

HASHIMOTO'S PROTOCOL

Supplement Warnings

| v cause gastrointestinal upset such as constipation, vomiting, or diarrhea and lominal pain/swelling. |
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| regnant, breastfeeding, taking antidepressants, hormone replacement rapy, oral contraceptives, digoxin or blood thinners, or if you have diabetes ny type of acute infection, consult a healthcare practitioner prior to use. Into use if you are taking thiazide diuretics, cardiac glycosides, cicosteroids, stimulant laxatives or other medications which have the ential to exasperate electrolyte imbalance. If or those who have hypokalemia, high blood pressure, a kidney or diovascular disorder, bipolar disorder or bipolar spectrum disorder. In this with alcohol and other drugs or natural health products with sedative perties. It is generally experiencing symptoms of irritability or insomnia, discontinue use. |
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BRAND/NAME WARNINGS & SIDE EFFECTS 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. May increase bleeding risk. If bleeding disorders are present, caution is advised. Caution should also be taken with individuals who have heart disease and electrolyte abnormalities. Medications that may interact with aloe taken internally: heart and GI medications, medications that assist with excretion of potassium, cardiac glycosides, oral corticosteroids, oral & topical hydrocortisone, sevoflurane, thyroid hormones, zidovudine (AZT). Avoid use with sudden, painful abdominal pain, appendicitis, bowel obstruction, or fecal impaction, kidney & liver disease, or individuals who take medications & supplements that are toxic to the liver. Avoid if there is a known allergy to Aloe Vera. (It is part of the Liliaceae family, which includes tulips, garlic, onions.) **ROOTCOLOGY** May cause abdominal cramps, skin reactions, gastrointestinal issues such as constipation with a dependent use as a laxative. ALOE May cause diarrhea and issues associated with diarrhea such as dehydration, low blood potassium and electrolyte imbalance. 60 VEGETARIAN CAPSULES 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). Aloe May cause urological issues such as uterine contractions, urinary stones, kidney by Rootcology & stomach discomfort. May also cause thyroid dysfunction, irregular heartbeat, and liver toxicity. Pregnancy & breastfeeding is not suggested due to possible uterine contractions. It is not known if aloe components are present in excreted breast milk. 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.



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| ROOTCOLOGY AI PALEO PROTEIN NET WT. 810 G (1 LB) DETAILS SUPPLANENT AI Paleo Protein by Rootcology | None known |
| Alpha Lipoic Acid by Pure Encapsulations | If pregnant or lactating, consult your physician before taking this product. 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. At this time, there are no known adverse reactions when taken in conjunction with medications. |
| ROOTCOLOGY AMINO SUPPORT 90 VEGETARIAN CAPSULES DIETARY SUPPLEMENT DYNAMINO SUPPORT by Rootcology | None known |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Argentyn 23 (Colloidal Silver) by Allergy Research Group | May cause discoloration of skin (blue-gray color referred to as argyria), especially those parts exposed to sun. Can cause drug malabsorption (antibiotics and thyroxine). |
| Ashwagandha **Moderates stress supports **Moderates stress stress supports **Moderates stress stre | Not to be taken by pregnant or lactating women. 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. 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. |
| Astragalus Root Extract by Vital Nutrients | Avoid use with certain medications (such as cyclophosphamide, corticosteroids, lithium) or if you have an autoimmune disease. May stimulate the immune system. No side effects at present. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| B-Complex Liquid by Pure Encapsulations | If pregnant or lactating, consult your physician before taking this product. No side effects at present. |
| B6 Complex by Pure Encapsulations | At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product. Folic acid may adversely interact with chemotherapeutic drugs. |
| B12 Liquid by Pure Encapsulations | At this time, there are no known side effects, precautions or drug interactions. If pregnant or lactating, consult your physician before taking this product. |

| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| BENFOTIAMINE 120 VEGETARIAN CAPSULES DIETARY SUPPLEMENT Benfotiamine by Rootcology | If pregnant or lactating, consult your physician before taking this product. No side effects at present. |
| BenfoMax BenfoMax BenfoMax by Pure Encapsulations | If pregnant or lactating, consult your physician before taking this product. No side effects at present. |
| bentonite clay powder 100% pure tree know detex parabon free Name 11.1 (154.6) Bentonite Clay by NOW Foods | May cause some gastrointestinal discomfort. Caution: Bentonite clay contains trace amounts of lead. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| BETAINE WITH PEPSIN 120 CAPSULES DITARY SUPPLEMENT Betaine with Pepsin by Rootcology | If pregnant or lactating, consult your physician before taking this product. Individuals with a history of peptic ulcers, gastritis, or gastrointestinal symptoms should consult their physician before taking betaine HCl. Large amounts of betaine HCl may cause stomach irritation. |
| BODYBIO BUTYRATE A short chain fatty acid 100 capsules 600 mg Delay Supplement Butyrate by BodyBio | None known. None reported. |
| BUTYRATE BALANCE 60 SOFTGELS DICTARY SUPPLEMENT Butyrate Balance by Rootcology | Rootcology: Consult with a physician before use if pregnant or breastfeeding. No known medication interactions. If you are taking prescription medications, speak with your practitioner before using this product |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| CandiBactin-BR' Concentrated Berberine Formula for Intestinal Support Herbal Supplement Vegetarian 180 TABLETS Candibactin-BR by Metagenics | Do not use if pregnant or nursing. If taking medication including cyclosporine, consult your healthcare practitioner before use. |
| Carnitine Blend by Rootcology | Carnitine may reduce the chance of gaining body fat on a diet high in carbohydrates and fat. |
| Liquid (hlorophyll) Chlorophyll Drops by Genestra | Use with caution when exposed to sun or if using a photosensitizing medication. Possible burn of the skin may occur. Not recommended for use during pregnancy or when breastfeeding. 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. Individuals with copper toxicity should use with caution as some supplements may contain copper. |

| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| CholestePure by Pure Encapsulations | If pregnant or lactating, consult your physician before taking this product. Individuals with a sensitivity to soy should avoid this product. |
| Cilantro Drops by Herb Pharm | Mild allergic reactions may arise in individuals who are allergic to similar herbs such as caraway, dill, fennel, and aniseed. |
| COQ10 500 mg COQ10 500 checkens supplied the supplied th | If pregnant or lactating, consult your physician before taking this product. CoQ10 may react with blood thinning medications. Consult your physician for more information. |

| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Cordyceps **Supports Balanced Inflammatory Response **Healthy Vaccular Function **Overages* **Accurate Support Cordyceps by NOW Foods | May cause gastrointestinal issues such as dry mouth, nausea and diarrhea. Best if avoided in pregnancy and lactation as safety information is lacking. |
| © ROOTCOLOGY CURCUMIN ABSORB 60 SOFFELS DIETARY SUPPLEMENT Curcumin Absorb by Rootcology | If pregnant or lactating, consult your physician before taking this product. May cause GI upset, including nausea, or diarrhea. |
| DHEA Genydroeplandrosterone 25 mg mooned hooverpere deary suppermet 80 CASSULS DHEA by Pure Encapsulations | 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. |



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| BRAND/NAME | WARNINGS & SIDE EFFECTS |
| Digestion GB Oligestion GB Oligestion GB Oligestion GB | Milk thistle should be avoided by individuals with allergies to members of the aster (Compositae/Asteraceae) family, daisies, artichoke, kiwi, or thistle. Curcumin should be used with caution in individuals with bile duct obstruction. If pregnant or lactating, consult your physician before taking this product. May cause gastrointestinal upset. |
| Digestion GB | |
| by Pure Encapsulations | |
| ROOTCOLOGY PANCREATIC ENZYMES PLUS 99 CAPSULES DITTANY SUPPLEMENT Pancreatic Enzymes Plus by Rootcology | 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. Consult with a physician before use if pregnant or breastfeeding. 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. |
| ELECTROLYTE BLEND NATURAL LEMON ORANGE FLAVOR NET WT. 240 G (8.5 OZ) DIETARY SUPPLEMENT Electrolyte Blend by Rootcology | Those with sodium-sensitive hypertension, those with a pacemaker, and those who have high blood sodium or potassium levels, should not take this product. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| EPA/DHA (Omega 3) by Pure Encapsulations | May influence glucose metabolism in some individuals, typically at larger levels. If pregnant or lactating, consult your physician before taking this product. May cause burping, gastrointestinal upset or indigestion, nausea, diarrhea, or abdominal bloating. |
| EPO. (evening primrose oil by Pure Encapsulations | Not to be taken by pregnant women due to an increased risk for pregnancy complications. Consult your physician for more information. Evening primrose oil is contraindicated with blood thinning medications. Consult your physician for more information. |
| I-Lysine by Pure Encapsulations | At this time, there are no consistent side effects or precautions, although transient gastrointestinal upset and diarrhea have been reported. Arginine may reduce the effectiveness of l-lysine in some individuals. If pregnant or lactating, consult your physician before taking this product. At this time, there are no known adverse reactions when taken in conjunction with medications. |



| The state of the s | regnant or lactating, consult your physician before taking this product. |
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| L-Glutamine Powder by Pure Encapsulations | side effects at present. |
| Supthe Suprhul Posbrei Lico Lico A Dietary Supplement 2 fl oz (59 ml) Licorice Drops by BioMatrix Licorice Drops by BioMatrix | It to avoid the following while consuming licorice: grapefruit, grapefruit juice, at licorice flavored chewing tobacco. It licorice is possibly safe to take for short term use of 4 weeks or less. It geterm use may cause weakness, high blood pressure, low potassium, brain borders (loss of consciousness, hallucinations, confusion, memory issues, and usual behavior). It pain (arthritis), asthma/allergies, on birth control, using hormone lacement therapies, cancer, migraine or tension headaches, psychiatric porders, autoimmune disorders, high blood pressure, GERD, high cholesterol, art conditions, erectile dysfunction, or seizures. |

as Coumadin or Jantoven), or oral midazolam.



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Liposomal Glutathione by Pure Encapsulations | N/A |
| E ROOTCOLOGY LIVER & GALLBLADDER SUPPORT! 90 VECETARIAN CAPSULES DETAN AUPTLUSTIN Liver & Gallbladder Support by Rootcology | Do not take if you are known to have a bile duct obstruction, or are experiencing severe upper abdominal pain. |
| ROOTCOLOGY LIVER RESET NET WT. 756 G (17 LBS) DICTARY SUPPLEMENT Liver Reset by Rootcology | Advisable not to exceed 50 mcg of molybdenum while patients are using Liver Reset, including from all other supplement sources. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Lomatium by Barlow Herbal Specialties | A one-time rash may occur in some people due to a detox reaction. Watch video |
| ROOTCOLOGY MAGNESIUM CITRATE POWDER NATURAL LEMON PLANOR NET WT. 240 G (8.5 OZ) DIETARY SUPPLEMENT Magnesium Citrate by Rootcology | Individuals with kidney disease should not take magnesium supplements without consulting a doctor. May cause gastrointestinal upset and diarrhea. |
| Magnesium (glycinate) Magnesium Glycinate By Pure Encapsulations | Individuals with kidney disease should not take magnesium supplements without consulting a doctor. There is less of a chance of loose stools compared to magnesium citrate. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Manganese (aspartate/citrate) Manganese (by Pure Encapsulations | 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. Manganese toxicity symptoms include loss of appetite, headaches, leg cramps, muscle rigidity, tremors, convulsions, extreme irritability, acts of violence, and hallucinations. |
| Mastica Chios Gum Mastic HTPOALLEGIEN 120 wgeturion capulas Mastic Gum by Allergy Research Group | Avoid use if there are any known allergies or sensitivities to mastic gum or pollen. Information regarding safety use in pregnancy is not present. |

| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| MegaSporeBiotic by Microbiome Labs OR | Individuals with SIBO, Candida, and major digestive issues are highly advised to consult with a health practitioner for education on proper dose protocol. May cause some digestive discomfort initially. |
| ® ROOTCOLOGY SPORE FLORA 60 VEGETARIAN CAPSULES DIETARY SUPPLEMENT Spore Flora by Rootcology | Rootcology: Consult with a physician before use if pregnant or breastfeeding. DO NOT TAKE if taking the following medications: antibiotics+ and/or blood thinners. +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. |
| **ROOTCOLOGY MTHFR PATH WAYS 120 VEGETARIAN CAPSULES DELEARY SUPPLEMENT MTHFR Pathways by Rootcology | Consult doctor if pregnant or breastfeeding. Folic acid-containing supplements may interfere with methotrexate therapy in people with cancer. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| THORNE MODUCARE 90 VEGETARIAN CAPSULES DIETARY SUPPLEMENT Moducare by Thorne Research | Do not use if you have a history of sensitivity to any of the ingredients in Moducare. Consult a physician before using if pregnant or nursing, have multiple sclerosis, or have had an organ transplant. |
| Molybdenum A Detary Supplement DOUGLAS ABORATORIES 100 Tablets Molybdenum by Douglas Laboratories | Doses above the recommended tolerable upper intake level (UL) of 2 mg/day might exacerbate hyperuricemia and gout. |
| Munity Boost by Barlow Herbal | Watch video |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| ROOTCOLOGY MYO-INOSITOL POWDER NET WT. 100 G(3.5 0Z) DIETARY SUPPLEMENT Myo-Inositol Powder by Rootcology | If you suffer from bipolar disorder, take only under the direction of your healthcare practitioner. May cause drowsiness. May cause mild, but transient gastrointestinal discomfort when used in higher doses. |
| PURE N-ACETYL C Y S T E I N E 120 VEGETARIAN CAPSULES DICTARY SUPPLIMENT Pure N-Acetyl Cysteine by Rootcology | Take with food. NAC may interact with nitroglycerin and metoclopramide. If pregnant or lactating, consult your physician before taking this product. Rare side effects may include nausea, vomiting, headache, dry mouth, dizziness, or abdominal pain. |
| Naltrexone | Common side effects include abdominal pain/cramping, nausea/vomiting, or excitement (restless sleep, restlessness, anxiety, nervous feelings). 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. 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. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Nutrient 950 Nutrient 950 Survive Book of the State of | At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product. 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. |
| Olive Leaf extract Olive Leaf Extract by Pure Encapsulations | Not to be taken by pregnant or lactating women. At this time, there are no known side effects or precautions. Consult your physician for more information. 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. |

| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Oil of Oregano Oil of Oregano Oil of Oregano | Side effects can include skin reactions, skin rash, and rarely entire body reactions (when ingested). Contraindications have not been identified. Safety information during pregnancy is lacking. Consumption other than with food should be avoided. |
| DIL OF OREGANO Oil of Oregano by Rootcology | Rootcology: Consult with a physician before use if pregnant or breastfeeding. DO NOT TAKE if taking the following medications: anticoagulant/antiplatelet drugs, antidiabetic drugs, and/or blood thinners. |
| OptiFerin-C by Pure Encapsulations | In some individuals, iron supplements may cause nausea, vomiting, constipation, and black stools. One study indicated that iron bisglycinate supplementation caused less bloating, nausea, and constipation as compared to ferrous sulfate. Iron supplementation is not recommended for individuals with iron-loading anemias or hemochromatosis. 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. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| ORGANIC PEA PROTEIN NATURAL VANILLA FLAVOR Organic Pea Protein by Rootcology | None known |
| PALEO PROTEIN NET WT. 810 G (1 LB) DICTARY SUPPLIMENT Paleo Protein by Rootcology | None known |
| Phosphatidyl Serine SF Dietary Supplement 60 capsules Phosphatidyl Serine by ProThera | Avoid use if low cortisol is present. Use caution when using blood thinning medication or supplements. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Potassium (aspartate) Potassium (by Pure Encapsulations | If pregnant or lactating, consult your physician before taking this product. Potassium can cause GI upset, nausea, diarrhea or vomiting in sensitive individuals. Consult your physician for more information. Individuals taking ACE inhibitors, angiotensin receptor blockers, or potassium-sparing diuretics may require monitoring of potassium levels. Consult your physician for more information. |
| Pregnenolone 10 mg Pregnenolone 10 mg | The lowest dose that is most effective is recommended. May cause excitement (irritability, anxiety, overstimulation, insomnia, heart irregularities), or headaches, acne and hair loss. |
| Thymic Protein A 12 PROBOST Thymic Protein A 13 PACKETS DIETARY SUPPLEMENT ProBoost Thymic Protein A by Longevity | N/A |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Psyllium Huck Hoo Regetarian Capsules / 525mg DETARY SUPPLEMENT Psyllium by Nature's Way | Use caution when dispensing psyllium as inhalation of the dust may cause hypersensitivity. Gastrointestinal effects may occur, including gas, abdominal cramping, nausea, diarrhea, constipation, or rectal pain. Allergic reactions to psyllium may result in eosinophilia. |
| Quercetin Ouercetin Ouercetin Do CAPSULES Ouercetin by Pure Encapsulations | If pregnant or lactating, consult your physician before taking this product. Quercetin may react with calcium channel blockers, estradiol, and immunosuppressive drugs. Consult your physician for more information. Consult your physician for any health problems. |
| ROOTCOLOGY S BOULARDII 60 VEGETARIAN CAPSULES DIETANY SUPPLEMENT S. Boulardii by Rootcology | Probiotics may be contraindicated with immunosuppressant medications. Consult your physician for more information. May cause mild flatulence. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Schisandra by Herb Pharm | May interact with other medications due to the effects of schisandra's effects on the enzymes in the liver and stomach. No adverse effects reported. Safety has not been identified on pregnant and lactation, however, it has been found to inhibit reproductive cells in vitro in rats and humans. |
| by nero Pharm | |
| Selenium (selenomethionine) hroatergenic dietary supplement 180 CAPSULES | If pregnant or lactating, consult your physician before taking this product. Selenium may be contraindicated with blood thinning medications. There is evidence that selenium could reduce the effectiveness of HMG-CoA reductase inhibitors. 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. |
| Selenium by Pure Encapsulations | |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Silvercillin' Liquid 10 ppm Sim DIETARY SUPPLEUST FROM PROJECTION NET WT. 16 FL 02 (47) 4 Silvercillin by Designs for Health | No known side effects/contraindications. |
| Ultra Benfotiamine A Datay Supplement O Supular Canada Ultra Benfotiamine by Douglas Labs | No adverse effects have been reported. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Vitamin C-500 Chewables by NOW Foods | Generally regarded as safe. |
| | May cause gastrointestinal & 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. |
| | High doses of vitamin C may cause digestive issues, kidney stones, blood clots, or pro-oxidant effects. |
| | Adults who abruptly stop taking large doses of vitamin C, and continue to take normal levels, may become deficient in vitamin C. |
| | Vitamin C may interact with blood-thinners (such as warfarin) and those with bleeding disorders must use caution. |
| | 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. |
| | 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. |
| | Avoid with known allergies and sensitivities to vitamin C or ingredients in vitamin C products. |
| | Use caution in combination of certain medications (barbiturates, estrogens, anti-cancer, HIV, fluphenazine, iron, medications and supplements that may damage kidneys). |
| | 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. |
| | 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. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Vitamin D 1,000 iu Supports bone cand cetular health Noo alterpenic detary supplement 120 CAPSULES Vitamin D by Pure Encapsulations | 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. 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. |
| Sun-E 400 Non-GMO, Soy-Free Antioxidant Protection ***Adol UN Natural Visuamin E ***Adol Soy-Sorgels Non-Catol Southerner Oil 20 Sorgels A Water Stay Surgement Sun-E 400 by NOW | Consult your healthcare provider before use if you are taking blood-thinning medication or are planning on having surgery. |
| Probiotic Medical Food For the dietary management of britable Bowel Syndrome, Uterature Celifs and an iteal Prouch. VSLE's a medical food and must be used under medical supervision. 450 billion bacteria per packet 30 PACKETS VSL#3 by Klaire Labs | Ask your doctor if and how to take VSL#3 during pregnancy. The effects of VSL#3 products may be reduced while on antibiotics. May cause mild bloating. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Wobenzym PS by Douglas Laboratories | Consult with a physician before taking this medication if you have a bleeding disorder, liver damage, are pregnant, breastfeeding, or taking anticoagulant drugs. |
| ROOTCOLOGY SYSTEMIC ENZYMES GO CAPSULES DIETARY SUPPLEMENT Systemic Enzymes by Rootcology | Rootcology: Consult with a physician before use if pregnant or breastfeeding. 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. |
| Wormwood (containing antiparasitic) by Herb Pharm | Avoid if sensitive to wormwood components, particularly in the form of essential oil. 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. During pregnancy and lactation, avoid due to abortifacient and emmenagogue effects. |



| BRAND/NAME | WARNINGS & SIDE EFFECTS |
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| Xylitol DIETARY SUPPLEMENT POR PROFESSIONAL USE OF MET WT. 500 G (1.1 LB) Xylitol Powder by Designs for Health | May cause gastrointestinal issues such as diarrhea, bloating and constipation. Keep away from pets as this is toxic to them. |
| Zinc 30 Zinc by Pure Encapsulations | If pregnant or lactating, consult your physician before taking this product. In rare cases, zinc can cause nausea, vomiting or a metallic taste. High intakes of zinc can cause fever, diarrhea, or fatigue and may impair immune response. |

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*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.

