






# HASHIMOTO'S PROTOCOL

Supplement Warnings

BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="155 659 480 716">Activated Charcoal by Integrative Therapeutics</p>	<p data-bbox="563 420 1503 478">May cause gastrointestinal upset such as constipation, vomiting, or diarrhea and abdominal pain/swelling.</p> <p data-bbox="563 506 992 533">Activated charcoal turns stool black.</p>
 <p data-bbox="220 1228 415 1285">Adrenal Support by Rootcology</p>	<p data-bbox="563 760 1474 846">If pregnant, breastfeeding, taking antidepressants, hormone replacement therapy, oral contraceptives, digoxin or blood thinners, or if you have diabetes or any type of acute infection, consult a healthcare practitioner prior to use.</p> <p data-bbox="563 877 1406 963">Do not use if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which have the potential to exasperate electrolyte imbalance.</p> <p data-bbox="563 995 1385 1052">Not for those who have hypokalemia, high blood pressure, a kidney or cardiovascular disorder, bipolar disorder or bipolar spectrum disorder.</p> <p data-bbox="563 1083 1498 1140">Avoid use with alcohol and other drugs or natural health products with sedative properties.</p> <p data-bbox="563 1171 1360 1199">If experiencing symptoms of irritability or insomnia, discontinue use.</p> <p data-bbox="563 1230 1471 1316">Can cause gastrointestinal discomfort including abdominal upset, soft stools, or mild constipation. If symptoms persist or worsen, consult your healthcare practitioner.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="232 1136 406 1192">Aloe by Rootcology</p>	<p data-bbox="565 237 1498 321">Use caution if you have blood sugar issues such as hypoglycemia or diabetes. May interact with supplements, herbs, or medications that assist with low blood sugar.</p> <p data-bbox="565 352 1459 380">May increase bleeding risk. If bleeding disorders are present, caution is advised.</p> <p data-bbox="565 411 1487 468">Caution should also be taken with individuals who have heart disease and electrolyte abnormalities.</p> <p data-bbox="565 499 1471 611">Medications that may interact with aloe taken internally: heart and GI medications, medications that assist with excretion of potassium, cardiac glycosides, oral corticosteroids, oral &amp; topical hydrocortisone, sevoflurane, thyroid hormones, zidovudine (AZT).</p> <p data-bbox="565 642 1498 726">Avoid use with sudden, painful abdominal pain, appendicitis, bowel obstruction, or fecal impaction, kidney &amp; liver disease, or individuals who take medications &amp; supplements that are toxic to the liver.</p> <p data-bbox="565 758 1468 814">Avoid if there is a known allergy to Aloe Vera. (It is part of the Liliaceae family, which includes tulips, garlic, onions.)</p> <p data-bbox="565 846 1458 903">May cause abdominal cramps, skin reactions, gastrointestinal issues such as constipation with a dependent use as a laxative.</p> <p data-bbox="565 934 1468 991">May cause diarrhea and issues associated with diarrhea such as dehydration, low blood potassium and electrolyte imbalance.</p> <p data-bbox="565 1022 1503 1106">May cause skin issues, such as dryness, inflammation (from sun exposure), splitting, soreness, stinging, redness, bleeding and hardening of the skin, as well as Henoch-Schonlein purpura (purple spots on skin).</p> <p data-bbox="565 1138 1498 1194">May cause urological issues such as uterine contractions, urinary stones, kidney &amp; stomach discomfort.</p> <p data-bbox="565 1226 1419 1253">May also cause thyroid dysfunction, irregular heartbeat, and liver toxicity.</p> <p data-bbox="565 1285 1471 1341">Pregnancy &amp; breastfeeding is not suggested due to possible uterine contractions. It is not known if aloe components are present in excreted breast milk.</p> <p data-bbox="565 1373 1495 1598">This product is not recommended for those with latex allergies. Aloin (aloe latex) is a compound classified as an anthraquinone that comes from a thin layer of yellow sap that separates the outer rind from the inner gel-like portion of the leaf. Anthraquinones and certain proteins in aloe latex may cross-react with the proteins found in natural rubber latex (similar to cross-reactions between latex and foods like bananas or avocados). While random testing confirms that the Aloin results for our Aloe are below the detection limit of 0.1 ppm, we err on the side of caution for those with latex allergies, especially if the allergy is severe.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="224 646 410 705">AI Paleo Protein by Rootcology</p>	<p data-bbox="565 457 711 485">None known</p>
 <p data-bbox="180 1192 456 1251">Alpha Lipoic Acid by Pure Encapsulations</p>	<p data-bbox="565 884 1422 911">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 940 1495 1026">Alpha lipoic acid may cause gastrointestinal discomfort in some individuals and should always be taken with meals. In rare cases, alpha lipoic acid may also cause skin rash in sensitive individuals.</p> <p data-bbox="565 1058 1468 1115">At this time, there are no known adverse reactions when taken in conjunction with medications.</p>
 <p data-bbox="224 1707 410 1766">Amino Support by Rootcology</p>	<p data-bbox="565 1518 711 1545">None known</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="159 646 474 730"><b>Argentyn 23</b> (Colloidal Silver) by Allergy Research Group</p>	<p data-bbox="565 426 1393 485">May cause discoloration of skin (blue-gray color referred to as argyria), especially those parts exposed to sun.</p> <p data-bbox="565 512 1240 541">Can cause drug malabsorption (antibiotics and thyroxine).</p>
 <p data-bbox="180 1224 456 1283"><b>Ashwagandha</b> by Pure Encapsulations</p>	<p data-bbox="565 869 1133 898">Not to be taken by pregnant or lactating women.</p> <p data-bbox="565 926 1500 1043">Ashwagandha may be contraindicated in individuals allergic to plants in the nightshade family. In rare cases, large doses have been reported to cause gastrointestinal upset, diarrhea, or vomiting secondary to irritation. Consult your physician for more information.</p> <p data-bbox="565 1071 1490 1188">Ashwagandha is contraindicated with immunosuppressant medications. It may have an addictive effect when combined with sedative medications or thyroid medications, so use with these types of medication should be monitored. Consult your physician for more information.</p>
 <p data-bbox="180 1759 456 1818"><b>Astragalus Root Extract</b> by Vital Nutrients</p>	<p data-bbox="565 1486 1503 1545">Avoid use with certain medications (such as cyclophosphamide, corticosteroids, lithium) or if you have an autoimmune disease.</p> <p data-bbox="565 1572 976 1602">May stimulate the immune system.</p> <p data-bbox="565 1629 870 1659">No side effects at present.</p>






BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 682 456 741">B-Complex Liquid by Pure Encapsulations</p>	<p data-bbox="565 443 1422 474">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 501 870 533">No side effects at present.</p>
 <p data-bbox="180 1230 456 1289">B6 Complex by Pure Encapsulations</p>	<p data-bbox="565 963 1260 995">At this time, there are no known side effects or precautions.</p> <p data-bbox="565 1022 1422 1054">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 1081 1308 1113">Folic acid may adversely interact with chemotherapeutic drugs.</p>
 <p data-bbox="180 1780 456 1839">B12 Liquid by Pure Encapsulations</p>	<p data-bbox="565 1543 1471 1575">At this time, there are no known side effects, precautions or drug interactions.</p> <p data-bbox="565 1602 1422 1633">If pregnant or lactating, consult your physician before taking this product.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="232 682 402 741">Benfotiamine by Rootcology</p>	<p data-bbox="563 443 1422 474">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 501 870 533">No side effects at present.</p>
 <p data-bbox="180 1232 456 1291">BenfoMax by Pure Encapsulations</p>	<p data-bbox="563 993 1422 1024">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 1052 870 1083">No side effects at present.</p>
 <p data-bbox="228 1734 407 1793">Bentonite Clay by NOW Foods</p>	<p data-bbox="563 1520 1088 1551">May cause some gastrointestinal discomfort.</p> <p data-bbox="563 1579 1211 1610">Caution: Bentonite clay contains trace amounts of lead.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="201 674 435 732">Betaine with Pepsin by Rootcology</p>	<p data-bbox="565 396 1422 426">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 457 1503 512">Individuals with a history of peptic ulcers, gastritis, or gastrointestinal symptoms should consult their physician before taking betaine HCl.</p> <p data-bbox="565 543 1268 573">Large amounts of betaine HCl may cause stomach irritation.</p>
 <p data-bbox="248 1251 386 1310">Butyrate by BodyBio</p>  <p data-bbox="215 1772 423 1831">Butyrate Balance by Rootcology</p>	<p data-bbox="565 989 902 1018">None known. None reported.</p> <p data-bbox="565 1545 1471 1575">Rootcology: Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="565 1606 1471 1661">No known medication interactions. If you are taking prescription medications, speak with your practitioner before using this product</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="224 634 414 697">Candibactin-BR by Metagenics</p>	<p data-bbox="565 407 954 436">Do not use if pregnant or nursing.</p> <p data-bbox="565 464 1503 520">If taking medication including cyclosporine, consult your healthcare practitioner before use.</p>
 <p data-bbox="224 1188 409 1247">Carnitine Blend by Rootcology</p>	<p data-bbox="565 961 1373 1018">Carnitine may reduce the chance of gaining body fat on a diet high in carbohydrates and fat.</p>
 <p data-bbox="211 1738 425 1797">Chlorophyll Drops by Genestra</p>	<p data-bbox="565 1381 1503 1438">Use with caution when exposed to sun or if using a photosensitizing medication. Possible burn of the skin may occur.</p> <p data-bbox="565 1470 1370 1499">Not recommended for use during pregnancy or when breastfeeding.</p> <p data-bbox="565 1528 1503 1612">Common side effects: temporary discoloration of urine, feces, and tongue. May cause minor side effects like green discoloration of urine or feces, or gastro side effects such as heartburn or diarrhea.</p> <p data-bbox="565 1644 1481 1701">Individuals with copper toxicity should use with caution as some supplements may contain copper.</p>






BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="178 682 454 745"><b>CholestePure</b> by Pure Encapsulations</p>	<p data-bbox="560 441 1421 535">If pregnant or lactating, consult your physician before taking this product. Individuals with a sensitivity to soy should avoid this product.</p>
 <p data-bbox="227 1228 406 1291"><b>Cilantro Drops</b> by Herb Pharm</p>	<p data-bbox="560 1008 1485 1071">Mild allergic reactions may arise in individuals who are allergic to similar herbs such as caraway, dill, fennel, and aniseed.</p>
 <p data-bbox="178 1785 454 1848"><b>CoQ10</b> by Pure Encapsulations</p>	<p data-bbox="560 1512 1421 1669">If pregnant or lactating, consult your physician before taking this product. CoQ10 may react with blood thinning medications. Consult your physician for more information.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="228 646 407 705">Cordyceps by NOW Foods</p>	<p data-bbox="565 426 1438 514">May cause gastrointestinal issues such as dry mouth, nausea and diarrhea. Best if avoided in pregnancy and lactation as safety information is lacking.</p>
 <p data-bbox="212 1194 422 1253">Curcumin Absorb by Rootcology</p>	<p data-bbox="565 957 1422 1045">If pregnant or lactating, consult your physician before taking this product. May cause GI upset, including nausea, or diarrhea.</p>
 <p data-bbox="180 1745 456 1803">DHEA by Pure Encapsulations</p>	<p data-bbox="565 1463 1487 1640">Use caution if using under the age of 30. May cause reproductive issues (infertility, irregular menstrual cycles, facial hair growth in women, acne, increased estrogen and testosterone). Consult a doctor if pregnant or breastfeeding.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="178 682 462 745">Digestion GB by Pure Encapsulations</p> <p data-bbox="300 766 341 798">OR</p>  <p data-bbox="170 1270 470 1333">Pancreatic Enzymes Plus by Rootcology</p>	<p data-bbox="560 346 1477 409">Milk thistle should be avoided by individuals with allergies to members of the aster (Compositae/Asteraceae) family, daisies, artichoke, kiwi, or thistle.</p> <p data-bbox="560 430 1494 493">Curcumin should be used with caution in individuals with bile duct obstruction. If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="560 514 958 556">May cause gastrointestinal upset.</p> <p data-bbox="560 871 1485 997">Rootcology: Do not use if you are allergic or sensitive to pork, pineapples, or any of the ingredients in this supplement. If you experience a skin rash, please discontinue the product immediately as this could be a sign of an allergic reaction.</p> <p data-bbox="560 1018 1323 1060">Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="560 1081 1469 1207">DO NOT TAKE if taking the following medications: acarbose, anticoagulant drugs (e.g. aspirin), amoxicillin, blood thinners, clopidogrel (Plavix), Creon (pancrelipase capsules), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, indomethacin (Indocin), or tetracycline antibiotics.</p>
 <p data-bbox="211 1816 422 1879">Electrolyte Blend by Rootcology</p>	<p data-bbox="560 1585 1494 1648">Those with sodium-sensitive hypertension, those with a pacemaker, and those who have high blood sodium or potassium levels, should not take this product.</p>





BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 682 456 741">EPA/DHA (Omega 3) by Pure Encapsulations</p>	<p data-bbox="563 401 1425 489">May influence glucose metabolism in some individuals, typically at larger levels. If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 520 1463 575">May cause burping, gastrointestinal upset or indigestion, nausea, diarrhea, or abdominal bloating.</p>
 <p data-bbox="180 1232 456 1291">Evening Primrose Oil by Pure Encapsulations</p>	<p data-bbox="563 963 1446 1024">Not to be taken by pregnant women due to an increased risk for pregnancy complications. Consult your physician for more information.</p> <p data-bbox="563 1052 1409 1110">Evening primrose oil is contraindicated with blood thinning medications. Consult your physician for more information.</p>
 <p data-bbox="180 1780 456 1839">L-Lysine by Pure Encapsulations</p>	<p data-bbox="563 1472 1414 1528">At this time, there are no consistent side effects or precautions, although transient gastrointestinal upset and diarrhea have been reported.</p> <p data-bbox="563 1560 1398 1619">Arginine may reduce the effectiveness of L-lysine in some individuals. If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 1646 1468 1703">At this time, there are no known adverse reactions when taken in conjunction with medications.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 684 456 741">L-Glutamine Powder by Pure Encapsulations</p>	<p data-bbox="561 443 1422 474">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="561 506 870 537">No side effects at present.</p>
 <p data-bbox="232 1455 402 1512">Licorice Drops by BioMatrix</p>	<p data-bbox="561 789 1503 846">Best to avoid the following while consuming licorice: grapefruit, grapefruit juice, and licorice flavored chewing tobacco.</p> <p data-bbox="561 877 1503 934">Supplements that can affect the heart: squill, pheasant's eye, digitalis, and lily of the valley.</p> <p data-bbox="561 966 1455 1022">Supplements that promote a laxative effect: aloe vera (internally), castor oil, rhubarb, senna, buckthorn, and cascara sagrada.</p> <p data-bbox="561 1054 1455 1110">Possible allergic reactions: facial swelling (including lips, throat and tongue), breathing difficulties, and hives. Seek medical attention immediately.</p> <p data-bbox="561 1142 1365 1173">Licorice is possibly safe to take for short term use of 4 weeks or less.</p> <p data-bbox="561 1205 1503 1283">Long term use may cause weakness, high blood pressure, low potassium, brain disorders (loss of consciousness, hallucinations, confusion, memory issues, and unusual behavior).</p> <p data-bbox="561 1314 1373 1371">Common side effect include fatigue, headaches, amenorrhea, sexual dysfunction in men, and bloating.</p> <p data-bbox="561 1402 1487 1543">Avoid licorice if you have any of the following: infections, anxiety/depression, joint pain (arthritis), asthma/allergies, on birth control, using hormone replacement therapies, cancer, migraine or tension headaches, psychiatric disorders, autoimmune disorders, high blood pressure, GERD, high cholesterol, heart conditions, erectile dysfunction, or seizures.</p> <p data-bbox="561 1575 1487 1686">Licorice may potentially interact with the following medications. Consult with a practitioner before taking licorice if you take steroids (dexamethasone, prednisone, other steroid medications), diuretics or "water pills," warfarin (such as Coumadin or Jantoven), or oral midazolam.</p>





BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="180 682 456 741">Liposomal Glutathione by Pure Encapsulations</p>	<p data-bbox="565 472 613 499">N/A</p>
 <p data-bbox="154 1192 483 1251">Liver &amp; Gallbladder Support by Rootcology</p>	<p data-bbox="565 989 1503 1047">Do not take if you are known to have a bile duct obstruction, or are experiencing severe upper abdominal pain.</p>
 <p data-bbox="232 1705 407 1764">Liver Reset by Rootcology</p>	<p data-bbox="565 1501 1490 1560">Advisable not to exceed 50 mcg of molybdenum while patients are using Liver Reset, including from all other supplement sources.</p>






BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="256 682 380 709"><b>Lomatium</b></p> <p data-bbox="147 711 488 739">by Barlow Herbal Specialties</p>	<p data-bbox="561 445 1354 472">A one-time rash may occur in some people due to a detox reaction.</p> <p data-bbox="561 501 711 529"><a href="#">Watch video</a></p>
 <p data-bbox="204 1184 431 1243"><b>Magnesium Citrate</b> by Rootcology</p>	<p data-bbox="561 911 1425 970">Individuals with kidney disease should not take magnesium supplements without consulting a doctor.</p> <p data-bbox="561 999 1110 1026">May cause gastrointestinal upset and diarrhea.</p> <p data-bbox="561 1056 1500 1115">Contains pineapple, which may contain bromelain, a protein component that could cause an allergic response in those with pineapple sensitivity or allergies.</p>
 <p data-bbox="178 1730 457 1789"><b>Magnesium Glycinate</b> by Pure Encapsulations</p>	<p data-bbox="561 1478 1425 1537">Individuals with kidney disease should not take magnesium supplements without consulting a doctor.</p> <p data-bbox="561 1566 1422 1593">There is less of a chance of loose stools compared to magnesium citrate.</p>


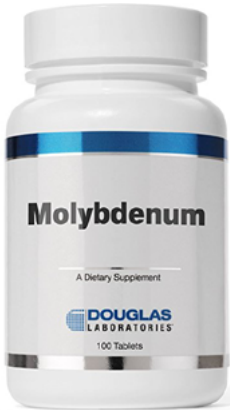



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="175 682 457 745"><b>Manganese</b> by Pure Encapsulations</p>	<p data-bbox="560 367 1485 493">If you are currently being treated with any of the following medications, you should not use manganese supplements without first talking to your health care provider: haloperidol and other antipsychotics, reserpine, antacids, laxatives containing magnesium, tetracycline antibiotics, quinolone antibiotics.</p> <p data-bbox="560 514 1502 609">Manganese toxicity symptoms include loss of appetite, headaches, leg cramps, muscle rigidity, tremors, convulsions, extreme irritability, acts of violence, and hallucinations.</p>
 <p data-bbox="159 1186 479 1249"><b>Mastic Gum</b> by Allergy Research Group</p>	<p data-bbox="560 955 1437 1018">Avoid use if there are any known allergies or sensitivities to mastic gum or pollen.</p> <p data-bbox="560 1039 1274 1081">Information regarding safety use in pregnancy is not present.</p>





BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="194 646 438 703">MegaSporeBiotic by Microbiome Labs</p> <p data-bbox="300 730 341 760">OR</p>  <p data-bbox="235 1197 406 1260">Spore Flora by Rootcology</p>	<p data-bbox="560 436 1494 499">Individuals with SIBO, Candida, and major digestive issues are highly advised to consult with a health practitioner for education on proper dose protocol.</p> <p data-bbox="560 525 1104 556">May cause some digestive discomfort initially.</p> <p data-bbox="560 814 1469 846">Rootcology: Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="560 871 1453 934">DO NOT TAKE if taking the following medications: antibiotics+ and/or blood thinners.</p> <p data-bbox="560 961 1494 1165">+Spore Flora is a formulation of spore-based probiotics. The recommendation to avoid taking probiotics while taking antibiotics is based on the fact that antibiotics could reduce the effectiveness of probiotics. However, research shows that taking probiotics while taking antibiotics can help prevent diarrhea which may result from the use of antibiotics. To prevent destruction of probiotic activity, it is recommended to take probiotics and antibiotics at least two hours apart from one another.</p>
 <p data-bbox="211 1711 422 1774">MTHFR Pathways by Rootcology</p>	<p data-bbox="560 1476 1079 1507">Consult doctor if pregnant or breastfeeding.</p> <p data-bbox="560 1533 1485 1596">Folic acid-containing supplements may interfere with methotrexate therapy in people with cancer.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="196 646 438 705">Moducare by Thorne Research</p>	<p data-bbox="565 396 1401 453">Do not use if you have a history of sensitivity to any of the ingredients in Moducare.</p> <p data-bbox="565 485 1495 541">Consult a physician before using if pregnant or nursing, have multiple sclerosis, or have had an organ transplant.</p>
 <p data-bbox="172 1157 464 1215">Molybdenum by Douglas Laboratories</p>	<p data-bbox="565 953 1479 1010">Doses above the recommended tolerable upper intake level (UL) of 2 mg/day might exacerbate hyperuricemia and gout.</p>
 <p data-bbox="215 1797 423 1856">Munity Boost by Barlow Herbal</p>	<p data-bbox="565 1545 711 1570"><a href="#">Watch video</a></p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="196 646 453 705">Myo-Inositol Powder by Rootcology</p>	<p data-bbox="565 369 1393 428">If you suffer from bipolar disorder, take only under the direction of your healthcare practitioner.</p> <p data-bbox="565 457 834 487">May cause drowsiness.</p> <p data-bbox="565 516 1479 575">May cause mild, but transient gastrointestinal discomfort when used in higher doses.</p>
 <p data-bbox="180 1171 456 1230">Pure N-Acetyl Cysteine by Rootcology</p>	<p data-bbox="565 905 1422 934">Take with food. NAC may interact with nitroglycerin and metoclopramide.</p> <p data-bbox="565 963 1422 993">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 1022 1503 1081">Rare side effects may include nausea, vomiting, headache, dry mouth, dizziness, or abdominal pain.</p>
<p data-bbox="253 1423 383 1453">Naltrexone</p>	<p data-bbox="565 1278 1479 1337">Common side effects include abdominal pain/cramping, nausea/vomiting, or excitement (restless sleep, restlessness, anxiety, nervous feelings).</p> <p data-bbox="565 1367 1479 1451">Less-common side effects include flu like symptoms (runny nose, sinus congestion, headache, fatigue, diarrhea, sore throat), fast heartbeat, dizziness, loss of appetite, increased thirst, or sexual problems in men.</p> <p data-bbox="565 1480 1479 1598">Seek immediate help from a physician if you experience any of the following: severe abdominal pain, blurred vision, rashes or itching of the skin, swelling of the eyes, face, lower limbs, or abdomen (weight gain), mood changes, mental changes, depression, confusion, ringing/buzzing of ears, or hallucinations.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="175 659 457 722">Nutrient 950 by Pure Encapsulations</p>	<p data-bbox="561 363 1260 390">At this time, there are no known side effects or precautions.</p> <p data-bbox="561 420 1422 447">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="561 476 1451 590">Nutrient 950 contains vitamin E, which may react with blood thinning medications. Consult your physician for more information. Vitamin K may be contraindicated for individuals taking Coumadin/warfarin blood thinning medication.</p>
 <p data-bbox="175 1211 457 1274">Olive Leaf Extract by Pure Encapsulations</p>	<p data-bbox="561 900 1133 928">Not to be taken by pregnant or lactating women.</p> <p data-bbox="561 957 1414 1020">At this time, there are no known side effects or precautions. Consult your physician for more information.</p> <p data-bbox="561 1050 1455 1136">Individuals on anti-diabetes medications may require blood glucose monitoring. Individuals on anti-hypertensive medications may require blood pressure monitoring. Consult your physician for more information.</p>




BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="191 646 446 705">Oil of Oregano by Designs for Health</p> <p data-bbox="298 737 337 762">OR</p>  <p data-bbox="232 1203 406 1262">Oil of Oregano by Rootcology</p>	<p data-bbox="565 352 1398 411">Side effects can include skin reactions, skin rash, and rarely entire body reactions (when ingested).</p> <p data-bbox="565 443 1065 468">Contraindications have not been identified.</p> <p data-bbox="565 499 1114 525">Safety information during pregnancy is lacking.</p> <p data-bbox="565 556 1195 581">Consumption other than with food should be avoided.</p> <p data-bbox="565 936 1471 961">Rootcology: Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="565 993 1463 1052">DO NOT TAKE if taking the following medications: anticoagulant/antiplatelet drugs, antidiabetic drugs, and/or blood thinners.</p>
 <p data-bbox="180 1749 456 1808">OptiFerin-C by Pure Encapsulations</p>	<p data-bbox="565 1381 1349 1440">In some individuals, iron supplements may cause nausea, vomiting, constipation, and black stools.</p> <p data-bbox="565 1472 1406 1530">One study indicated that iron bisglycinate supplementation caused less bloating, nausea, and constipation as compared to ferrous sulfate.</p> <p data-bbox="565 1562 1446 1621">Iron supplementation is not recommended for individuals with iron-loading anemias or hemochromatosis.</p> <p data-bbox="565 1652 1495 1728">Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="152 646 483 703">Organic Pea Protein 365 by Whole Foods Market</p>	<p data-bbox="565 457 711 485">None known</p>
 <p data-bbox="233 1157 407 1213">Paleo Protein by Rootcology</p>	<p data-bbox="565 982 711 1010">None known</p>
 <p data-bbox="201 1696 440 1753">Phosphatidyl Serine by ProThera</p>	<p data-bbox="565 1478 967 1505">Avoid use if low cortisol is present.</p> <p data-bbox="565 1537 1357 1564">Use caution when using blood thinning medication or supplements.</p>





BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="178 682 457 745">Potassium by Pure Encapsulations</p>	<p data-bbox="565 373 1425 403">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 432 1399 487">Potassium can cause GI upset, nausea, diarrhea or vomiting in sensitive individuals. Consult your physician for more information.</p> <p data-bbox="565 520 1481 604">Individuals taking ACE inhibitors, angiotensin receptor blockers, or potassium-sparing diuretics may require monitoring of potassium levels. Consult your physician for more information.</p>
 <p data-bbox="178 1228 457 1291">Pregnenolone by Pure Encapsulations</p>	<p data-bbox="565 982 1221 1012">The lowest dose that is most effective is recommended.</p> <p data-bbox="565 1041 1432 1096">May cause excitement (irritability, anxiety, overstimulation, insomnia, heart irregularities), or headaches, acne and hair loss.</p>
 <p data-bbox="162 1669 474 1732">ProBoost Thymic Protein A by Longevity</p>	<p data-bbox="565 1516 620 1545">N/A</p>





BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="224 697 414 760">Psyllium by Nature's Way</p>	<p data-bbox="565 394 1437 457">Use caution when dispensing psyllium as inhalation of the dust may cause hypersensitivity.</p> <p data-bbox="565 483 1490 541">Gastrointestinal effects may occur, including gas, abdominal cramping, nausea, diarrhea, constipation, or rectal pain.</p> <p data-bbox="565 567 1218 598">Allergic reactions to psyllium may result in eosinophilia.</p>
 <p data-bbox="178 1249 457 1312">Quercetin by Pure Encapsulations</p>	<p data-bbox="565 966 1421 997">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 1024 1409 1083">Quercetin may react with calcium channel blockers, estradiol, and immunosuppressive drugs. Consult your physician for more information.</p> <p data-bbox="565 1108 1120 1140">Consult your physician for any health problems.</p>
 <p data-bbox="230 1795 406 1858">S. Boulardii by Rootcology</p>	<p data-bbox="565 1543 1429 1602">Probiotics may be contraindicated with immunosuppressant medications. Consult your physician for more information.</p> <p data-bbox="565 1627 876 1659">May cause mild flatulence.</p>




BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="228 682 407 741">Schisandra by Herb Pharm</p>	<p data-bbox="563 388 1503 447">May interact with other medications due to the effects of schisandra's effects on the enzymes in the liver and stomach.</p> <p data-bbox="563 474 899 506">No adverse effects reported.</p> <p data-bbox="563 533 1479 592">Safety has not been identified on pregnant and lactation, however, it has been found to inhibit reproductive cells in vitro in rats and humans.</p>
 <p data-bbox="180 1232 457 1291">Selenium by Pure Encapsulations</p>	<p data-bbox="563 892 1422 924">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 951 1349 982">Selenium may be contraindicated with blood thinning medications.</p> <p data-bbox="563 1010 1466 1068">There is evidence that selenium could reduce the effectiveness of HMG-CoA reductase inhibitors.</p> <p data-bbox="563 1096 1446 1184">Large amounts can cause selenium toxicity. Symptoms of toxicity include nausea, vomiting, abdominal pain, nail changes, fatigue, irritability, hair loss, muscle pain and/or weight loss.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="191 682 446 745"><b>Silvercillin</b> by Designs for Health</p>	<p data-bbox="565 472 1047 504">No known side effects/contraindications.</p>
 <p data-bbox="207 1171 430 1234"><b>Ultra Benfotiamine</b> by Douglas Labs</p>	<p data-bbox="565 991 1031 1022">No adverse effects have been reported.</p>






BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="164 1031 472 1083">Vitamin C-500 Chewables by NOW Foods</p>	<p data-bbox="565 237 886 264">Generally regarded as safe.</p> <p data-bbox="565 296 1487 468">May cause gastrointestinal &amp; digestive upset (abdominal cramps, diarrhea, gut blocking, nausea, esophagus inflammation, heartburn, vomiting), heart complications (chest pain, fainting, thickening of heart blood vessels, or may raise blood pressure). May also cause urinary issues, dental erosion, headache, fatigue, flushing and increased lung cancer risk and complications with red blood cells.</p> <p data-bbox="565 499 1492 556">High doses of vitamin C may cause digestive issues, kidney stones, blood clots, or pro-oxidant effects.</p> <p data-bbox="565 588 1484 644">Adults who abruptly stop taking large doses of vitamin C, and continue to take normal levels, may become deficient in vitamin C.</p> <p data-bbox="565 676 1459 732">Vitamin C may interact with blood-thinners (such as warfarin) and those with bleeding disorders must use caution.</p> <p data-bbox="565 764 1503 848">Vitamin C may have effects on blood sugar, and therefore, those with blood sugar issues such as diabetes and hypoglycemia and those taking supplements to help with blood sugar should use with caution.</p> <p data-bbox="565 879 1495 993">Those taking blood pressure medication should use with caution as vitamin C may raise blood pressure. Also, those pregnant or those who have had a recent angioplasty, may want to use with caution as blood pressure can rise while taking vitamin C.</p> <p data-bbox="565 1024 1414 1081">Avoid with known allergies and sensitivities to vitamin C or ingredients in vitamin C products.</p> <p data-bbox="565 1113 1451 1197">Use caution in combination of certain medications (barbiturates, estrogens, anti-cancer, HIV, fluphenazine, iron, medications and supplements that may damage kidneys).</p> <p data-bbox="565 1228 1479 1312">Avoid vitamin C in high doses with conditions such as liver or kidney disease (where extra acids cannot be removed), gout, or diseases that break down red blood cells.</p> <p data-bbox="565 1344 1479 1428">Vitamin C is generally considered safe at recommended doses during pregnancy and breastfeeding but should be used with caution if there is a risk of high blood pressure in pregnancy.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="177 680 456 741">Vitamin D by Pure Encapsulations</p>	<p data-bbox="561 388 1446 474">Recommended that individuals using more than 2,000 IU vitamin D per day have their blood levels monitored. Individuals with hyperparathyroidism or kidney disease are at particular risk for hypercalcemia.</p> <p data-bbox="561 504 1459 590">Vitamin D3 10,000 IU and Vitamin D3 5,000 IU and are not to be taken by pregnant or lactating women. If pregnant or lactating, consult your physician before taking vitamin D3 400 IU or vitamin D3 1,000 IU.</p>
 <p data-bbox="253 1192 383 1253">Sun-E 400 by NOW</p>	<p data-bbox="561 1003 1459 1064">Consult your healthcare provider before use if you are taking blood-thinning medication or are planning on having surgery.</p>
 <p data-bbox="233 1591 402 1652">VSL#3 by Klaire Labs</p>	<p data-bbox="561 1415 1268 1444">Ask your doctor if and how to take VSL#3 during pregnancy.</p> <p data-bbox="561 1474 1357 1503">The effects of VSL#3 products may be reduced while on antibiotics.</p> <p data-bbox="561 1533 857 1562">May cause mild bloating.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="172 506 464 562">Wobenzym PS by Douglas Laboratories</p> <p data-bbox="298 594 337 619">OR</p>  <p data-bbox="207 1031 431 1087">Systemic Enzymes by Rootcology</p>	<p data-bbox="565 352 1463 436">Consult with a physician before taking this medication if you have a bleeding disorder, liver damage, are pregnant, breastfeeding, or taking anticoagulant drugs.</p> <p data-bbox="565 674 1471 699">Rootcology: Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="565 730 1503 993">DO NOT TAKE if taking the following medications: alkylating agents, amlodipine, anticoagulant/antiplatelet drugs, antidiabetic drugs, antihypertensive drugs, antitumor antibiotics, aspirin, blood thinners, choline magnesium trisalicylate, cyclosporine, cytochrome P450 substrates (1A1, 1A2, 1B1, 2C19, 2C8, 2C9, 2D6, 2E1, 3A4), diclofenac, estrogens, hepatotoxic drugs, immunosuppressants, losartan, midazolam, nifedipine, organic anion transporter substrates 1 and 3 (OAT1, OAT3), organic anion-transporting polypeptide substrates, p-glycoprotein substrates, phenprocoumon, pravastatin, quetiapine, quinolone antibiotics, salsalate, sulfasalazine, tacrolimus, talinolol, and/or topoisomerase I inhibitors.</p>
 <p data-bbox="175 1577 464 1661">Wormwood (containing antiparasitic) by Herb Pharm</p>	<p data-bbox="565 1283 1393 1339">Avoid if sensitive to wormwood components, particularly in the form of essential oil.</p> <p data-bbox="565 1371 1450 1455">Avoid if an underlying hepatic heme synthesis defect is possible or present. May cause digestive issues, vertigo, trembling limbs, delirium, restlessness, thirst, paralysis, or death.</p> <p data-bbox="565 1486 1490 1543">During pregnancy and lactation, avoid due to abortifacient and emmenagogue effects.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="191 674 444 737">Xylitol Powder by Designs for Health</p>	<p data-bbox="565 443 1474 470">May cause gastrointestinal issues such as diarrhea, bloating and constipation.</p> <p data-bbox="565 499 1084 527">Keep away from pets as this is toxic to them.</p>
 <p data-bbox="180 1224 457 1283">Zinc by Pure Encapsulations</p>	<p data-bbox="565 942 1422 970">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 999 1325 1026">In rare cases, zinc can cause nausea, vomiting or a metallic taste.</p> <p data-bbox="565 1056 1406 1115">High intakes of zinc can cause fever, diarrhea, or fatigue and may impair immune response.</p>

**References:**

1. Truven Health Analytics Inc. Charcoal, Activated (Oral Route). *Mayo Clinic*. 2017. Available at: <http://www.mayoclinic.org/drugs-supplements/charcoal-activated-oral-route/side-effects/drg-20070087>. Accessed March 21, 2017.
2. The Natural Standard Research Collaboration. Aloe (Aloe Vera). *Mayo Clinic*. 2013. Available at: <http://www.mayoclinic.org/drugs-supplements/aloe/safety/hrb-20058665>. Accessed March 21, 2017.
3. Pure Encapsulations, Inc. Alpha Lipoic Acid. *Pure Encapsulations*. 2015. Available at: [http://www.pureencapsulations.com/media/Alpha\\_Lipoic\\_Acid.pdf](http://www.pureencapsulations.com/media/Alpha_Lipoic_Acid.pdf). Accessed March 21, 2017.
4. National Center for Complementary and Integrative Health (NCCIH). Colloidal Silver. *NCCIH*. 2016. Available at: <https://nccih.nih.gov/health/silver>. Accessed March 21, 2017.
5. Pure Encapsulations, Inc. Ashwagandha. *Pure Encapsulations*. 2017. Available at: <http://www.pureencapsulations.com/media/Ashwagandha.pdf>. Accessed March 21, 2017.
6. Ehrlich S. Astragalus. *University of Maryland Medical Center*. 2015. Available at: <http://umm.edu/health/medical/alt-med/herb/astragalus>. Accessed March 21, 2017.
7. Pure Encapsulations, Inc. B-Complex Plus. *Pure Encapsulations*. 2015. Available at: [http://www.pureencapsulations.com/media/B\\_Complex\\_Plus.pdf](http://www.pureencapsulations.com/media/B_Complex_Plus.pdf). Accessed March 21, 2017.



8. Pure Encapsulations, Inc. B6 Complex. *Pure Encapsulations*. 2017. Available at: [https://www.pureencapsulations.com/media/B6\\_Complex.pdf](https://www.pureencapsulations.com/media/B6_Complex.pdf). Accessed March 21, 2017.
9. Pure Encapsulations, Inc. Methylcobalamin/B12 liquid. *Pure Encapsulations*. 2016. Available at: [http://www.pureencapsulations.com/media/Methylcobalamin\\_B12liquid\\_B125L.pdf](http://www.pureencapsulations.com/media/Methylcobalamin_B12liquid_B125L.pdf). Accessed March 21, 2017.
10. Pure Encapsulations, Inc. Benfomax. *Pure Encapsulations*. 2017. Available at: <http://www.pureencapsulations.com/media/BenfoMax.pdf>. Accessed March 21, 2017.
11. Pure Encapsulations, Inc. Betaine HCl Pepsin. *Pure Encapsulations*. 2017. Available at: [http://www.pureencapsulations.com/media/Betaine\\_HCL\\_Pepsin.pdf](http://www.pureencapsulations.com/media/Betaine_HCL_Pepsin.pdf). Accessed March 21, 2017.
12. BodyBio Inc. Butyrate (Sodium). *BodyBio*. 2016. Available at: <http://www.bodybio.com/storeproduct362.aspx>. Accessed March 21, 2017.
13. Metagenics. CandiBactin-BR®. *Metagenics*. 2017. Available at: <http://www.metagenics.com/ca/mp/products/candibactin-br>. Accessed March 21, 2017.
14. Pure Encapsulations, Inc. CholestePure. *Pure Encapsulations*. 2017. <http://www.pureencapsulations.com/media/Cholestepure.pdf>. Accessed March 21, 2017.
15. Cilantro drops Pure Encapsulations, Inc. CoQ10. *Pure Encapsulations*. 2015. Available at: <https://www.pureencapsulations.com/media/CoQ10.pdf>. Accessed March 21, 2017.
16. Wolters Kluwer Health. Cordyceps. *Drugs*. 2009. Available at: <https://www.drugs.com/npp/cordyceps.html>. Accessed March 21, 2017.
17. Pure Encapsulations, Inc. Curcumin 500 With Bioperine®. *Pure Encapsulations*. 2017. Available at: <https://www.pureencapsulations.com/media/Curcumin500wBioperine.pdf>. Accessed March 21, 2017.
18. Pure Encapsulations, Inc. Digestion GB. *Pure Encapsulations*. 2015. Available at: <https://www.pureencapsulations.com/media/Digestion%20GB.pdf>. Accessed March 21, 2017.
19. Pure Encapsulations, Inc. EPA/DHA Fish Oil Products. *Pure Encapsulations*. 2015. Available at: [https://www.pureencapsulations.com/media/EPADHA\\_FishOils.pdf](https://www.pureencapsulations.com/media/EPADHA_FishOils.pdf). Accessed March 21, 2017.
20. Pure Encapsulations, Inc. E.P.O. (evening primrose oil). *Pure Encapsulations*. 2017. Available at: <http://www.pureencapsulations.com/media/EPO.pdf>. Accessed March 21, 2017.
21. Pure Encapsulations, Inc. L-Lysine. *Pure Encapsulations*. 2017. Available at: [http://www.pureencapsulations.com/media/L\\_Lysine.pdf](http://www.pureencapsulations.com/media/L_Lysine.pdf). Accessed March 21, 2017.
22. Pure Encapsulations, Inc. L-Glutamine. *Pure Encapsulations*. 2015. Available at: [https://www.pureencapsulations.com/media/L\\_Glutamine.pdf](https://www.pureencapsulations.com/media/L_Glutamine.pdf). Accessed March 21, 2017.
23. Cerner Multum, Inc. Licorice. *Drugs*. 2017. Available at: <https://www.drugs.com/mtm/licorice.html>. Accessed March 21, 2017.
24. Pure Encapsulations, Inc. Magnesium. *Pure Encapsulations*. 2016. Available at: <http://www.pureencapsulations.com/media/Magnesium.pdf>. Accessed March 21, 2017.
25. Ehrlich S. Manganese. *University of Maryland Medical Center*. 2013. Available at: <http://umm.edu/health/medical/alt-med/supplement/manganese>. Accessed March 21, 2017.
26. Wolters Kluwer Health. Mastic. *Drugs*. 2009. Available at: <https://www.drugs.com/npp/mastic.html>. Accessed March 21, 2017.
27. MegaSporeBiotic. FAQs. *Go Megaspore*. 2017. Available at: <http://www.gomegaspore.com/faqs/>. Accessed March 21, 2017.
28. Douglas Laboratories. Molybdenum. *Douglas Labs*. 2014. Available at: <http://www.douglaslabs.com/media/DLMOC.pdf>. Accessed March 21, 2017.
29. Protocol for Life Balance. Myo Inositol Powder. *Protocol For Life*. 2017. Available at: <http://www.protocolforlife.com/product/myo-inositol-powder-p0529/>. Accessed March 21, 2017.
30. Pure Encapsulations, Inc. NAC (N-Acetyl-L-Cysteine). *Pure Encapsulations*. 2015. Available at: <https://www.pureencapsulations.com/media/NAC.pdf>. Accessed March 21, 2017.
31. Truven Health Analytics Inc. Naltrexone (Oral Route). *Mayo Clinic*. 2017. Available at: <http://www.mayoclinic.org/drugs-supplements/naltrexone-oral-route/side-effects/DRG-20068408>. Accessed March 21, 2017.
32. Pure Encapsulations, Inc. Nutrient 950®. *Pure Encapsulations*. 2017. Available at: [https://www.pureencapsulations.com/media/Nutrient\\_950.pdf](https://www.pureencapsulations.com/media/Nutrient_950.pdf). Accessed March 21, 2017.



33. Pure Encapsulations, Inc. Olive Leaf. *Pure Encapsulations*. 2017. Available at: <http://www.pureencapsulations.com/media/Olive%20leaf.pdf>. Accessed March 21, 2017.
34. Wolters Kluwer Health. Oregano. *Drugs*. 2009. Available at: <https://www.drugs.com/npc/oregano.html>. Accessed March 21, 2017.
35. Pure Encapsulations, Inc. OptiFerin-C. *Pure Encapsulations*. 2017. Available at: <http://www.pureencapsulations.com/media/OptiFerinC.pdf>. Accessed March 21, 2017.
36. Pure Encapsulations, Inc. Potassium. *Pure Encapsulations*. 2017. Available at: <https://www.pureencapsulations.com/media/Potassium.pdf>. Accessed March 21, 2017.
37. Wolters Kluwer Health. Psyllium Side Effects. *Drugs*. 2009. Available at: <https://www.drugs.com/sfx/psyllium-side-effects.html>. Accessed March 21, 2017.
38. Pure Encapsulations, Inc. Quercetin. *Pure Encapsulations*. 2016. Available at: <https://www.pureencapsulations.com/media/Quercetin.pdf>. Accessed March 21, 2017.
39. Pure Encapsulations, Inc. Saccharomyces boulardii. *Pure Encapsulations*. 2017. Available at: [www.pureencapsulations.com/media/Sacchar\\_boulardii.pdf](http://www.pureencapsulations.com/media/Sacchar_boulardii.pdf). Accessed March 21, 2017.
40. Wolters Kluwer Health. Schisandra. *Drugs*. 2009. Available at: <https://www.drugs.com/npc/schisandra.html>. Accessed March 21, 2017.
41. Pure Encapsulations, Inc. Selenium. *Pure Encapsulations*. 2017. Available at: <http://www.pureencapsulations.com/media/Selenium.pdf>. Accessed March 21, 2017.
42. Brady D, Copp S. Silvercillin™. *Designs for Health*. 2017. Available at: [catalog.designsforhealth.com/core/media/media.nl/id.195383/c.ACCT14095/.f?h=eb72d25ce1b8c2e419a0](http://catalog.designsforhealth.com/core/media/media.nl/id.195383/c.ACCT14095/.f?h=eb72d25ce1b8c2e419a0). Accessed March 21, 2017.
43. Douglas Laboratories. Ultra Benfotiamine. *Douglas Labs*. 2015. Available at: <http://www.douglaslabs.com/media/DL201815.pdf>. Accessed March 21, 2017.
44. The Natural Standard Research Collaboration. Vitamin C (Ascorbic Acid). *Mayo Clinic*. 2013. Available at: <http://www.mayoclinic.org/drugs-supplements/vitamin-c/safety/hrb-20060322>. Accessed March 21, 2017.
45. Pure Encapsulations, Inc. Vitamin D3 (cholecalciferol). *Pure Encapsulations*. 2015. Available at: <https://www.pureencapsulations.com/media/Vitamin%20D3.pdf>. Accessed March 21, 2017.
46. Sigma-Tau Health Science. Frequently Asked Questions. *VSL#3*. 2017. Available at: <https://vsl3.com/faq/>. Accessed March 21, 2017.
47. PureRXO. Wobenzym PS. *PureRXO*. 2017. Available at: [https://www.purerxo.com/thyroidpharmacist/rxo/products/product\\_details.asp?ProductsID=1315](https://www.purerxo.com/thyroidpharmacist/rxo/products/product_details.asp?ProductsID=1315). Accessed March 21, 2017.
48. Wolters Kluwer Health. Wormwood. *Drugs*. 2009. Available at: <https://www.drugs.com/npp/wormwood.html>. Accessed March 21, 2017.
49. Pure Encapsulations, Inc. Zinc. *Pure Encapsulations*. 2017. Available at: <https://www.pureencapsulations.com/media/Zinc.pdf>. Accessed March 21, 2017.

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

**Disclaimer:** The information contained herein is for informational purposes only and should not be construed as medical advice. Please consult your physician about any health problems and before making any medical or lifestyle changes.

Lifestyle changes can result in improved thyroid function and/or increased absorption of thyroid hormone medications, leading to a lower required dose and possible symptoms of hyperthyroidism at a dose that was previously stable. Please discuss lifestyle changes with your physician and ensure that your thyroid function is monitored every 6-8 weeks while making lifestyle changes. Symptoms of overmedication include, but are not limited to: rapid or irregular heartbeat, nervousness, irritability or mood swings, muscle weakness or tremors, diarrhea, menstrual irregularities, hair loss, weight loss, insomnia, chest pain, and excessive sweating. Do not start, change, increase, decrease or discontinue your medications without consulting with your physician.

