



TMI

Thyroid, Metabolism, & Iodine



Hormone



Brain



Metabolism

KEY INDICATIONS

- Chronic fatigue not improving with typical interventions
- Sluggish metabolism with difficulty burning stored body fat
- Impaired T4-to-T3 thyroid hormone conversion
- Iodine deficiency or inadequate iodine intake
- Brain fog or poor focus associated with low thyroid function
- Adrenal-thyroid axis imbalance
- Cold intolerance and reduced thermogenesis
- Oxidative stress impacting thyroid function and hormone stability

HOW IT WORKS

TMI supports efficient thyroid hormone production, activation, and cellular utilization by improving how iodine is handled within the thyroid and how hormones are converted and used throughout the body. It helps regulate endocrine signaling between the thyroid and related systems, supports metabolic rate and mitochondrial output, and enhances how cells respond to circulating thyroid hormones. This leads to more consistent energy regulation across muscle, brain, and liver tissues.

CLINICAL PEARLS

- Pair with **CalmGenic** when stress or elevated cortisol impairs T4-to-T3 conversion.
- Pair with **OrganGenic** when digestion or liver function limits response.
- Pair with **EnerGenic** when thyroid support alone does not improve energy.
- Use therapeutic dosing for 4–8 weeks in persistent fatigue or slow metabolism; reassess if limited response.



SUPPLEMENT FACTS

Serving Size: 1 capsule Servings: 60

	Amount Per Serving	%DV
Vitamin E (d-α-tocopheryl succinate)	4.4 mg	29%
Vitamin B6 (Pyridoxine HCl)	10 mg	588%
Iodine (Potassium Iodide/Iodine)	12.5 mg	8333%
Zinc (Gluconate)	1.5 mg	14%
Selenium (Selenomethionine)	2 mcg	4%
Proprietary Blend	450 mg	*
Kelp (Fronds); Irish Moss (Herb); <i>Schisandra Chinensis</i> (Fruit); Bladderwrack (Herb); Rice Bran; Dulse (Herb); Ashwagandha (Root); <i>Coleus forskohlii</i> (Ext); L-Tryptophan; Catalase; L-Tyrosine; Lobelia (Ext)		

*Daily Value not established.

Other Ingredients: Gelatin and Leucine.

KEY INGREDIENTS & BENEFITS

Vitamin E, Vitamin B6, Zinc, Selenium, Iodine: Support thyroid hormone synthesis, antioxidant defense, immune function, and conversion of T4 to active T3 for cellular metabolism. Vitamin B6 also supports neurotransmitter balance influencing thyroid output, while vitamin E helps protect thyroid tissue from oxidative stress.

Kelp, Bladderwrack, Dulse, Irish Moss: Provide natural iodine and trace minerals to replenish reserves, support hormone production, and promote balanced metabolic activity in a well-tolerated, whole-food matrix.

***Schisandra chinensis*, Ashwagandha, Rice Bran:** Support endocrine resilience, adrenal-thyroid communication, and the body's ability to adapt to stress.

***Coleus forskohlii*, L-Tyrosine, L-Tryptophan:** Contributes to thyroid hormone synthesis, neurotransmitter balance, and cellular signaling that regulate metabolic rate and energy production.

Catalase, Lobelia: Help reduce oxidative stress by supporting breakdown of reactive oxygen species generated during hormone production, protecting thyroid tissue.

INSTRUCTIONS

Maintenance dose: 1 capsule daily with food

Therapeutic dose: 1 capsule twice daily with food

ALLERGEN & DIETARY INFO

- cGMP Facility
- Gluten Free
- Non-GMO

SAFETY & CONTRAINDICATIONS

- TMI is also available in a liquid form (TMI LQ) for those unable to swallow capsules and flexible dosing based on patient response.
- Individuals with hyperthyroidism, Graves' disease, or known iodine sensitivity should use TMI only under the guidance of a healthcare practitioner.
- Not intended for pediatric use due to its concentrated iodine content and effects on thyroid function.
- Monitor patients concurrently taking prescription thyroid hormone replacement therapies (e.g., levothyroxine), as targeted iodine and tyrosine supplementation may alter endogenous production and medication dosage requirements.
- Not recommended during pregnancy due to its concentrated iodine content. Use during lactation only under practitioner guidance, as iodine intake should be individualized to support both maternal and infant thyroid function.

Updated: 7/1/26



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



SYSTEMIC FORMULAS INC