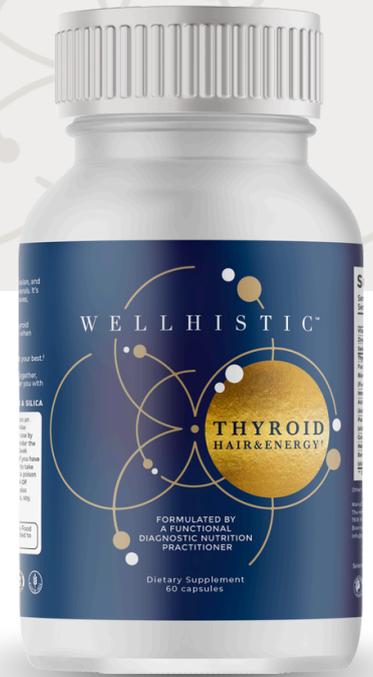


SPECIFICATION SHEET

THYROID HAIR & ENERGY

Thyroid, Hair & Metabolism Support



CLINICAL APPLICATIONS

- Reduces hair shedding and supports healthy growth cycles*
- Improves sleep onset, REM quality, and adrenal recovery*
- Strengthens brittle nails and improves skin integrity*
- Enhances energy, mood, and mental clarity without stimulants*
- Supports thyroid hormone conversion (T4 to T3) and metabolic resilience*
- Supports antioxidant defense and tissue oxygenation for cellular vitality*
- Nourishes adrenal-thyroid synergy with adaptogenic support*

PRODUCT OVERVIEW

THYROID HAIR & ENERGY is a precision-crafted botanical and micronutrient formula designed to support individuals experiencing symptoms of low thyroid function—such as hair thinning, chronic fatigue, brittle nails, and metabolic sluggishness. This multi-target supplement nourishes the entire thyroid axis (hypothalamic-pituitary-thyroid) while simultaneously restoring beauty markers like thick hair, radiant skin, and resilient nails.*

*Formulated with iodine-rich sea vegetables, highly bioavailable selenium (SelenoExcell®), bamboo-derived silica, and adaptogens like Gotu Kola and Passionflower, this formula promotes healthy T3/T4 conversion, reduces oxidative stress, and supports hormone resilience—especially during postpartum recovery, menopause, or times of high stress.**

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30
Amount Per Serving %DV

Vitamin B7 (as Biotin 1%)	786.8mg **
Zinc (as Zinc Amino Acid Chelate)	8 mg 73%
Selenium (as SelenoExcell®)	186 mcg 338%
Thyroid Support Proprietary Blend	470 mg. **
Fucoxanthin (Laminaria japonica) Organic Bladderwrack Powder (Fucus vesiculosus) (whole algae)	
Immune Support Blend	
Astragalus Extract Powder (Astragalus propinquus) (root)	200 mg **
Passion Flower Extract (Passiflora incarnata) (std to contain 5% flavones)	60 mg **
Gotu Kola (Centella asiatica) (stem, leaf)	50 mg **
Hair Support Blend	
Bamboo Extract (Bambusa Vulgaris) (std. Bamboo Silica 70%)	200 mg **
** Daily Value (DV) Not Established	

COMPATIBLE WITH THYROID MEDICATIONS

THYROID HAIR & ENERGY is intentionally formulated to work in synergy with leading thyroid prescriptions such as Eutirox®, Synthroid®, Levothyroxine, and Armour Thyroid. Because it contains no exogenous hormones, it does not interfere with medication absorption when taken as directed (with food, spaced 1–2 hours from medication).

Instead, it supports optimal hormone conversion and cellular utilization by replenishing key nutrients often depleted by long-term thyroid therapy—especially iodine, selenium, B vitamins, and antioxidants needed for metabolic repair.*

BORN FROM LIVED EXPERIENCE

Developed by a practitioner who faced infertility, autoimmune thyroid flares, and postpartum crashes, this formula reflects real-life healing. Each ingredient targets root causes—offering a holistic path to restore energy, beauty, and hormonal balance.*

CORE BOTANICALS & FUNCTIONAL BENEFITS (ORDERED BY IMPACT)



Iodine (from Kelp & Bladderwrack)

- Critical for thyroid hormone synthesis (T3/T4)*
- Sourced from mineral-rich seaweed for optimal bioavailability*
- Supports metabolism, energy, and thermoregulation*

Gotu Kola (Centella asiatica)

- Increases circulation to scalp and skin for improved follicle nutrition*
- Supports collagen production, wound healing, and thyroid responsiveness*
- Calms the nervous system and promotes focus*

Biotin (Vitamin B7)

- Vital for keratin synthesis and follicular health*
- Improves hair fullness, texture, and nail strength*
- Enhances energy production at the cellular level*

Zinc (TRAACS® Bisglycinate Chelate)

- Required for thyroid receptor sensitivity and keratinocyte repair*
- Supports hormone metabolism and immune regulation*
- Promotes skin healing and resilience*

Astragalus Root Extract

- Strengthens immunity, enhances cellular oxygenation*
- Provides antioxidant and adrenal support for thyroid resilience*

Selenium (as L-selenomethionine)

- Essential for thyroid peroxidase (TPO) and deiodinase enzyme activity*
- Protects thyroid tissue from autoimmune damage*
- Required for T4 to T3 hormone conversion*

Bamboo Extract (70% Silica)

- Strengthens hair shaft, skin elasticity, and nail density*
- Provides structural support for skin and connective tissue*
- Offers superior silica bioavailability over horsetail*

Passionflower (Passiflora incarnata)

- Reduces nervous tension and cortisol-related hair loss*
- Enhances parasympathetic tone for thyroid-adrenal harmony*
- Supports emotional balance and restful sleep*

Seaweed Complex (Knotted Wrack, Fucus vesiculosus)

- Provides minerals and polysaccharides for thyroid function and detox*
- Enhances nutrient uptake and gut support*

Distributed by:

The Holistic Detox LLC - #1274
1401 Lavaca St
Austin, TX 78701
United States

www.wellhistic.com | www.theholisticdetox.com

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

SYNERGISTIC CLINICAL PATHWAYS

Thyroid Hormone Activation & Conversion

- Iodine + Selenium + Zinc support T3/T4 balance and receptor activation
- Seaweed complex enhances trace mineral delivery

Hair, Skin & Nail Strengthening

- Biotin, Bamboo Silica, and Gotu Kola rebuild keratin structure
- Zinc and Selenium assist tissue regeneration and follicle integrity

Energy, Stress & Emotional Recovery

- Gotu Kola, Passionflower, and Astragalus promote adrenal recovery and mental calm
- Synergistic effect improves resilience to chronic fatigue and hair-loss-related anxiety

Brand/ Product	Key Ingredients	Strengths	Weaknesses
NOW Foods – Thyroid Energy	<ul style="list-style-type: none"> • Iodine (225 mcg) • Zinc, Selenium, Copper • L-Tyrosine (1000 mg) - B6, B12 • - Ashwagandha (2.5%) 	<ul style="list-style-type: none"> • High L-Tyrosine for thyroid hormone production • Covers T4→T3 conversion with minerals 	<ul style="list-style-type: none"> • No support for detox, circulation, or beauty • Lacks seaweed, silica, or hair-targeting botanicals
Life Extension – Thyroid Complex	<ol style="list-style-type: none"> 1.- Iodine (from kelp) 2.- Vitamin A, B12 3.- Ashwagandha (Sensoril® 10%) 4.- Fermented Korean Ginseng 5.- L-Tyrosine (2000 mg) 	<ul style="list-style-type: none"> • Potent adaptogens like Sensoril® & ginseng • Strong for adrenal & mental energy 	<ul style="list-style-type: none"> • No selenium, zinc, or copper • Lacks biotin, silica, and hair support ingredients
Wellhistic – Thyroid Hair & Energy	<ul style="list-style-type: none"> • Iodine (Kelp + Seaweed) • Zinc (TRAACS), Selenium (SelenoExcell®) • Biotin, Bamboo Silica • Gotu Kola, Astragalus, Passionflower • Bladderwrack, Fucus 	<ul style="list-style-type: none"> • Root-cause focus: thyroid, stress axis, beauty • Adaptogens + minerals + hair nutrients • Full-spectrum restoration from thyroid to nails 	No major weaknesses—only formula to address energy, hair loss, adrenal resilience, and nutrient absorption together

Supplement Facts

This formula contains clinically supported doses of botanicals, trace minerals, and adaptogens selected for their relevance to thyroid performance, follicular health, and adrenal-thyroid synergy.*

Directions for Use

Take 2 capsules with breakfast. For best results, use consistently for 8–12 weeks and track changes in hair texture, energy, and mood monthly.*

MANUFACTURING STANDARDS

- FDA-registered, GMP-compliant facility 3rd-party tested for purity and potency Non-GMO | Vegan | Gluten-Free | Dairy-Free | Soy-Free



0% Toxins



Pure & Clean Process



No GMOs



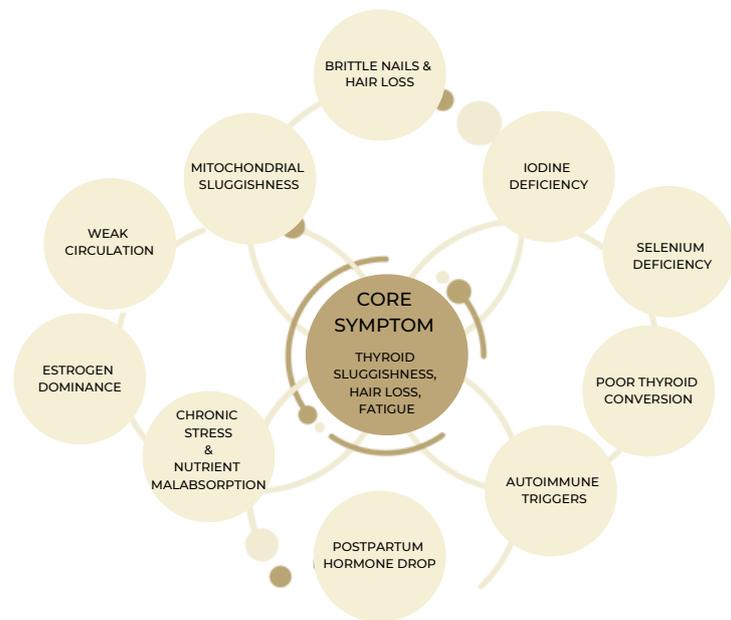
No Green Sheen



3rd Party Tested



HOW CAN CALM SUPPORT YOU?



XX to your INVISIBLE BATTLES & UNSEEN STRENGTH,



**Carola Le-Wriedt, Founder
Wellhistic & The Holistic Detox**

Distributed by:

The Holistic Detox LLC - #1274
1401 Lavaca St
Austin, TX 78701
United States

www.wellhistic.com | www.theholisticdetox.com

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

Iodine (from Kelp/Seaweed/Bladderwrack)

1. Zimmermann MB, et al. Iodine deficiency and thyroid disorders. *Lancet Diabetes Endocrinol.* 2014;2(4):286-295.
2. Leung AM, et al. Iodine in food and dietary supplements: A review. *Nutrients.* 2012;4(8):1100-1115.
3. Teas J, et al. Dietary seaweed (Laminaria) and breast cancer risk. *Nutr Cancer.* 1984;6(2):146-153.

Selenium

4. Rayman MP. Selenium and human health. *Lancet.* 2012;379(9822):1256-1268.
5. Duntas LH. Selenium and the thyroid: A close-knit connection. *J Clin Endocrinol Metab.* 2010;95(12):5180-5188.

Biotin

6. Patel DP, et al. A review of the use of biotin for hair loss. *Skin Appendage Disord.* 2017;3(3):166-169.
7. Zempleni J, et al. Biotin. *Adv Nutr.* 2018;9(6):741-743.

Bamboo Extract (Silica)

8. Seaborn CD, Nielsen FH. Silicon in food and dietary supplements. *J Nutr Health Aging.* 2002;6(2):94-97.
9. Jugdaohsingh R. Silicon and bone health. *J Nutr Health Aging.* 2007;11(2):99-110.

Gotu Kola (Centella asiatica)

10. Brinkhaus B, et al. Chemical, pharmacological and clinical profile of the East Asian medical plant *Centella asiatica*. *Phytomedicine.* 2000;7(5):427-448.
11. Orhan IE. *Centella asiatica* (L.) Urban: From traditional medicine to modern medicine with neuroprotective potential. *Evid Based Complement Alternat Med.* 2012;2012:946259.

Seaweed Extract, Fucus Vesiculosus, Knotted Wrack

12. Teas J, et al. Dietary seaweed (Laminaria) and breast cancer risk. *Nutr Cancer.* 1984;6(2):146-153.
13. Fitton JH. Brown marine algae: A survey of therapeutic potentials. *Mar Drugs.* 2011;9(10):1731-1765.

Zinc

14. Prasad AS. Zinc in human health: Effect of zinc on immune cells. *Mol Med.* 2008;14(5-6):353-357.
15. Bhat YR, et al. Zinc in hair and its relationship to zinc levels in serum and urine. *Indian J Pediatr.* 1990;57(6):807-812.

Astragalus

16. Auyeung KK, et al. *Astragalus membranaceus*: A review of its protection against inflammation and gastrointestinal cancers. *Am J Chin Med.* 2016;44(1):1-22.

Bladderwrack (Fucus vesiculosus)

17. Pankaj P, et al. *Fucus vesiculosus*: A review on its phytochemistry and pharmacological aspects. *J Med Plants Res.* 2014;8(44):1299-1305.

Green Bamboo

18. Jugdaohsingh R. Silicon and bone health. *J Nutr Health Aging.* 2007;11(2):99-110.

Passion Flower (Passiflora incarnata)

19. Miyasaka LS, et al. *Passiflora incarnata* L. (Passifloraceae) clinical trial for anxiety. *Phytother Res.* 2007;21(9):847-851.