

3 Steps to maximize your success with Forefront Health's Vitamin ADK

Energize Your Life & Start Feeling Like Yourself Again

Think of your thyroid hormone pathway like a highway. Vitamin A, D3, and K2 help keep that highway clear and flowing – supporting healthy hormone activity, steady energy, and overall balance throughout your body.

205,364+

Thyroid Sufferers Helped

6,000+

5-Stars Reviews

1000+

Doctor Recommendations



You are
here



RE-ACTIVATE

your thyroid hormone pathway by supporting hormone conversion, transport, and cellular activity.



Your 3-Step Vitamin ADK Success Plan

#1: SUPPLEMENT SUCCESS

To get the most benefit, enjoy 7 drops of Vitamin ADK, 3 times a day, ideally with meals.

Life gets busy – and you can't always carry your supplements everywhere. While spreading out servings with meals is ideal, you can also take your three servings (21 drops) in whatever way best fits your lifestyle.



Breakfast

7 Drops



Lunch

7 Drops



Dinner

7 Drops

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Forefront Health does not provide medical advice, diagnosis, or treatment.

Note: Real change takes time. Your body needs space to adjust, which is why it's best to notice your progress over weeks, not days. Some people look for instant results and give up too soon, while others push too hard and feel discouraged. The healthiest path is steady and consistent – with patience as your best ally.

#2: SUPPORT YOUR SUCCESS WITH DIET

Simple ways to fuel your journey with diet.

- ☐ **Since Vitamin ADK is fat-soluble, it's best enjoyed with a meal** that includes some healthy fat – like coconut oil – giving your body extra support for absorption.
- ☐ **Go easy on polyunsaturated fats (PUFAs)** such as vegetable, canola, and corn oil – they're harder on your metabolism. Instead, reach for stable fats like butter or coconut oil to better support your metabolism.
- ☐ **Get even more Vitamin A, D, and K2** in your diet from eggs, milk, cheese, liver, meats, and butter. Adding these to your diet can help support your body's natural nutrition needs.



#3: SUPPORT YOUR SUCCESS WITH HABITS & RITUALS

Everyday habits that help support your success and keep your journey steady.

- ☐ **Place your Vitamin ADK where you enjoy your meals.** That way, it's always there to remind you to take it and keep your routine steady.
- ☐ **Step into the sunlight.** Just half an hour outdoors can brighten your mood and give your body natural support for vitamin D.
- ☐ **Schedule phone notifications** at your usual meal times to nudge you to take your supplements consistently.

Start Your Vitamin ADK Success Plan Today...

WHAT VITAMIN ADK THYROID FORMULA CAN DO FOR YOU



Support Healthy
Thyroid Hormone
Levels



Support Radiant
Skin & Cell Renewal



Maintain Healthy
Bones & Joints



Maintain a Balanced
Inflammatory Response



Support Healthy
Metabolism & Energy



Promote Strong
Immune Support

REDISCOVER THE HAPPY, HEALTHY YOU

“ I added the ADK and it has been a game changer. I used to be exhausted, run down and had no energy at all. **Since I started taking the Raw Desiccated Thyroid and ADK I have my energy back and I feel like doing things and being present in life again.** ”

- *Tabitha,*
Vitamin ADK Customer

“ I am very happy with vitamin ADK. I **noticed immediately that I had a brighter outlook & more energy.** I sleep better & it's much more restorative ”

- *Sharon,*
Vitamin ADK Customer

These are individual customer experiences. Results may vary from person to person.

STRONG ALONE. STRONGER TOGETHER



RE-ACTIVATE

with Vitamin ADK
Thyroid Formula

Harness the power of Vitamin ADK to support your thyroid hormone pathway and a healthy metabolism, while promoting steady, natural energy.



RE-BALANCE

with Raw
Desiccated Thyroid

Nourish your body with natural support for healthy thyroid function, normal hormonal balance, and a strong foundation for lasting vitality.



RESTORE

with Thyro-Protect
Vitamin E

Fuel your body with Vitamin E to support healthy mitochondrial function, help energize your cells, and defend against everyday cellular stress.

— Join the —
3RX THYROID
Club

Make your routine simple with Vitamin ADK Thyroid Formula on subscription. Since each bottle usually lasts around 60 days, we recommend choosing the 2-month renewal option. This way you'll always have a fresh bottle on hand, with automatic delivery, peace of mind, and up to 25% savings.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Forefront Health does not provide medical advice, diagnosis, or treatment.