**, which provides the nutrients needed by the thyroid to make the vital thyroid hormones that support healthy metabolism, energy production and weight maintenance. As always, we guarantee your satisfaction.

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