

Are your patients  
**TIRED, STRESSED, OR FATIGUED?**<sup>\*†</sup>



**SUPPORT YOUR PATIENTS' DAILY ENERGY, HEALTHY METABOLISM, AND OPTIMAL HEALTH\***

With Professional **Adrenal and Thyroid Support** Formulas from EuroMedica<sup>®\*</sup>



## WHERE TO BEGIN? ADRENAL OR THYROID?

It can be difficult to know where to begin—adrenal or thyroid support? That's because either case may present similar aspects of occasional low energy, sluggishness, or irritability. A good point of practice is to support adrenal health first.\*

That's because if the adrenal glands require support, a focus on the thyroid instead may put the adrenal glands under additional pressure. Even in cases where thyroid support is the first option, and seems initially successful but then lags, go back to adrenal support. It may really be what's needed most.\*



### Adrenal & Thyroid Health: Small Systems with a Big Impact

The adrenal and thyroid glands are interconnected with the hypothalamus, pituitary, pancreatic, and reproductive systems, so they have a major impact on overall health.

That's why we showcase the formulas you'll find in this brochure. As part of an adrenal or thyroid support protocol, these supplements can support your patients in feeling energized, focused, and strong in the face of occasional stress or fatigue.\*

## Adrenal Support Requires the Right Nutrients: Addressing Occasional Stress, Daily Energy, & Emotional Resilience\*

According to the American Psychological Association, over 75 percent of Americans regularly experience psychological and physical effects of stress. So, it's no surprise that we demand much from our adrenal glands in everyday life. And because this creates such a push and pull to the way that adrenaline, cortisol, and other natural components work in the mind and body, daily support is important. For the best results, a regimen may include clinically studied botanicals, hormones, carefully selected glandular ingredients, amino acids, minerals, and critical nutrients.\*



### Adrenaplex® Supports Healthy Adrenal Gland Function and Manages Fatigue\*\*

Available in 60 and 120 count size

If your patients are looking for a healthy solution to occasional stress and fatigue, Adrenaplex can help.\*

The adrenal glands help fight against occasional stress and fatigue and are responsible for supporting the healthy balance of stress hormones like cortisol and adrenaline.\*\* The right nutrients can make a significant difference in the lives of your patients:\*

- Support healthy adrenaline and cortisol balance\*\*\*
- Complete complex to support a healthy response to occasional stress & fatigue\*
- Support energy and stamina\*
- Caffeine-free support for daily mind and body energy\*

### What Adrenaplex Offers Your Patients:

Adrenaplex features key nutrients essential for supporting healthy adrenal gland function,

including highly concentrated freeze-dried adrenal extract, L-tyrosine, licorice extract, vitamin C, and other important nutrients. These supportive ingredients for energy and stress resistance make Adrenaplex an excellent daily supplement to support the adrenal gland and support the body's response to stress.\*\*

• **Vitamin C** is a key nutrient for the adrenal glands. In fact, the adrenal glands are the only place in the body where vitamin C is stored in any serious quantity. During stressful events, they secrete this antioxidant vitamin which may act as protection against oxidative damage.\*

• **DHEA** is a hormone created in the adrenal glands. Supplementation with DHEA has been shown to support energy and vitality.\*

• **Pregnenolone** is a hormone produced by the adrenal glands. It has independent functionality and is a building block for other hormones such as DHEA.\*

• **L-tyrosine** is an amino acid that helps the body resist the negative effects of occasional stress.\* It is a required nutrient for producing epinephrine and norepinephrine.

• **Licorice** supports healthy adrenal hormone balance, making them more available to the body.\*\*

• **Vitamin B6** as pyridoxal-5-phosphate (P-5-P) is a bioavailable form of vitamin B6 that doesn't need to be converted by the body in order to be beneficial. Vitamin B6 plays a role in the formation of neurotransmitters, including serotonin and dopamine, which play a role in mood and emotion.\*

• **Adrenal extract** contains naturally occurring hormones and nutrients which can support human glandular function.\*

• **Pantothenic acid** plays an important role in supporting cellular energy production and metabolism of energy from fats.\*

• **Rehmannia root** contains a compound called catalpol which helps support healthy production of adrenal hormones. It has been noted to aid in regulating the activity of the adrenal cortex by supporting the function of the hypothalamus-pituitary-adrenal axis and the release of steroid hormones.\*



## Ashwagandha Complex

*Daily Stress Relief<sup>†</sup>, Maximize Energy, and Support Healthy Cortisol Levels<sup>\*\*^^</sup>*

Ashwagandha Complex is a potent herbal adaptogen formula that supports the body's physical and mental response to stress. It delivers a combination of clinically tested ashwagandha and rhodiola that can help support your patient's mental and physical resilience, giving them the extra charge they need to get through their day with ease.<sup>\*\*</sup> Each botanical in this professional formula is standardized for its key compounds to ensure potency and results. Together, they help:

- Maximize energy
- Relieve occasional stress
- Sharpen focus and concentration
- Promote healthy adrenal function
- Enhance physical performance
- Support healthy cortisol levels<sup>^^</sup>
- Promote muscle tone and strength<sup>\*</sup>

### Clinically Studied Botanicals:

• **Ashwagandha** has long been used in Ayurvedic practice to promote physical and mental health and rejuvenation. Clinical and scientific studies have found that ashwagandha supports resistance to occasional stress, increases antioxidant activity, supports healthy cortisol levels, and sharpens mental acuity in challenging environments.<sup>^^</sup> The ashwagandha in this formula is well-established in clinical research and standardized to deliver the withanolide compounds most associated with energizing benefits.<sup>\*</sup>

• **Rhodiola** is a well-known botanical for practitioners in far northern Europe and Asia. Over the decades researchers have found that rosavins and salidroside are compounds from the herb most associated with reducing acute stress. In clinical tests of people in stressful occupations or performing

## Supporting Balance with Adaptogens<sup>^^</sup>

Adaptogens like ashwagandha (*Withania somnifera*) and rhodiola (*Rhodiola rosea*) have centuries of use in traditional practice, and are consistently a focus in leading research today. And no wonder: these two botanicals alone have been shown to support mental alertness, physical stamina and muscle recovery, and daily energy—just to name a few of their abilities.<sup>\*</sup>

For patients who struggle with occasional fatigue, adaptogens may be exactly the right choice. For those who require a more balanced sense of calm, these *same* adaptogens are excellent recommendations. How can that be? The answer lies in the botanical compounds' very nature.<sup>\*</sup>

As plant components, adaptogens help their host plants survive difficult growing conditions; drought or rain, cold or heat, they keep the growth and well-being of the plant in a state of balance. In short, they help it adapt.

If your patients feel tired, adaptogens can help them feel energized. If they feel wired, they help relieve stress.<sup>†</sup> If your patients feel unfocused or sluggish, adaptogens can help support concentration and stamina.<sup>\*</sup>

While traditional practitioners noted those effects, leading researchers have found that specific compounds, including *withanolides*, *salidroside*, and *rosavins* help humans, too. They have adaptable functions in the mind, muscles, nerves, and throughout the body, helpfully assisting during times of occasional stress that can pull us in so many different directions.<sup>\*</sup>

strenuous tasks, rhodiola has been shown to support energy, reduce occasional fatigue, and support concentration, focus, and mental clarity.<sup>\*</sup>

## Thyroid Support Made Simple:<sup>\*</sup>

### The Right Nutrients = The Best Results

The chief function of the thyroid is to produce the hormone called thyroxine (T4), which is then subsequently converted into triiodothyronine (T3) in various parts of the body as needed for healthy metabolism, mental focus, and daily energy. But this process must be properly balanced. That's why the right nutrients for thyroid support—delivered in Thyroid Care<sup>™</sup> and Tri-Iodine<sup>®</sup>—are so critical. Each professional formula can help build a daily protocol to support your patients' thyroid health and overall well-being.<sup>\*</sup>



## Thyroid Care<sup>™\*</sup>

*Iodine and L-tyrosine to Support Thyroid, Immune, and Complete Metabolic Function<sup>\*</sup>*

The ability of the thyroid to function effectively depends on many factors: age, the environment, and family history, just to name a few. For many of your patients, the nutrients in Thyroid Care can make a dramatic difference, supporting thyroid function and healthy production of hormones for optimal health.<sup>\*</sup>

Professional level support for:

- Healthy thyroid hormone balance<sup>^^</sup>
- Daily energy
- Mental focus
- Healthy metabolism
- Immune health
- Healthy weight management<sup>\*\*\*</sup>

## Essentials for Thyroid Support\*

It is impossible to have a well-functioning thyroid without sufficient quantities of tyrosine and iodine, either in the diet, or through supplementation.\*

- **Iodine** in three forms, including potassium iodide, sodium iodide, and molecular iodine for thyroid hormone synthesis, which in turn supports a healthy metabolism, daily energy, and mental focus.\*

- **L-tyrosine**, also known as tyrosine, is an amino acid found in legumes and many protein-rich foods. It is a must for producing thyroid hormones, and that's why your patients may need it in supplemental form—especially if their diet is a bit shy of food sources. It is required to produce the thyroid hormone thyroxine, and supports mental and emotional well-being and daily energy.\*



## Tri-Iodine®

*Supports Healthy Thyroid Function, Cellular Defense\*, and Hormone Balance\*\**

This mineral is required throughout the body, especially in the thyroid gland, but it is also critical for breast, ovarian, uterine, and prostate health.\* But even though optimal levels of iodine are imperative to many systems in the body, your patients may not be getting the amount they need through diet alone.

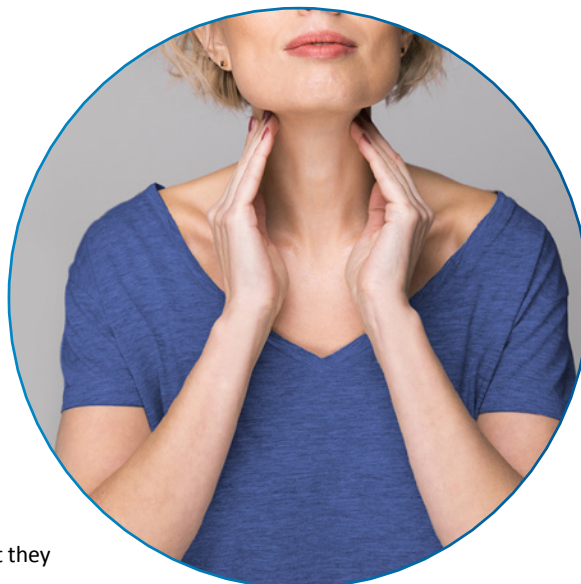
Supplemental iodine can fill that gap and support:

- Healthy thyroid hormone balance and function\*\*
- Breast and prostate health
- Mental well-being and focus
- Immune health
- Ongoing detoxification
- Healthy metabolism\*

### Tri-Iodine = Three Forms of Iodine:

Three forms are included because different tissues in the body prefer different forms. For example, thyroid tissue absorbs iodine best as **potassium iodide**, while breast and prostate tissue prefer the form of **molecular iodine**. Additionally, there is evidence that using **sodium iodide** enhances absorption of the other forms.

Tri-Iodine is available in two strengths for flexible dosing to easily fit your own recommendations and patient protocols: 6.25 mg total iodine (equivalent to 6,250 mcg) and 12.5 mg total iodine (equivalent to 12,500 mcg) per capsule.



## Why Three Forms of Iodine is Ideal

You'll notice that our Tri-Iodine® supplement provides three forms of iodine: molecular iodine, potassium iodide, and sodium iodide. There are good reasons for this:

1

### THREE FORMS OF IODINE NOURISH MULTIPLE BODY SYSTEMS\*

- Breast and prostate tissue prefers molecular iodine
- Thyroid prefers potassium iodide
- Sodium iodide enhances iodine absorption

2

### PROMOTES DETOXIFICATION\*

- Iodine can block bromide, fluoride, chloride and other halogens from binding to iodine receptors

3

### ADDITIONAL BENEFITS OF IODINE

- Immune support\*
- Provides increased energy\*
- Supports healthy metabolism\*
- Supports cellular health\*



## Most Thyroid Tests Don't Provide the Full Picture

While getting a test that checks for thyroid stimulating hormone (TSH) is standard practice, it still only tells part of the story. The full picture is that your patients may still benefit from supportive nutrients that deliver the fuel needed for healthy thyroid function—even if everything appears adequate according to the numbers on the tests.\*



## IODINE: THE MISSING MINERAL

Iodine may be one of the single most important nutrients for your patients. And it is very possible that their iodine intake may not be ensuring optimal levels of this critical mineral.

But this should not be surprising. Nutrition surveys have reported steady decreases in urinary iodine concentrations—more than 50%—since the 1970s. To address iodine deficiency and prevent goiter, iodine was added to table salt in the 1920s. However, changes in dietary habits to minimize intake of table salt and dairy (important sources of dietary iodine) while increasing consumption of non-iodine containing foods means that iodine levels in the American population have declined.

At the same time, we are exposed to an unprecedented amount of iodine competitors, including chlorine, bromine (bromide), fluoride, and astatine.

### Iodine is Essential – And Safe

Iodine is not only an essential nutrient, it is safe—even at levels that seem far above the usual suggested daily intake. For example, women living along the coast of Japan and consuming a traditional diet, consume as much as 50 to 80 mg of dietary iodine each day, while those on the nearby island of Okinawa may consume up to 200 mg daily. And while there are certainly other contributing factors to their frequently reported good health, including physical activity, many practitioners believe that high dietary iodine intake plays a key role, too.

### So, How Much Iodine is Best?

Your patients' own needs will dictate the level of iodine in any recommendation, which is why we offer Tri-Iodine® in different dosage levels for better flexibility. Some may benefit from starting at a higher dosage level, while others could simply benefit from a lower level of support to maintain thyroid and overall cellular health.\*

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



**OUR  
MISSION:**  
Helping You Support  
Your Patients

We know that you want your patients to live with vitality and optimal health. That's why we're so passionate about bringing you safe, effective, and proven products.



**Founded with Your Practice in Mind**

Our founder, Terry Lemerond, has been a leading figure in natural health for over 55 years. He has made it a personal mission to select only the best ingredients and develop formulas in conjunction with leading researchers and practitioners.



**Premium Ingredients and a  
Commitment to You**

Aside from sourcing premium ingredients and testing at every step of the process—from raw materials to completed formulations—each product complies with the highest standards in the industry.

You and your patients can be assured that you're getting the best ingredients to support optimal health.\*

Discover more at [euromedicausa.com](http://euromedicausa.com) or contact us at **866.842.7256**

