

Thyroid Dosing Support Guide

Follow the below protocol if the Thyro Balance support is causing you to feel nauseous or irritable

1. Start with 1 cap in the morning on an empty stomach, 30 min before food optimally.
2. About 5% of the population may experience nausea about 15 minutes after taking their support on an empty stomach. If nausea occurs 15 minutes after taking the Thyro Balance, at the next dosage only wait 10-14 minutes before you eat. Eating can help resolve the nauseous feeling.
3. If that doesn't work you can take the Thyro Balance with food, instead of on an empty stomach.
4. If taking the thy Thyro Balance with food still doesn't work, you can continue to half the dose until you find the right dose that works for you.

Follow the below protocol if are trying to increase your Thyro Balance support therapeutically.

1. Once you find your correct dose, every week you can add 1 dose spread out evenly throughout the day.
2. If 1 Thro Balance support is tolerated on week 1, you can can add 1 Thyro Balance dose at lunch time on week 2.
3. As long you aren't experiencing any hyperthyroid symptoms (heart palpitation, anxiety, excessive sweating, irritability or poor sleep) you can continue to increase the Thyro Balance gradually till a max dose of 3 caps is reached or until Dr. J says otherwise.
4. A dose of 3 caps can be taken as so, 2 caps at breakfast and 1 cap at lunch. If a 4th dose is approved, you can add that dose at lunch time. So 2 caps at waking and 2 caps at lunch.
5. In some occasion Dr. J will recommend taking thyroid support right before bed as some people who have sleep issues may respond beneficially. Feel free and ask Dr. J if this is right for you.
6. Feel free and monitor your thyroid temps during the process. Please reach out to Dr. J if you are having issues to schedule a trouble shoot consult.