



HASHIMOTO'S PROTOCOL

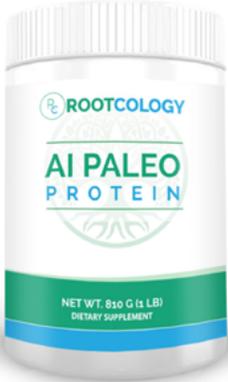
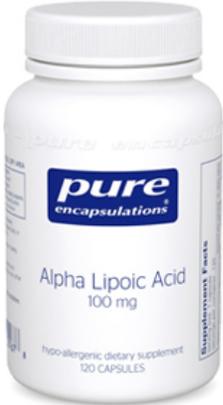
Supplement Warnings

BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="155 659 480 716">Activated Charcoal by Integrative Therapeutics</p>	<p data-bbox="563 417 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 1213 418 1270">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 1056">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 1087 1498 1148">Avoid use with alcohol and other drugs or natural health products with sedative properties.</p> <p data-bbox="563 1180 1360 1207">If experiencing symptoms of irritability or insomnia, discontinue use.</p> <p data-bbox="563 1239 1471 1320">Can cause gastrointestinal discomfort including abdominal upset, soft stools, or mild constipation. If symptoms persist or worsen, consult your healthcare practitioner.</p>

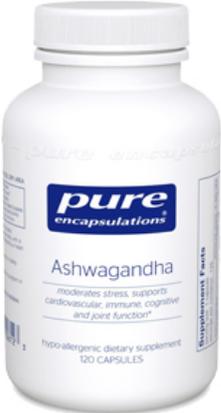


BRAND/NAME	WARNINGS & SIDE EFFECTS
<div data-bbox="196 659 440 1115" data-label="Image"> </div> <div data-bbox="228 1131 406 1192" data-label="Caption"> <p>Aloe by Rootcology</p> </div>	<p>Use caution if you have blood sugar issues such as hypoglycemia or diabetes. May interact with supplements, herbs, or medications that assist with low blood sugar.</p> <p>May increase bleeding risk. If bleeding disorders are present, caution is advised.</p> <p>Caution should also be taken with individuals who have heart disease and electrolyte abnormalities.</p> <p>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).</p> <p>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.</p> <p>Avoid if there is a known allergy to Aloe Vera. (It is part of the Liliaceae family, which includes tulips, garlic, onions.)</p> <p>May cause abdominal cramps, skin reactions, gastrointestinal issues such as constipation with a dependent use as a laxative.</p> <p>May cause diarrhea and issues associated with diarrhea such as dehydration, low blood potassium and electrolyte imbalance.</p> <p>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>May cause urological issues such as uterine contractions, urinary stones, kidney & stomach discomfort.</p> <p>May also cause thyroid dysfunction, irregular heartbeat, and liver toxicity.</p> <p>Pregnancy & breastfeeding is not suggested due to possible uterine contractions. It is not known if aloe components are present in excreted breast milk.</p> <p>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="224 646 412 705">AI Paleo Protein by Rootcology</p>	<p data-bbox="565 457 716 485">None known</p>
 <p data-bbox="180 1194 456 1253">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="565 942 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="228 1705 407 1764">Amino Support by Rootcology</p>	<p data-bbox="565 1518 716 1545">None known</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="159 646 474 730">Argentyn 23 (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">Ashwagandha 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">Astragalus Root Extract 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="180 684 456 743">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="565 506 870 537">No side effects at present.</p>
 <p data-bbox="180 1234 456 1293">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 1026 1422 1058">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 1089 1308 1121">Folic acid may adversely interact with chemotherapeutic drugs.</p>
 <p data-bbox="180 1785 456 1843">B12 Liquid by Pure Encapsulations</p>	<p data-bbox="565 1545 1471 1577">At this time, there are no known side effects, precautions or drug interactions.</p> <p data-bbox="565 1608 1422 1640">If pregnant or lactating, consult your physician before taking this product.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="233 682 402 741">Benfotiamine by Rootcology</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 1232 456 1291">BenfoMax by Pure Encapsulations</p>	<p data-bbox="565 993 1422 1024">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 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="565 1520 1089 1551">May cause some gastrointestinal discomfort.</p> <p data-bbox="565 1579 1211 1610">Caution: Bentonite clay contains trace amounts of lead.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="199 674 435 737">Betaine with Pepsin by Rootcology</p>	<p data-bbox="563 396 1422 428">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 457 1503 514">Individuals with a history of peptic ulcers, gastritis, or gastrointestinal symptoms should consult their physician before taking betaine HCl.</p> <p data-bbox="563 543 1268 575">Large amounts of betaine HCl may cause stomach irritation.</p>
 <p data-bbox="248 1249 386 1306">Butyrate by BodyBio</p>  <p data-bbox="215 1774 423 1831">Butyrate Balance by Rootcology</p>	<p data-bbox="563 989 902 1020">None known. None reported.</p> <p data-bbox="563 1543 1471 1575">Rootcology: Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="563 1604 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="224 636 414 699">Candibactin-BR by Metagenics</p>	<p data-bbox="565 407 954 436">Do not use if pregnant or nursing.</p> <p data-bbox="565 466 1503 520">If taking medication including cyclosporine, consult your healthcare practitioner before use.</p>
 <p data-bbox="224 1188 409 1251">Carnitine Blend by Rootcology</p>	<p data-bbox="565 961 1373 1024">Carnitine may reduce the chance of gaining body fat on a diet high in carbohydrates and fat.</p>
 <p data-bbox="211 1738 425 1801">Chlorophyll Drops by Genestra</p>	<p data-bbox="565 1381 1503 1444">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 1474 1370 1503">Not recommended for use during pregnancy or when breastfeeding.</p> <p data-bbox="565 1533 1503 1617">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 1646 1484 1709">Individuals with copper toxicity should use with caution as some supplements may contain copper.</p>

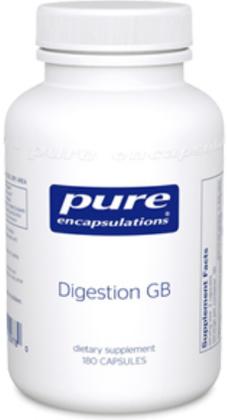
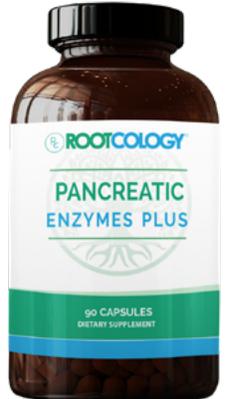


BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="178 682 462 745">CholestePure by Pure Encapsulations</p>	<p data-bbox="560 441 1421 535">If pregnant or lactating, consult your physician before taking this product. Individuals with a sensitivity to soy should avoid this product.</p>
 <p data-bbox="227 1228 406 1291">Cilantro Drops 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 1774 454 1837">CoQ10 by Pure Encapsulations</p>	<p data-bbox="560 1512 1421 1659">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 512">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 1043">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 1635">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>

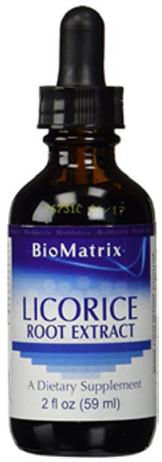


BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="178 682 462 745">Digestion GB by Pure Encapsulations</p> <p data-bbox="300 766 341 798">OR</p>  <p data-bbox="170 1270 470 1333">Pancreatic Enzymes Plus by Rootcology</p>	<p data-bbox="560 346 1477 409">Milk thistle should be avoided by individuals with 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 430 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>



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 <p data-bbox="178 682 462 745">EPA/DHA (Omega 3) by Pure Encapsulations</p>	<p data-bbox="560 399 1429 493">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="560 514 1469 577">May cause burping, gastrointestinal upset or indigestion, nausea, diarrhea, or abdominal bloating.</p>
 <p data-bbox="178 1228 462 1291">Evening Primrose Oil by Pure Encapsulations</p>	<p data-bbox="560 955 1453 1029">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="560 1050 1412 1113">Evening primrose oil is contraindicated with blood thinning medications. Consult your physician for more information.</p>
 <p data-bbox="178 1774 462 1837">L-Lysine by Pure Encapsulations</p>	<p data-bbox="560 1470 1421 1533">At this time, there are no consistent side effects or precautions, although transient gastrointestinal upset and diarrhea have been reported.</p> <p data-bbox="560 1554 1404 1617">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="560 1638 1469 1701">At this time, there are no known adverse reactions when taken in conjunction with medications.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="178 682 462 745">L-Glutamine Powder by Pure Encapsulations</p>	<p data-bbox="560 441 1429 472">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="560 493 868 525">No side effects at present.</p>
 <p data-bbox="235 1459 397 1522">Licorice Drops by BioMatrix</p>	<p data-bbox="560 787 1510 850">Best to avoid the following while consuming licorice: grapefruit, grapefruit juice, and licorice flavored chewing tobacco.</p> <p data-bbox="560 871 1510 934">Supplements that can affect the heart: squill, pheasant's eye, digitalis, and lily of the valley.</p> <p data-bbox="560 955 1461 1018">Supplements that promote a laxative effect: aloe vera (internally), castor oil, rhubarb, senna, buckthorn, and cascara sagrada.</p> <p data-bbox="560 1039 1461 1102">Possible allergic reactions: facial swelling (including lips, throat and tongue), breathing difficulties, and hives. Seek medical attention immediately.</p> <p data-bbox="560 1123 1372 1165">Licorice is possibly safe to take for short term use of 4 weeks or less.</p> <p data-bbox="560 1186 1502 1281">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="560 1302 1380 1365">Common side effect include fatigue, headaches, amenorrhea, sexual dysfunction in men, and bloating.</p> <p data-bbox="560 1386 1494 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="560 1564 1485 1690">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="155 1194 483 1253">Liver & Gallbladder Support by Rootcology</p>	<p data-bbox="565 993 1503 1052">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 1707 407 1766">Liver Reset by Rootcology</p>	<p data-bbox="565 1505 1490 1564">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="147 682 488 743">Lomatium by Barlow Herbal Specialties</p>	<p data-bbox="561 443 1354 474">A one-time rash may occur in some people due to a detox reaction.</p> <p data-bbox="561 501 711 531">Watch video</p>
 <p data-bbox="204 1232 431 1293">Magnesium Citrate by Rootology</p>	<p data-bbox="561 980 1425 1037">Individuals with kidney disease should not take magnesium supplements without consulting a doctor.</p> <p data-bbox="561 1066 1110 1096">May cause gastrointestinal upset and diarrhea.</p>
 <p data-bbox="180 1780 456 1841">Magnesium Glycinate by Pure Encapsulations</p>	<p data-bbox="561 1528 1425 1585">Individuals with kidney disease should not take magnesium supplements without consulting a doctor.</p> <p data-bbox="561 1614 1422 1644">There is less of a chance of loose stools compared to magnesium citrate.</p>

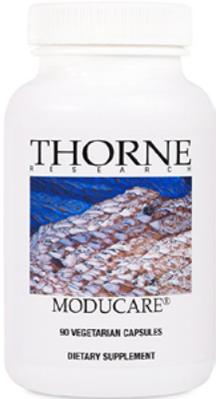
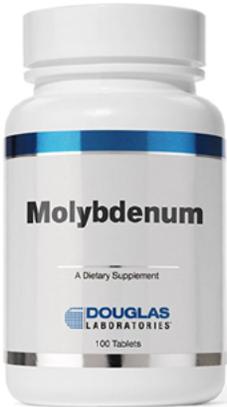


BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="175 680 457 743">Manganese by Pure Encapsulations</p>	<p data-bbox="561 373 1484 489">If you are currently being treated with any of the following medications, you should not use manganese supplements without first talking to your health care provider: haloperidol and other antipsychotics, reserpine, antacids, laxatives containing magnesium, tetracycline antibiotics, quinolone antibiotics.</p> <p data-bbox="561 520 1495 604">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 1192 477 1255">Mastic Gum by Allergy Research Group</p>	<p data-bbox="561 961 1430 1024">Avoid use if there are any known allergies or sensitivities to mastic gum or pollen.</p> <p data-bbox="561 1052 1279 1083">Information regarding safety use in pregnancy is not present.</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="196 646 440 705">MegaSporeBiotic by Microbiome Labs</p> <p data-bbox="298 732 337 760">OR</p>  <p data-bbox="232 1199 407 1260">Spore Flora by Rootcology</p>	<p data-bbox="563 441 1495 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="563 527 1101 556">May cause some digestive discomfort initially.</p> <p data-bbox="563 821 1471 850">Rootcology: Consult with a physician before use if pregnant or breastfeeding.</p> <p data-bbox="563 877 1446 936">DO NOT TAKE if taking the following medications: antibiotics+ and/or blood thinners.</p> <p data-bbox="563 966 1495 1167">+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="212 1711 423 1772">MTHFR Pathways by Rootcology</p>	<p data-bbox="563 1478 1078 1507">Consult doctor if pregnant or breastfeeding.</p> <p data-bbox="563 1535 1479 1593">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 462 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">Watch video</p>



BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="196 646 440 705">Myo-Inositol Powder by Rootcology</p>	<p data-bbox="563 369 1393 426">If you suffer from bipolar disorder, take only under the direction of your healthcare practitioner.</p> <p data-bbox="563 457 834 485">May cause drowsiness.</p> <p data-bbox="563 516 1479 573">May cause mild, but transient gastrointestinal discomfort when used in higher doses.</p>
 <p data-bbox="180 1178 456 1236">Pure N-Acetyl Cysteine by Rootcology</p>	<p data-bbox="563 905 1422 932">Take with food. NAC may interact with nitroglycerin and metoclopramide.</p> <p data-bbox="563 963 1422 991">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="563 1022 1503 1079">Rare side effects may include nausea, vomiting, headache, dry mouth, dizziness, or abdominal pain.</p>
<p data-bbox="253 1423 383 1451">Naltrexone</p>	<p data-bbox="563 1276 1479 1333">Common side effects include abdominal pain/cramping, nausea/vomiting, or excitement (restless sleep, restlessness, anxiety, nervous feelings).</p> <p data-bbox="563 1365 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="563 1482 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>

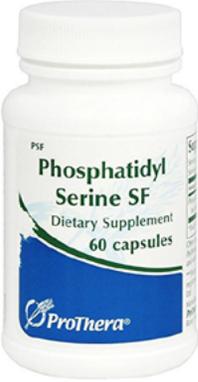


BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="175 659 457 722">Nutrient 950 by Pure Encapsulations</p>	<p data-bbox="561 363 1260 390">At this time, there are no known side effects or precautions.</p> <p data-bbox="561 420 1422 447">If pregnant or lactating, consult your physician before taking this 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>

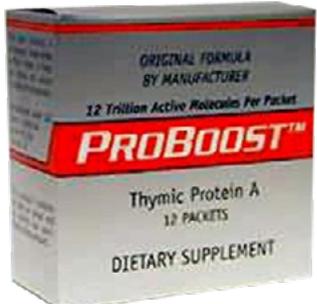


BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="191 646 446 705">Oil of Oregano by Designs for Health</p> <p data-bbox="298 737 337 762">OR</p>  <p data-bbox="232 1203 406 1262">Oil of Oregano by Rootcology</p>	<p data-bbox="565 352 1398 411">Side effects can include skin reactions, skin rash, and 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 1468 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 457 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="565 457 711 483">None known</p>
 <p data-bbox="233 1157 406 1213">Paleo Protein by Rootcology</p>	<p data-bbox="565 982 711 1008">None known</p>
 <p data-bbox="201 1696 438 1753">Phosphatidyl Serine by ProThera</p>	<p data-bbox="565 1480 971 1505">Avoid use if low cortisol is present.</p> <p data-bbox="565 1537 1360 1562">Use caution when using blood thinning medication or supplements.</p>

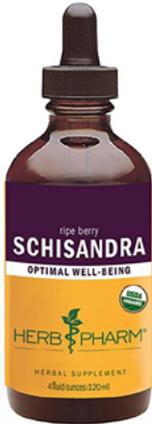


BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="178 682 454 745">Potassium by Pure Encapsulations</p>	<p data-bbox="560 367 1421 409">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="560 430 1396 493">Potassium can cause GI upset, nausea, diarrhea or vomiting in sensitive individuals. Consult your physician for more information.</p> <p data-bbox="560 514 1477 609">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 454 1291">Pregnenolone by Pure Encapsulations</p>	<p data-bbox="560 976 1218 1008">The lowest dose that is most effective is recommended.</p> <p data-bbox="560 1039 1437 1102">May cause excitement (irritability, anxiety, overstimulation, insomnia, heart irregularities), or headaches, acne and hair loss.</p>
 <p data-bbox="162 1669 479 1732">ProBoost Thymic Protein A by Longevity</p>	<p data-bbox="560 1512 617 1543">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 1442 457">Use caution when dispensing psyllium as inhalation of the dust may cause hypersensitivity.</p> <p data-bbox="565 483 1490 546">Gastrointestinal effects may occur, including gas, abdominal cramping, nausea, diarrhea, constipation, or rectal pain.</p> <p data-bbox="565 571 1218 604">Allergic reactions to psyllium may result in eosinophilia.</p>
 <p data-bbox="181 1243 457 1306">Quercetin by Pure Encapsulations</p>	<p data-bbox="565 966 1425 999">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 1024 1409 1087">Quercetin may react with calcium channel blockers, estradiol, and immunosuppressive drugs. Consult your physician for more information.</p> <p data-bbox="565 1113 1120 1146">Consult your physician for any health problems.</p>
 <p data-bbox="230 1797 406 1860">S. Boulardii by Rootcology</p>	<p data-bbox="565 1545 1429 1608">Probiotics may be contraindicated with immunosuppressant medications. Consult your physician for more information.</p> <p data-bbox="565 1633 876 1667">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>

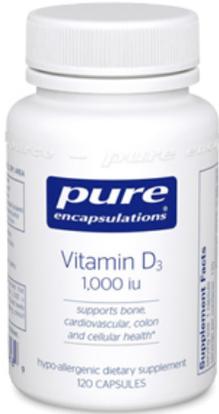
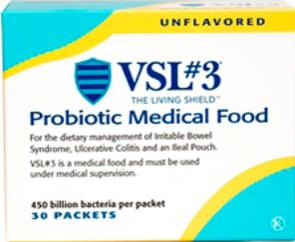


BRAND/NAME	WARNINGS & SIDE EFFECTS
 <p data-bbox="191 682 446 745">Silvercillin by Designs for Health</p>	<p data-bbox="565 472 1047 504">No known side effects/contraindications.</p>
 <p data-bbox="207 1165 430 1228">Ultra Benfotiamine by Douglas Labs</p>	<p data-bbox="565 987 1031 1018">No adverse effects have been reported.</p>

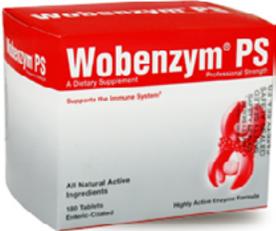


BRAND/NAME	WARNINGS & SIDE EFFECTS
<div data-bbox="220 579 440 999" data-label="Image"> </div> <div data-bbox="164 1031 472 1083" data-label="Caption"> <p>Vitamin C-500 Chewables by NOW Foods</p> </div>	<p>Generally regarded as safe.</p> <p>May cause gastrointestinal & digestive upset (abdominal cramps, 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.</p> <p>High doses of vitamin C may cause digestive issues, kidney stones, blood clots, or pro-oxidant effects.</p> <p>Adults who abruptly stop taking large doses of vitamin C, and continue to take normal levels, may become deficient in vitamin C.</p> <p>Vitamin C may interact with blood-thinners (such as warfarin) and those with bleeding disorders must use caution.</p> <p>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>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>Avoid with known allergies and sensitivities to vitamin C or ingredients in vitamin C products.</p> <p>Use caution in combination of certain medications (barbiturates, estrogens, anti-cancer, HIV, fluphenazine, iron, medications and supplements that may damage kidneys).</p> <p>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>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="180 680 456 743">Vitamin D by Pure Encapsulations</p>	<p data-bbox="565 386 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="565 504 1458 592">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 1255">Sun-E 400 by NOW</p>	<p data-bbox="565 1003 1458 1066">Consult your healthcare provider before use if you are taking blood-thinning medication or are planning on having surgery.</p>
 <p data-bbox="237 1591 399 1654">VSL#3 by Klaire Labs</p>	<p data-bbox="565 1415 1268 1446">Ask your doctor if and how to take VSL#3 during pregnancy.</p> <p data-bbox="565 1472 1357 1503">The effects of VSL#3 products may be reduced while on antibiotics.</p> <p data-bbox="565 1528 854 1560">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 1287">Zinc by Pure Encapsulations</p>	<p data-bbox="565 940 1425 968">If pregnant or lactating, consult your physician before taking this product.</p> <p data-bbox="565 997 1328 1024">In rare cases, zinc can cause nausea, vomiting or a metallic taste.</p> <p data-bbox="565 1054 1409 1117">High intakes of zinc can cause fever, diarrhea, or fatigue and may impair immune response.</p>

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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.

