

Thyroid Glandular Formula

A thyroid building formula for improving low thyroid function

The thyroid gland produces hormones that help regulate body temperature, stimulate metabolism, and burn fat. When the thyroid doesn't produce enough of these hormones, a person has hypothyroidism (low thyroid). Hypothyroidism is widespread in the United States and can manifest with symptoms like fatigue, loss of appetite, cold hands and feet, weight gain, skin problems, reproductive problems, hair loss, depression, and slow speech.

The thyroid requires iodine to function properly. For some people, taking an herbal formula containing seaweeds that supply iodine will correct the problem. However, in modern society, low iodine is not the primary cause of low thyroid function. It can also be caused by toxins that depress thyroid function. These include chlorine, fluorine, bromine, and mercury. Low thyroid can also be the result of an autoimmune problem known as Hashimoto's thyroiditis.

The *Thyroid Glandular Formula* offers a boost to thyroid function by combining freeze-dried thyroid glandular with a variety of thyroid-supporting herbs and nutrients. Here is what it contains.

Thyroid, Pituitary, and Hypothalamus Substance

Thyroid substance is freeze-dried thyroid tissue from healthy animals raised in a pollution-free environment. This thyroid glandular substance contains a small amount of thyroid hormones, thus directly supplementing the body's supply. Thyroid tissue also contains all the nutrients needed for a healthy thyroid, including iodine.

Pituitary and hypothalamic substances are also a part of this formula. The hypothalamus and pituitary send thyroid-stimulating hormone TSH to the thyroid gland to trigger the production of thyroid hormones. If these glands are weak, then the thyroid may not receive the stimulus it needs to function properly. Pituitary and hypothalamus tissues help to feed these glands and supplement their hormone production.

Herbal Ingredients

Kelp is a sea vegetable that is rich in iodine, an essential element in manufacturing thyroid hormones. Kelp contains small amounts of thyroid hormones and precursors to them. Kelp also contains algin, a mucilaginous fiber that soothes the gut and absorbs heavy metals, thus reducing toxic irritation to the intestines and thyroid.

Stinging nettle is a mineral-rich herb that helps to provide a favorable pH for the absorption of iodine, which has a very narrow pH range for assimilation. Nettle has also been used by herbalists to help rebuild a damaged thyroid.

Nutritional Ingredients

Protease, a protein-digesting enzyme, is included in this formula to aid in the breakdown of the glandular substances in the digestive tract. This helps ensure a person gets the full value of the glandular substances.

L-tyrosine is the amino acid used as the foundation building block in the production of the thyroid hormones known as T4 and T3 (T4s active metabolite). Low plasma levels of this amino acid are associated with hypothyroidism.

Vitamin B6 is used in a wide variety of metabolic processes, including the production of thyroid hormones.

Zinc, copper, and manganese are trace minerals important for many cellular functions, including the proper function of the thyroid gland.

Suggested Use

Typical dose is 1-2 capsules twice daily with food. The *Thyroid Glandular Formula* is not recommended for hyperthyroidism, where the thyroid gland is overactive. It may also be beneficial to take other supplements such as dulse or black walnut hulls to increase iodine intake. The formula is generally not recommended for long-term use (over 6 months), except under the advice of a qualified herbalist or natural healer.

Selected References

Strategies for Health by Steven Horne

PDR for Nutritional Supplements

For Educational Purposes Only

This handout is for educational purposes and should not be used to diagnose or treat diseases. Seek appropriate professional assistance for all health problems. This handout may be reproduced by members of Steven Horne Creation's member program, all other rights reserved.

Copyright ©2025 Steven Horne Creations, LLC (stevenhorne.com)

Distributed by: