



▼ **INGREDIENTS**

| Supplement Facts | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------------|
| Serving Size: 1 capsule | | |
| Amount Per Serving | | % Daily Value |
| Total Iodine/Iodide..... | 12.5 mg | 8333% |
| Iodine..... | 5 mg | |
| Iodide (Potassium)..... | 7.5 mg | |
| Selenium (Selenomethionine)..... | 2 mcg | 3% |
| Vitamin B6 (Pyridoxine HCl)..... | 10 mg | 500% |
| Zinc (Glucamate)..... | 1.5 mg | 10% |
| Vitamin E (d-alpha-tocopheryl succinate)..... | 6.5 IU | 22% |
| Proprietary Blend..... | 470 mg | |
| Kelp (Fruits); Irish Moss (Herb); Schisandra Chinensis (Fruit); Bladderwrack (Whole); Rice Bran; Dulse (Whole); Ashwagandha (Herb); Coleus Forskohlii (Herb); L-Tryptophan; Catalase; L-Tyrosine; Lobelia (Herb) | | |

*Daily Value is not established
Other Ingredient: Gelatin and Leucine

▼ **DOSAGE**

- 1 capsule daily with food, or as directed.
- Liquid TMI: Take dropwise as directed.

▼ **PACKAGING**

- Capsules: 60 capsules/eco-bottle.
- Liquid TMI: 2 oz. glass bottle with dropper.

▼ **PERSPECTIVE**

The dramatic rise of thyroid gland issues was first identified by Dr. Broada Barnes who advocated the basal metabolism test (thermometer in the arm pit upon awakening) as revealing of thyroid hormone impact on overall body metabolism. Challenges today for the thyroid include nuclear and X radiations, lack of iodine and other nutrients in the diet, and cell membrane resistance (thyroid hormone docking processes) from trans-fats (alter the membranes' lipid bi-layers), the body's normal inflammation activities, and an increased requirement for antioxidant nutrients.

▼ **LIFESTYLE**



#187 TMI (Thyroid Metabolism + Iodine)

##188 TMI-liquid (Thyroid Metabolism + Iodine)

This formula nourishes and supports the thyroid metabolic processes via multi-source iodine (Dr. Lugol's famous iodine/iodide ratio) enhanced by an Herbalomic™ botanical base that provides a balanced combination of nutrients focused on the thyroid gland's normal, healthy processes of manufacturing thyroid hormones for whole body, cellular metabolic activities.

▼ **INDICATIONS**

- Thyroid hormone support (normal, non-autoimmune, generally non-hyper function)
- Chronic fatigue and low energy
- Maintain normal metabolic activities
- Iodine supplementation
- Thyroid support for nuclear radiation issues

▼ **KEY COMPONENTS**

- **Kelp** – Supports thyroid function by supplying a tiny amount of iodine and a host of trace minerals, antioxidants, and nutrient factors.
- **Irish Moss** – A sea vegetation, *Chondrus crispus*, presents a large array of minerals and trace minerals specific to normal thyroid function.
- **Schisandra Chinensis** – A famous Chinese herb known for its adaptogenic properties associated with supporting normal endocrine function.
- **Bladderwrack** – A seaweed, *Fucus vesiculosus*. Contains a variety of nutrients for whole body nutrition including fucoidan, alginic acid, and iodine.
- **Rice Bran** – An excellent source of nascent B Vitamins.
- **Dulse** – A seaweed, *Palmaria palmata*, rich in selenium, a mineral that supports the conversion of thyroxine to thyronine, without which there would be no thyroid hormone production.
- **Ashwagandha** – An Ayurvedic adaptogenic herb known to support normal endocrine gland activities.
- **Lobelia** – A Native American herb often employed as supportive of glandular function.
- **L-Tyrosine** – An amino acid required by the thyroid to manufacture thyroid hormones.
- **Catalase** – An enzyme required by the thyroid's mitochondria to function in the normal use of free radicals that help create thyroid hormone.
- **Coleus Forskohlii** – The herb, *Plectranthus barbatus*, often used in Ayurvedic traditions to support endocrine gland normal metabolic processes.

▼ **CONTRAINDICATIONS**

Elevated thyroid autoantibodies
Hyperthyroidism

▼ **CLINICIAN CONSENSUS**

- Comprehensive Thyroid Support:
 - #187 TMI** - Thyroid Metabolism + Iodine
 - #39 Gf** - Thyroid
 - #31 Ga** - Adrenal
 - #850 MoRS** - Methylation Donors
 - #810 eNRG** - Quantum ATP Energy
 - #880/882 Vista One & Two** - Membrane Regeneration
 - #433 GCEL** - Intracellular Glutathione
 - #820 EPIC** - Metabolic NO/ONOO Anti-oxidant

▼ **BACKGROUND**

Dr. Shayne Morris noticed how cultures with significant iodine intake have a much lower incidence of thyroid issues. That, coupled with the need to protect the thyroid from environmental ionizing (nuclear) radiation, research culminated in the development of TMI—an herbalomically-based thyroid metabolic support formula.

▼ **SYNERGISTIC CONSIDERATIONS**

- **#39 Gf** - Thyroid
- **#810 eNRG** - Quantum ATP Energy
- **#850 MoRS** - Methylation Donor
- **#820 EPIC** - Metabolic NO/ONOO Antioxidant
- **#433 GCEL** - Intracellular Glutathione
- **#880/#882 VISTA One & Two** - Membrane Regeneration
- **#31 Ga** - Adrenal
- **#32 Gb** - Pituitary/Pineal
- **#184 ROX** - Super Antioxidant w/Resveratrol

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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