

FOREFRONT HEALTH

Mini-Bundle Quick Start Guide



Re-Balance, Re-Activate,
and Restore Your Thyroid Health

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Helping You Overcome Your Thyroid Condition is Our Mission

Our Mission

Forefront Health was created to advance the education of thyroid health, formulate simple solutions, and empower a lifestyle that restores thyroid health and a life without limitations.

Our #1 Priority is Your Thyroid Health

We do this because millions of thyroid sufferers are being foiled by the medical system - due to misdiagnosis, ineffective treatments, and a lack of thyroid education.

We do this because we want to bring awareness to, re-educate, and re-invent the medical approach to hypothyroidism and Hashimoto's thyroiditis.

And we do it for you. In the end, YOU matter, and we believe YOU deserve to live a happy, healthy, and fulfilled life, free from hypothyroidism.

The Place We Call Home

Based out of beautiful Boulder, Colorado, Forefront Health was founded to help guide thyroid sufferers to the truth on their path to overcoming hypothyroidism.



Starting with our own personal thyroid struggles, we made many of the mistakes that we now fight so hard to protect other thyroid sufferers from making. Through our dedicated thyroid research, we discovered answers and solutions that challenge much of today's common thyroid advice. Through our private practice, we proved and refined those solutions, developing health programs and formulating thyroid-specific supplements for our clients.

Today, fueled by our mission, we specialize in thyroid health education and are sharing our thyroid health programs and thyroid supplements with the world.

Beginning with the End in Mind

What do the following ailments all have in common:

- Hypothyroidism
- Hashimoto's Thyroiditis
- Goiters & Nodules
- Severe Menopausal Symptoms

They are all directly related to metabolic function...or more properly stated, **metabolic dysfunction**. Simply put, **every cell in your body uses thyroid hormone to metabolize and produce energy**. And if your cells can't produce the energy they need to function properly, then you open yourself up to a variety of health issues (some of which have been mentioned above).

We address these issues by following our proven **3-Step Program** that was designed to help address the root cause of your thyroid issues, not just the symptoms."

Hypothyroidism Sufferers Start Here

Hypothyroidism is defined as “someone that is suffering from an underactive thyroid gland”. But, remember...the thyroid gland is actually just the tip of the iceberg.

Those suffering from hypothyroidism might not have a problem with their thyroid at all!

What’s important to understand is there’s actually an entire **Thyroid Hormone Pathway** that exists, which your thyroid hormone must travel down before it ever gets to your cells.

With hypothyroidism, your pathway becomes blocked on multiple levels, preventing your thyroid hormone from ever reaching your cells. And if there’s one thing we want you to take away from our time together, it’s this...

If you can’t get the right thyroid hormone to your cells or your cells can’t metabolize that thyroid hormone efficiently, then you will always be hypothyroid. And no amount of thyroid medication will ever change that.

However, in spite of what the medical system would have you believe, **it is possible to overcome hypothyroidism.** And we’ve developed a system to help fix the many underlying issues that will completely unblock the Thyroid Hormone Pathway and ultimately restore thyroid health.

Those 5 steps include:

1. Unblock your thyroid gland
2. Unblock your liver
3. Unblock your thyroid carrier proteins
4. Unblock your thyroid hormone cell receptors
5. Unblock your metabolism



If you can’t get the right thyroid hormone to your cells or your cells can’t metabolize that thyroid hormone efficiently, then you will always be hypothyroid.



When working with hypothyroidism sufferers, we generally start with 4 primary products...

1. Raw Desiccated Thyroid (130 mg capsules)
2. Molecular Progesterone Complex
3. Vitamin ADK Thyroid Formula
4. Collagen Protein Powder

And to help make your life even easier, we created the Hypothyroid Mini-Bundle.

This bundle includes each of the supplements mentioned above, all of which work synergistically to help you overcome hypothyroidism and get back to feeling like yourself again.



Hypothyroidism Mini-Bundle

The Hypothyroidism Mini-Bundle Dosing Schedule

	With Breakfast	Mid-Morning	With Lunch	Mid-Afternoon	With Dinner	Before Bed
Raw Desiccated Thyroid	1 capsule (130 mg)		1 capsule (130 mg)		1 capsule (130 mg)	
Molecular Progesterone Complex (Women)	3-5 drops	3-5 drops (optional)	3-5 drops	3-5 drops (optional)	3-5 drops	
Molecular Progesterone Complex (Men)	1 drop	1 drop	1 drop	1 drop	1 drop	
Collagen Protein Powder	1 scoop				1 scoop (optional)	1 scoop
Vitamin ADK Thyroid Formula	7 drops		7 drops		7 drops	

Raw Desiccated Thyroid (130mg)

The **Raw Desiccated Thyroid** and **Vitamin ADK Thyroid Formula** work hand-in-hand to help our bodies produce & use thyroid hormone more efficiently, unblock the thyroid gland, re-balance thyroid-suppressive & thyroid-supportive hormones, and the list goes on.

- **Start with 1 capsule (130 mg) per day upon waking.** After two weeks, add an additional capsule (130 mg) 4 hours after the previous dose. As toleration allows, continue adding an additional capsule (130 mg) every two weeks, spaced every 4 hours, until symptoms subside or you reach a maximum of 4 capsules per day.

Collagen Protein Powder

Collagen Protein Powder helps us address negative thyroid-feedback cycles by reducing cortisol & adrenaline levels, reduce inflammation, support healthy gut function, boost metabolism, and so much more!

- **2-3 scoops per day** added to either hot or cold liquids, and stir to dissolve

Vitamin ADK Thyroid Formula

7 drops 3 times per day with breakfast, lunch, and dinner.

Molecular Progesterone Complex

Molecular Progesterone Complex helps us re-balance progesterone levels, re-activate the thyroid gland & liver so it can properly convert the inactive thyroid hormone (T4) into the active form (T3) and reduce stress levels, among other amazing benefits.

- **5 drops, 5 times per day (roughly every 4 hours).** Dosage can be doubled/tripled as needed as higher doses are sometimes required.
- **Pre-Menopausal Women:** Use only on days 14 through 28 of your menstrual cycle. Day 1 is indicated by the first day of bright red menstruation.
- **Peri-Menopausal, Menopausal, & Post-Menopausal Women:** Cycle 3 weeks (21 days) on followed by 1 week (7 days) off.
- **Men:** 1 drop 5 times daily.

Hashimoto's Sufferers Start Here

If you're suffering from Hashimoto's thyroiditis, then one thing we know for certain is that you have an estrogen problem.

Hashimoto's thyroiditis, also known as the autoimmune form of hypothyroidism, results from the prolonged exposure to excess estrogen.

The development of Hashimoto's follows a very clear path from:

1. Hypothyroidism to the...
2. Overproduction of estrogen and Estrogen Dominance, which causes the...
3. Degeneration of the thymus gland, and increases the production of...
4. Autoimmune antibodies due to estrogen's effect on the thymic B-Cells and often the...
5. Development of goiter and/or nodules.

To make matters worse... the more estrogen dominant we become, the more it suppresses our thyroid. And, the more our thyroid is suppressed, the more estrogen we produce and more estrogen dominant we become.

In other words, it's this kind of harmful hormonal feedback cycle that **keeps us trapped in a state of hypothyroidism and Hashimoto's thyroiditis**. And it doesn't stop at Hashimoto's thyroiditis...

Estrogen Dominance also puts us at a much greater risk of developing other estrogen-related autoimmune diseases such as:

- Arthritis
- Sjögren's syndrome
- Multiple Sclerosis
- Lupus

This is why **those who have developed one autoimmune disease commonly develop other autoimmune diseases during their lifetime.**



Estrogen Dominance also puts us at a much greater risk of developing other estrogen-related autoimmune diseases.



But, it doesn't have to be that way... Estrogen Dominance can be reversed, all it takes is the proper education along with the right tools & resources.

When working with Hashimoto's sufferers, we generally start with 4 primary products...

1. Molecular Progesterone Complex
2. Raw Desiccated Thyroid (130 mg capsules)
3. Vitamin ADK Thyroid Formula
4. Vitamin B Thyroid Complex

And to help make your life even easier, we created the Hashimoto's Mini-Bundle.

This bundle includes each of the supplements mentioned above, all of which work synergistically to help you overcome Hashimoto's and reverse estrogen dominance.



Hashimoto's Mini-Bundle

The Hashimoto's Mini-Bundle Dosing Schedule

	With Breakfast	Mid-Morning	With Lunch	Mid-Afternoon	With Dinner
Raw Desiccated Thyroid	1 capsule (130 mg)		1 capsule (130 mg)		1 capsule (130 mg)
Molecular Progesterone Complex (Women)	5 drops	5 drops	5 drops	5 drops	5 drops
Molecular Progesterone Complex (Men)	1 drop	1 drop	1 drop	1 drop	1 drop
Vitamin ADK Thyroid Formula	7 drops		7 drops		7 drops
Vitamin B Thyroid Complex	1 half-full dropper				

Raw Desiccated Thyroid (130mg)

The **Raw Desiccated Thyroid** and **Vitamin ADK Thyroid Formula** work hand-in-hand to help our bodies produce & use thyroid hormone more efficiently, unblock the thyroid gland, re-balance thyroid-suppressive & thyroid-supportive hormones, and the list goes on.

- **Start with 1 capsule (130 mg) per day upon waking.** After two weeks, add an additional capsule (130 mg) 4 hours after the previous dose. As toleration allows, continue adding an additional capsule (130 mg) every two weeks, spaced every 4 hours, until symptoms subside or you reach a maximum of 4 capsules per day.

Vitamin ADK Thyroid Formula

- **7 drops 3 times per day** with breakfast, lunch, and dinner.

Molecular Progesterone Complex

Molecular Progesterone Complex helps us re-balance progesterone levels, re-activate the thyroid gland & liver so it can properly convert the inactive thyroid hormone (T4) into the

active form (T3) and reduce stress levels, among other amazing benefits.

- **5 drops, 5 times per day (roughly every 4 hours).** Dosage can be doubled/tripled as needed as higher doses are sometimes required.
- **Pre-Menopausal Women:** Use only on days 14 through 28 of your menstrual cycle. Day 1 is indicated by the first day of bright red menstruation.
- **Peri-Menopausal, Menopausal, & Post-Menopausal Women:** Cycle 3 weeks (21 days) on followed by 1 week (7 days) off.
- **Men:** 1 drop 5 times daily.

Vitamin B Thyroid Formula

Vitamin B Thyroid Complex helps us address negative thyroid-stress cycles & thyroid-suppressive hormones by reducing cortisol & serotonin levels, re-activate your liver, protect against PUFAs by freeing your thyroid carrier proteins, restore blood sugar handling & healthy metabolism, and so much more!

- **1 half-full dropper (1ml)** in orange juice (sipped slowly) upon waking

Slow Metabolism Sufferers Start Here

When it comes to weight loss, 99% of thyroid sufferers have it all wrong.

Weight gain (and excessive weight loss) is a very common symptom of hypothyroidism. And once you understand that hypothyroidism is directly connected to metabolic dysfunction (aka a slow metabolism), it begins to make sense as to why this is so common.

Let us recall that active thyroid hormone (T3) is required for your cells to metabolize properly and **without adequate levels of thyroid hormone, your cells can't metabolize properly**...this results in a slow metabolism.

And what can a slow metabolism lead to?

Less energy, poor sleep, unexpected weight gain, and a variety of other health issues, **all of which point back to hypothyroidism and metabolic dysfunction!**

So how do we restore healthy metabolism (which can also lead to slow and steady weight loss)? We restore thyroid function!

To put it simply, you don't lose weight to fix your thyroid, you **FIX YOUR THYROID TO LOSE WEIGHT.**

Cutting calories, low-carb dieting, intermittent fasting, and over-exercising are all short term fixes that can actually harm your liver and thyroid health.

In fact, we see these mistakes commonly lead to weight loss in all the wrong places - organ & muscle glycogen wasting, muscle wasting, bone density wasting, and fat wasting.

The only safe way to restore healthy metabolism and lose weight is to maintain your thyroid health & metabolism, which oftentimes requires you to eat more, not less.



Thyroid hormone (T3) is required for your cells to metabolize properly and without adequate levels of thyroid hormone, your cells can't metabolize properly.



But, you need to be sure you are consuming the right types of food that promote healthy thyroid function in order for weight loss to become a slow and steady process.

To discover the supplements we recommend to help restore healthy thyroid function and metabolism, keep reading!

When working with hypothyroid sufferers struggling with unexpected weight gain (and weight loss) or slow metabolism, we generally start with 4 primary products...

1. Collagen Protein Powder
2. Vitamin ADK Thyroid Formula
3. Raw Desiccated Thyroid
4. Vitamin B Thyroid Complex

And to help make your life even easier, we created the Metabolism-Boost Mini-Bundle.



Metabolism Mini-Bundle

The Metabolism Mini-Bundle Dosing Schedule

	With Breakfast	Mid-Morning	With Lunch	Mid-Afternoon	With Dinner	Before Bed
Raw Desiccated Thyroid	1 capsule (130 mg)		1 capsule (130 mg)		1 capsule (130 mg)	
Collagen Protein Powder	1 scoop				1 scoop (optional)	1 scoop
Vitamin ADK Thyroid Formula	7 drops		7 drops		7 drops	
Vitamin B Thyroid Complex	1 half-full dropper					

Raw Desiccated Thyroid (130mg)

The **Raw Desiccated Thyroid** and **Vitamin ADK Thyroid Formula** work hand-in-hand to help our bodies produce & use thyroid hormone more efficiently, unblock the thyroid gland, re-balance thyroid-suppressive & thyroid-supportive hormones, and the list goes on.

- **Start with 1 capsule (130 mg) per day upon waking.** After two weeks, add an additional capsule (130 mg) 4 hours after the previous dose. As toleration allows, continue adding an additional capsule (130 mg) every two weeks, spaced every 4 hours, until symptoms subside or you reach a maximum of 4 capsules per day.

Collagen Protein Powder

Collagen Protein Powder helps us address negative thyroid-feedback cycles by reducing cortisol & adrenaline levels, reduce inflammation, support healthy gut function, boost metabolism, and so much more!

- **2-3 scoops per day** added to either hot or cold liquids, and stir to dissolve

Vitamin ADK Thyroid Formula

7 drops 3 times per day with breakfast, lunch, and dinner.

Vitamin B Thyroid Formula

Vitamin B Thyroid Complex helps us address negative thyroid-stress cycles & thyroid-suppressive hormones by reducing cortisol & serotonin levels, re-activate your liver, protect against PUFAs by freeing your thyroid carrier proteins, restore blood sugar handling & healthy metabolism, and so much more!

- **1 half-full dropper (1ml)** in orange juice (sipped slowly) upon waking

Severe Menopause Sufferers Start Here

When it comes to menopause, there are a number of hormonal changes that occur, including:

- A natural decline in thyroid function
- An increase in estrogen through the aromatase enzyme
- An increase in stored tissue estrogen levels
- A decrease in estrogen production due to the absence of ovulation
- An even greater decrease in progesterone levels leading to Estrogen Dominance

While estrogen production may decline in some respects, progesterone production declines more severely **resulting in estrogen dominance**.

So why would it make sense to supplement more estrogen using supplemental or prescription estrogen (Estradiol)?

It doesn't...

Although flooding your system with more estrogen can reduce the severity of menopausal symptoms, like hot flashes, it actually worsens the underlying condition (Estrogen Dominance).

Remember, it's the "balance" of estrogen to progesterone that matters most.

And all of those annoying menopausal symptoms, hot flashes, night sweats, sleep issues, menstrual irregularities, bloating, unexpected weight gain, et cetera, can all be lessened, even eliminated, by rebalancing these levels.



And all of those annoying menopausal symptoms, hot flashes, night sweats, sleep issues, menstrual irregularities, bloating, unexpected weight gain, et cetera, can all be lessened, even eliminated, by rebalancing progesterone and estrogen levels.



When working with severe menopausal symptoms sufferers, we generally start with 4 primary products...

1. Molecular Progesterone Complex
2. Vitamin ADK Thyroid Formula
3. Collagen Protein Powder
4. Advanced Vitamin K2 Thyroid Support

And to help make your life even easier, we created the Menopause Mini-Bundle. This bundle includes each of the supplements mentioned above, all of which work synergistically to help you overcome menopausal symptoms and get back to feeling like yourself again.



Menopause Mini-Bundle

The Menopause Mini-Bundle Dosing Schedule

	With Breakfast	Mid-Morning	With Lunch	Mid-Afternoon	With Dinner	Before Bed
Molecular Progesterone Complex (Pre-menopausal)	3-5 drops		3-5 drops		3-5 drops	
Molecular Progesterone Complex (Peri/Menopausal)	3-5 drops	3-5 drops	3-5 drops	3-5 drops	3-5 drops	
Collagen Protein Powder	1 scoop				1 scoop (optional)	1 scoop
Vitamin ADK Thyroid Formula	7 drops		7 drops		7 drops	
Vitamin K2 Thyroid Support	15 drops		15 drops		15 drops	

Molecular Progesterone Complex

Molecular Progesterone Complex helps us re-balance progesterone levels, re-activate the thyroid gland & liver so it can properly convert the inactive thyroid hormone (T4) into the active form (T3), reduce stress levels, and help eliminate hot flashes, among other amazing benefits.

- 3-5 drops, 5 times per day (roughly every 4 hours). Dosage can be doubled/tripled as needed as higher doses are sometimes required.
- **Pre-Menopausal Women:** Use only on days 14 through 28 of your menstrual cycle. Day 1 is indicated by the first day of bright red menstruation.
- **Peri-Menopausal, Menopausal, & Post-Menopausal Women:** Cycle 3 weeks (21 days) on followed by 1 week (7 days) off.

Collagen Protein Powder

Collagen Protein Powder helps us address negative thyroid-feedback cycles by reducing cortisol & adrenaline levels, reduce inflammation,

support healthy gut function, boost metabolism, and so much more!

- **2-3 scoops per day** added to either hot or cold liquids, and stir to dissolve

Vitamin ADK Thyroid Formula

Vitamin ADK Thyroid Formula helps our bodies produce & use thyroid hormone more efficiently, re-balance thyroid-suppressive hormones like estrogen, restore mitochondrial dysfunction & metabolism, and offers a variety of beauty benefits.

- **7 drops 3 times per day** with breakfast, lunch, and dinner.

Vitamin K2 Thyroid Support

Vitamin K2 Thyroid Support helps re-balance thyroid-suppressive hormones like estrogen & cortisol, re-activate the liver, restore thyroid function, bone strength (by helping to prevent fractures caused by Osteoporosis), metabolic health, and so much more!

- **15 drops 3 times per day** with breakfast, lunch, and dinner.

The Importance of Establishing a Routine

Establishing a sustainable supplement-dosing routine involves using the right type of thyroid supplements and experimenting with them to determine the optimal dosing schedule as outlined in this guide.

Once you find the right dosing schedule for you and your thyroid health, it's important to maintain that schedule consistently every day (remember, the key is in the dosing...if you don't feel the difference, you probably aren't using enough).

We often recommend both carrying your thyroid supplements with you and using your smart-phone to create daily notifications of when to take them. This way you'll always have them ready when needed.

And don't run into the same issues that many of our clients & customers do with having to pay expensive shipping fees because they forgot to order more before running out... This is exactly why we created our **3Rx Thyroid Club**. With the help of a subscription you can get your thyroid supplements automatically delivered when you need it without having to worry about running out.

