

FOREFRONT HEALTH

Supplement Cheat Sheet



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.

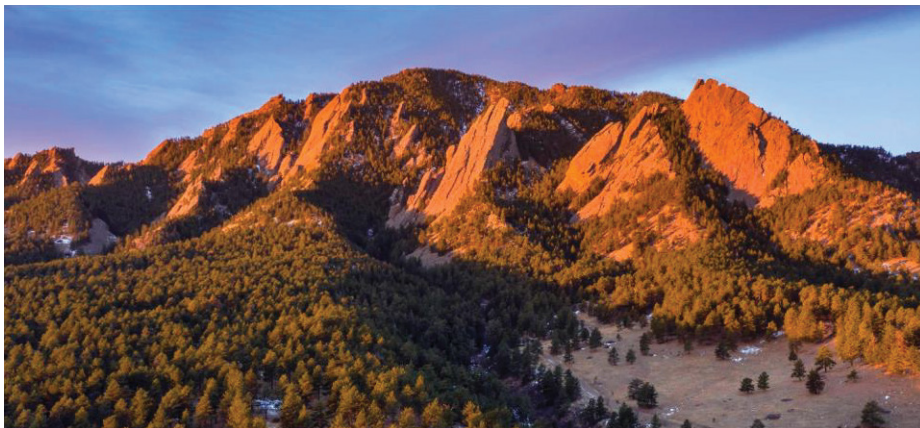
Our #1 Priority is Your Thyroid Health

We do this because millions of thyroid sufferers are being failed 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.

Helping You Overcome Your Thyroid Condition is Our Mission

(Continued)

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
- Diabetes & Heart Disease

They are all directly related to metabolic function...or more properly stated, **metabolic dysfunction.**

*Note: If you're new to Forefront Health, you can click any of the links above for free, instant access to our most popular health articles.

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 properly restoring healthy metabolism along something we like to call the **Thyroid Hormone Pathway.**

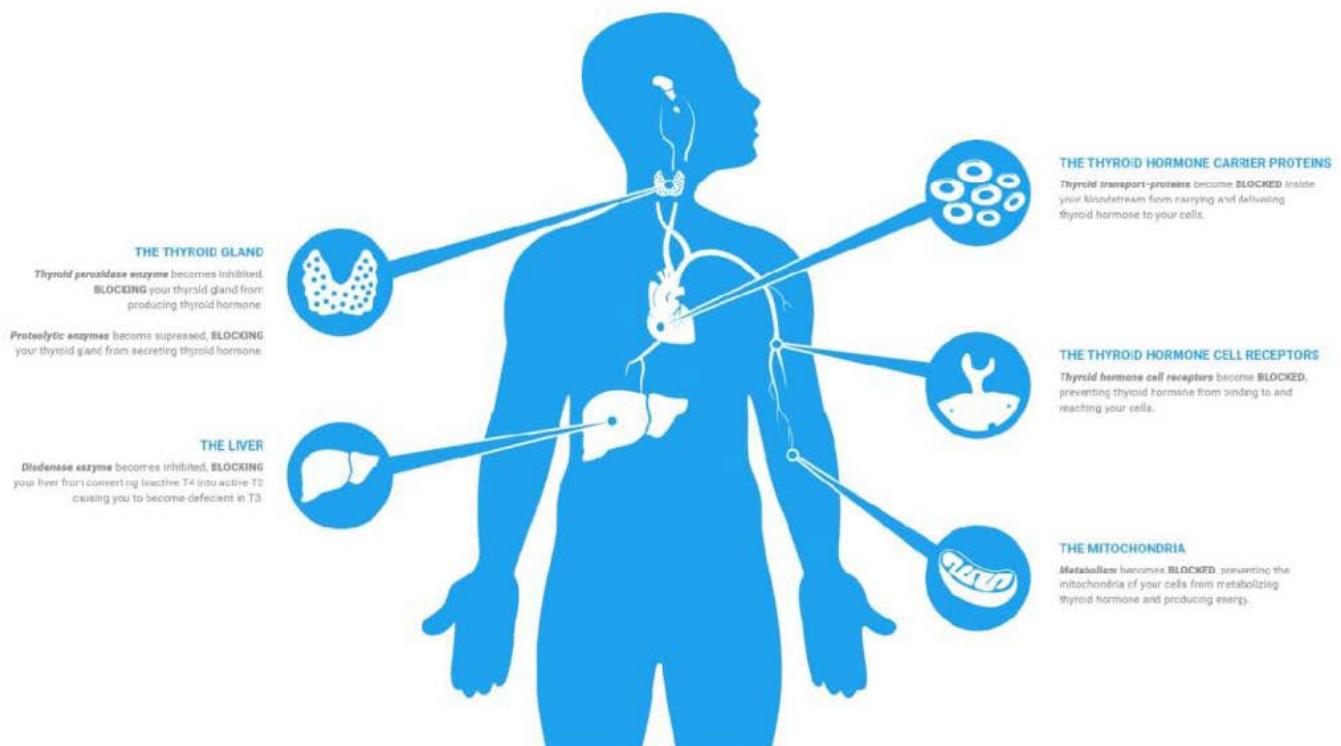
In other words, we focus our attention on addressing the root cause of the issue, not the symptoms.

There's More to Your Thyroid Health Than Just Your Thyroid Gland

In case you aren't yet familiar with our content, the Thyroid Hormone Pathway is the path in which your thyroid hormone must travel down before it ever gets to your cells.

This pathway consists of the thyroid gland, the liver, the bloodstream, cell receptors, and the mitochondria within every cell of your body.

Thyroid Hormone Pathway



And with hypothyroidism, **your pathway becomes blocked on multiple levels preventing your thyroid hormone from ever reaching your cells.**

There's More to Your Thyroid Health Than Just Your Thyroid Gland

(Continued)

In other words, your thyroid gland might not be the issue. And in our experience, it usually isn't the thyroid gland that's causing the problems.

Regardless, we must work to unblock the **Thyroid Hormone Pathway** if we want to start feeling relief and ultimately overcome hypothyroidism.

As we like to say here at Forefront Health, **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.

This is just one of the reasons why thyroid sufferers typically don't feel any better when taking most prescription thyroid medications.

But, that's not the only reason.

When it comes to thyroid medication and supplements, **there's no one best option that works for everyone...**

...Yet, understanding the differences between the types of thyroid medications and supplements on the market will give you a much better chance of success.

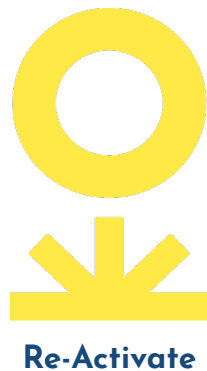
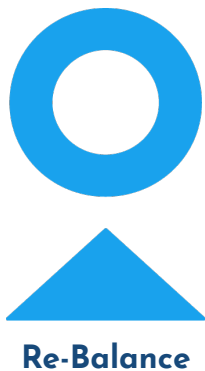
And having a guide that's been in your shoes and helped thousands of thyroid sufferers return to a life free from their thyroid condition with the help of a proven process...that helps a bit, too.

Speaking of our proven process...

Introducing the 3Rx Thyroid Formula

To help you along your journey to better thyroid health, we developed what we call the **3Rx Thyroid Formula** to help you overcome your hypothyroidism and get back to living your life.

...And every single thyroid supplement we developed has been designed with the *3Rx Thyroid Formula* in mind.



Re-Balance your thyroid-suppressive and thyroid-supportive hormones.

Re-Activate and unblock your Thyroid Hormone Pathway.

Restore your metabolism and thyroid health.

Let's dive a little deeper into each of these 3 R's so we can better understand what this means...

Step 1) Re-Balance Your Thyroid-Suppressive and Thyroid-Supportive Hormones

Specifically, we are alluding to re-balancing the thyroid-suppressive hormones of estrogen, cortisol, and adrenaline, while also re-balancing the thyroid-supportive hormones of thyroid hormone and progesterone.

And our supplements help you do exactly that!

Introducing the 3Rx Thyroid Formula

(Continued)

Step 2) Re-Activate Your Thyroid Hormone Pathway

We re-activate your Thyroid Hormone Pathway by...

- Unblocking your thyroid gland
- Re-activating your liver
- Freeing your thyroid-transport proteins
- Multiplying your cell receptors
- And restoring a healthy metabolism

Now keep in mind, this can take a little time to do, but the results are worth it.

And yes, our supplements can help!

Step 3) Restore Your Metabolism

This step is achieved with the combination of our supplements, a healthy diet, and exercise.

All of the supplements can be found available for sale on our [Forefront Health Store...](#)

We walk you through our step-by-step to restoring a healthy diet within our [Hypothyroidism Revolution Program...](#)

And we go into detail about the types of exercises you can do inside of our [Hypothyroidism Exercise Program.](#)

But, the purpose of this Supplement Cheat Sheet is to help you figure out where to start when it comes to overcoming your thyroid condition. So, without any further ado, let's jump right in!

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. And 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

Hypothyroidism Sufferers Start Here

(Continued)

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

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.

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.

And **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!

Hashimoto's Thyroiditis 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.**

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.

Hashimoto's Thyroiditis Sufferers Start Here

(Continued)

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

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.

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.

Praise Molecular Progesterone Complex - the great estrogen equalizer!

And **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!

Severe Menopausal Symptoms 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.

Severe Menopausal Symptoms Sufferers Start Here

(Continued)

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

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.

Praise Molecular Progesterone Complex - the great estrogen equalizer!

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.

Collagen Protein Powder helps us address negative thyroid-feedback cycles by reducing cortisol & adrenaline levels, reduce inflammation, support healthy gut function, boost metabolism, and the list goes on.

And **Advanced 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!

Your Accountability Checklist

Your Thyroid Supplement

List: Start Date:

Your Accountability Checklist:

When you're ready to start your supplement regimen, start by filling out the accountability checklist below starting with your start date. Find the day of the week and write in the date in the "date" column. Post this where you'll see it every day and check off every day that you take your supplements.

Note Improvements or Symptomatic Changes Here:

SUNDAY		MONDAY		TEUSDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
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Note Improvements or Symptomatic Changes Here:

Your Thyroid Supplement Plan Cheat Sheet

Below you'll find a supplement schedule that we typically use with our clients showing the times of day each supplement should be taken along with the recommended dosage. If needed this schedule can be adjusted. For instructions on how to use each supplement, please see the "How to Use Your Thyroid Supplements" section below.

	With Breakfast	Mid-Morning	With Lunch	Mid-Afternoon	With Dinner	Before Bed
Raw Desiccated Thyroid	1 capsule (65 mg)		1 capsule (65 mg)		1 capsule (65 mg) (optional)	
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 B Thyroid Complex	One ½ Dropper					
Thyro-Protect Vitamin E Complex	2 pumps				2 pumps	
Advanced Vitamin K2 Thyroid Support	15 drops		15 drops		15 drops	
Micronized Eggshell Calcium	1 scoop		1 scoop (optional)		1 scoop (optional)	
Micronized Pregnenolone Powder	1 scoop					
Thyro-Boost Coffee	1 cup of coffee		1 cup of coffee (optional)			
Cascara Sagrada Powder	1 scoop		1 scoop (optional)		1 scoop (optional)	
Quad-Wave Red Light Therapy				See user guide below (optional)		See user guide below

How to Use Your Thyroid Supplements

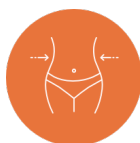
Raw Desiccated Thyroid



Benefits



Boost Energy & Metabolism



Regulate Body Weight



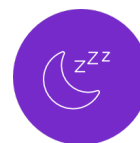
Restore Brain Function



Alleviate Joint & Muscle Pain



Boost Your Mood & Happiness



Deeper, More Restful Sleep

Suggested Use

1 capsule one to four times daily with food.

[Click Here to Download](#) our **5-Step Thyroid Multi-Dosing Guide** for in-depth instructions on how to use our Raw Desiccated Thyroid supplement.

If you've not used this supplement before, start slowly with the 65 mg dosage taking one with breakfast and one with lunch. After two weeks use, add an additional 65 mg dose with dinner. You can continue to add an additional 65 mg dose once every four weeks (first to breakfast, then lunch, then dinner) not to exceed 6 capsules per day. If you note any adverse effects, reduce the dosage accordingly and/or contact us for further recommendations.

How to Use Your Thyroid Supplements

(Continued)

Molecular Progesterone Complex



Benefits



Deeper, More Restful Sleep



Eliminate Hot Flashes



Reduce Joint Pain



Protect Against Stress & Anxiety



Lose Water-Weight



Protect Against Hashimoto's & Estrogen

Suggested Use

[Click Here to Download The Complete Guide to Molecular Progesterone Complex](#) for in-depth instructions on how to use our Molecular Progesterone Complex.

For best results and highest absorption, rub the oil into the gums and thin membranes of the mouth.

How to Use Your Thyroid Supplements

(Continued)

Peri-Menopausal, Menopausal, and Post-Menopausal Women - Start with 3 drops 5 times per day for 2 to 4 weeks. Then continue with 3 drops 3 times per day. Should be cycled 3 weeks on, then 1 week off.

Pre-Menopausal Women - 3 drops 1 to 3 times daily on days 14 through 28 of the menstrual cycle. Dosage (3 drops) can be repeated as needed, for more severe symptoms.

For Use with Hot Flashes - Start with 5 drops 5 times per day and increase as needed until hot flashes resolve. Cycle 3 weeks on, then 1 week off. If hot flashes return during week off, reduce off-time to a minimum of 3 days.

Progesterone Dropper Instructions

Before removing the dropper, squeeze the dropper bulb to pull some of the oil inside the dropper. When removing the dropper, hold it over the bottle for 15 to 20 seconds to allow the excess oil to run off the dropper and back into the bottle. Then dispense the required number of drops. When finished, empty dropper contents back into the bottle and secure the top.

How to Use Your Thyroid Supplements

Collagen Protein Powder



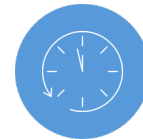
Benefits



Boost Metabolism, Energy, & Brain Function



Deeper, More Restful Sleep



Prevent Accelerated Aging



Restore Youthful Skin, Hair, & Nails



Support Happy, Healthy Gut Function



Strong Bones, Joints, & Muscles

Suggested Use

1 scoop (11 g) one to three times per day mixed thoroughly in hot or cold liquid. Ideal use is with breakfast, dinner, and before bed.

- You can add it to your coffee, juice, water, smoothies, and more... like our clients do.
- Use it pre, during, and post-exercise.
- Add it to just about any baking dish or desert to increase the protein content.
- Use it to replace other harmful protein powders.

How to Use Your Thyroid Supplements

(Continued)

Vitamin ADK Thyroid Formula



Benefits



Deeper, More Restful Sleep



Boost Thyroid Function



Restore Youthful, Healthy Skin



Restore Bone & Joint Health



Protect Against Hashimoto's
Thyroiditis



Boost Immunity & Alleviate
Allergies

Suggested Use

7 drops 3 times daily.

Our Vitamin ADK Thyroid Formula comes in a liquid coconut (MCT) oil solution for **dual-purpose application**. We generally recommend the “oral application instructions” below. However, for those with digestive issues that can negatively affect absorption, it can be also used topically as per the “topical application instructions” below.

Oral Application Instructions

Take directly by mouth and swallow, ideally with food.

Topical Application Instructions

Massage into the soft areas of the skin (i.e. inner forearms, inner thighs, stomach, etc).

How to Use Your Thyroid Supplements

(Continued)

Vitamin B Thyroid Complex



Benefits



Deeper, More Restful Sleep



Boost Thyroid Function



Restore Youthful, Healthy Skin



Restore Bone & Joint Health



Protect Against Hashimoto's
Thyroiditis



Boost Immunity & Alleviate
Allergies

Suggested Use

One 1/2 dropper (1 ml) daily.

Our Vitamin B Thyroid Complex has been designed for **dual-purpose application**.

We generally recommend the "oral application instructions" below. However, for those with digestive issues that can negatively affect absorption, or those who still find the taste too strong, it can be also used topically as per the "topical application instructions" below.

How to Use Your Thyroid Supplements

(Continued)

Oral Application Instructions

We recommend using 1 half-full dropper (1 ml) daily that can be used in a single dose or divided into multi-doses. It should be added to 12 oz. (350 ml) of juice (orange juice preferably) to both mask the taste and prevent a drop in blood sugar. If you find the taste too strong, then divide the dosage, i.e. 1 half-full dropper in 8 to 12 oz. (230 to 350 ml) of juice, twice daily. The daily dosage can be divided in this manner into as many doses as needed.

Topical Application Instructions

The Vitamin B Complex can also be applied to the skin where it is absorbed efficiently. Keep in mind that it does have a yellow color which will temporarily stain the skin (and clothes that come into contact with it). It's best to apply it at a time when you can keep the skin exposed and leave it on for 60 to 90 minutes. At that point it should be absorbed, and you can wash the area. The yellowish tint will wash and fade over time so it's best to use it on an area that would normally be covered by clothes.

Please Note

The thyroid and metabolic boosting effects of our Vitamin B Thyroid Complex often increases the need for fuel/carbohydrates for our clients. So, adequate nutritional support is important.

How to Use Your Thyroid Supplements

(Continued)

Thyro-Protect Vitamin E Complex



Benefits



Restore Youthful Skin & Hair



Protect Against Hashimoto's & Estrogen



Protect Against Heart Disease



Protect Against PUFAs



Protect Against Hashimoto's Thyroiditis



Protect Against Oxidative Damage

Suggested Use

4 full pumps (1 gram) daily.

We generally recommend the "oral application instructions" below. However, for those with digestive issues that can negatively affect absorption, it can be also used topically as per the "topical application instructions" below.

How to Use Your Thyroid Supplements

(Continued)

Oral Application Instructions

Place Thyro-Protect Vitamin E Complex on tongue and follow with liquid.

Topical Application Instructions

The Thyro-Protect Vitamin E Complex oil is very thick, which will require the addition of coconut oil or olive oil to help it spread and absorb. Massage into the soft areas of the skin (i.e. inner forearms, inner thighs, stomach, etc.)

How to Use Your Thyroid Supplements

(Continued)

Advanced Vitamin K2 Thyroid Support



Benefits



Protect Against Hashimoto's & Estrogen



Restore Blood Sugar Handling



Protect Against Heart Disease & Diabetes



Boost Testosterone Production (in Men)



Prevent Fractures in Osteoporosis



Protect Against Cancer

Suggested Use

15 drops 3 times daily.

We generally recommend an oral application for the Vitamin K2 Thyroid Support due to the higher dosing requirements.

How to Use Your Thyroid Supplements

(Continued)

Oral Application Instructions

Take directly by mouth and swallow, ideally with food (the high-dose of Vitamin K2-MK4 is best absorbed with some dietary fat).

Note

If one is also using a high-dose Vitamin E supplement, such as our Thyro-Protect Vitamin E Complex, then we recommend leaving an hour between its use and the use of this high-dose Vitamin K2-MK4 supplement to ensure proper absorption.

How to Use Your Thyroid Supplements

(Continued)

Micronized Eggshell Calcium



Benefits



Regulate Body Weight



Support & Restore Bone Health



Protect Against Excess Estrogen



Alleviate Joint & Muscle Pain



Protect Against Hashimoto's
Thyroiditis



Protect Against Cancer

Suggested Use

1 scoop 1-3 times per day.

This super-fine powder can be easily mixed into small a amount of water, or other liquids like coffee.

How to Use Your Thyroid Supplements

(Continued)

Micronized Pregnenolone Powder



Benefits



Improve Memory & Mental Clarity



Boost Libido



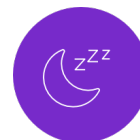
Reduce Joint Pain



Improve Mood & Relieve Anxiety



Improve Energy



Deeper, More Restful Sleep

Suggested Use

1 scoop (70 mg) once daily by mouth. Best taken with food.

How to Use Your Thyroid Supplements

(Continued)

Thyro-Boost Coffee



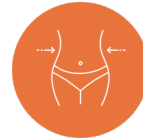
Benefits



Boost Your Mood & Happiness



Increase Energy & Metabolism



Boost Weight Loss & Antioxidants



Improve Memory



Protect Against Heart Disease & Diabetes



Protect Against Cancer

Suggested Use

We recommend brewing 2 tablespoons (15 grams) of freshly ground Thyro-Boost Coffee per cup (8 oz. / 326 ml) of water. We always start slowly with our clients and increase coffee intake over time based on a dose and dosing schedule that helps them feel their best. While even as little as 1 cup of coffee (8 oz. / 326 ml) per day provides significant health benefits, research shows that 3 to 5 cups of coffee per day can have tremendous effects on your health.

The Thyro-Boost Coffee can be brewed any way you like including drip, French-press, percolate, etc. It has no effect on the health benefits at all. For best effect and tolerance, we have our clients start with sipping their coffee with and after meals. If tolerance is a concern, then we start slowly with as small of a dose as tolerated, used only with meals and only with adequate carbohydrates and fats to help slow the digestion and absorption of the caffeine while maintaining proper blood sugar handling.

How to Use Your Thyroid Supplements

(Continued)

Cascara Sagrada Powder



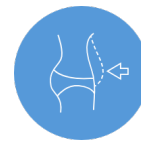
Benefits



Clear, Healthy Looking Skin



Clear Up Constipation



Eliminate Excess Gas & Bloating



Restore Healthy Gut Function



Boost Energy and Metabolism

Suggested Use

1-3 scoops (70 mg per scoop) 1 to 3 times daily, or as needed.

How to Use Your Thyroid Supplements

(Continued)

Oral Application Instructions

Cascara sagrada is a bitter herb. It is best taken by placing it under the tongue, followed with liquid.

Notes

Start with 1/2 to 1 scoop daily and increase gradually. Too much at one time can result in diarrhea, loose stools, or abdominal cramping. If you experience any of these symptoms, stop use until symptoms subside. It's common to experience diminished effects from the cascara sagrada as your body adjusts to it over the first week or two. If this occurs, increasing the dosage is often necessary. When increasing or adjusting the dosage, it is best to multi-dose the cascara sagrada, taking it multiple times per day rather than taking more at one time.

How to Use Your Thyroid Supplements

(Continued)

Metabolic-Boost MCT Oil



Benefits



Boost Energy & Metabolism



Improve Mental Clarity & Focus



Help Decrease Fat Production



Protect Against Endotoxin



Improve Insulin Sensitivity



Protect Against PUFAs

Suggested Use

Use 1 to 3 Tablespoons Daily

Enjoy It in Coffee, Smoothies, & More

We recommend our clients add MCT Oil to their coffee, smoothies, juice, desserts, and more. Simply measure out a tablespoon, add it to either hot or cold liquids, and stir before consuming. Then enjoy!

How to Use Your Thyroid Supplements

(Continued)

Quad-Wave Red Light Therapy



Benefits



Deeper, More Restful Sleep



Boost Thyroid Function



Restore Youthful, Healthy Skin



Restore Bone & Joint Health



Protect Against Hashimoto's
Thyroiditis



Boost Immunity & Alleviate
Allergies

Suggested Use

[Click Here to Download The Complete Thyroid-Boosting Guide to Quad-Wave Red Light Therapy](#) for in-depth instructions on how to use our Quad-Wave Red Light Therapy Device.

First Time Users

For first time users, we recommend starting out with 1-3 minute treatments per area, and slowly working up to a 10-minute session over the course of 2-3 weeks as your body acclimates to the therapy.

How to Use Your Thyroid Supplements

(Continued)

General Dosing

We generally recommend 10-minute treatments at 6-24 inches from your device per area. While it is important to get an adequate dosage of light, more is not always better. For example, too much stimulation by red light can lead to diminishing returns or even inhibitory effects.

For this reason, we recommend you allow at least 12 to 24 hours between treatments of the same area. We also recommend no more than 15 to 20 minutes in any one session, especially at a close distance.

The benefits of Red Light Therapy comes from the exposure of the light to the skin and its penetration beyond the skin. Clothes and other materials will block the light. We recommend exposing as much skin as possible during use for maximum benefit.

Red and near-infrared light from LEDs are safe and even beneficial to the eyes. Safety goggles are not necessary to use. However, red light is very bright and can be uncomfortable to look at, so we recommend closing your eyes or using the provided goggles if needed.

Hypothyroidism & Hashimoto's Thyroiditis Dosing

For use with hypothyroidism and/or Hashimoto's thyroiditis, position the device facing your neck and upper chest. The recommended distance is 6 inches (15 cm) for approximately 3.5 to 10 minutes.

Skin Health, Joint Pain & Arthritis, Hair Loss, Weight Loss, Sleep Issues, and General Wellbeing Dosing

Please see *The Complete Thyroid-Boosting Guide to Quad-Wave Red Light Therapy* for more in-depth instructions.

Not All Thyroid Supplements Are Created Equal...

There's a lot more that goes into formulating the best thyroid supplements than you might think.

It all starts with research. Unlike most supplement brands who focus more on fads, we take research very seriously. We're not only interested in what thyroid-boosting effects an ingredient might have. We're even more concerned about any potential negative effects that it might have as well.

So, while others often promote products whose negative effects far outweigh the positive, that goes against everything we believe in. Instead, we do our due diligence to ensure that any ingredient used and supplement we formulate is designed to help solve your thyroid problems, while not creating other, potentially more serious, problems down the road.

For example, studies have shown that some commonly recommended/prescribed thyroid supplements are actually more harmful to your thyroid than helpful. Even some commonly used vitamins have been shown to potentially increase the risk of certain types of cancer. We would never recommend or use these ingredients in our supplements, even though most others do.

Simply put, **our goal is to provide you with the most effective and safest thyroid supplements available.**

Not All Thyroid Supplements Are Created Equal...

(Continued)

The next step is sourcing. While most supplement brands are well known for putting their profits first with a focus on using the cheapest (and sometimes potentially harmful) ingredients, this also goes against everything we believe in. Instead we source the best ingredients possible and in the most effective and safest forms.

But, it's also what we don't put in our products that can often mean just as much as what we do put in them. While others often include unwanted excipients and additives, our focus is on avoiding (or minimizing in some cases) excipients and additives to further ensure you are getting the most effective and safest thyroid supplements possible.

Yet, here's what really sets us apart from everyone else.

Our thyroid supplements were designed and formulated for our clients, first. While most others simply produce supplements, our thyroid supplements have been tried, tested, and reformulated as needed to ensure the best results for our clients before they were ever offered to anyone outside of our practice.

So, not only do we now offer our thyroid supplements to the public, we have extensive knowledge of how best to use them to ensure your success.

That's the Forefront Health Difference.

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 Subscribe & Save shipping option. 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.



The Importance of Establishing a Routine

(Continued)

Special Offer: Click the button below to visit our Forefront Health Store, click the product you wish to add to your autoship, and sign up for a subscription to save 10% - for the life of your subscription!

The best part is that you'll never have to worry about being without it. Just choose the Subscribe & Save option that best suits your needs directly on the product page and put your deliveries on autopilot.

[VISIT OUR STORE](#)

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