Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

Thyroid Balance & Metabolic Support

PROTOCOL PACK (NON-AUTOIMMUNE)

ENERGY • METABOLISM • MENTAL CLARITY • HORMONE BALANCE

PROTOCOL OVERVIEW

The Thyroid Balance & Metabolic Support Protocol Pack provides natural support for a healthy thyroid: hormone production and conversion, metabolic balance and steady energy. It combines T3 activation, bioenergetic and glandular thyroid support with the co-factor minerals and vitamins the thyroid needs to help you feel energized, focused and balanced.

KEY BENEFITS

- ✓ Supports healthy thyroid hormone production and conversion
- ✓ Glandular support for thyroid function and TSH balance
- ✓ Selenium, iodine and zinc: the co-factor minerals for thyroid hormones
- ✓ Vitamin D & K for immune and hormone balance
- ✓ Helps you feel more balanced, energized and like yourself again

WHAT'S INCLUDED



Thyroid Activation & T3 Support (T3 Rescue)
Supports thyroid function and T3 activation.



BioTox Total Thyroid
Bioenergetic support for thyroid balance.



Thyroid Glandular
Glandular support for thyroid function and TSH balance.



Nano Ionic Selenium
Thyroid co-factor and antioxidant mineral support.



Vitamin D3-K2/MK7 (Vitamin D & K)
Supports immune balance, calcium balance and bone health.



Nano Ionic Iodine
Thyroid and metabolic mineral support.



Nano-Ionic Zinc
Liquid zinc for immune defense and cellular repair.

DAILY DOSAGE SCHEDULE

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
T3 Rescue	5 drops		5 drops					Under the tongue, AM and mid-morning. Monday-Friday only.
BioTox Total Thyroid					5 droppers full			Mid-afternoon, daily.
Thyroid Glandular		1-3 capsules						In the AM. Watch labs to track TSH alongside this supplement, with the supervision of your doctor.
Nano Ionic Selenium	30 drops							In water, AM, daily.
Vitamin D & K				1 capsule				With lunch.
Nano Ionic Iodine	30 drops							In water, AM.
Nano-Ionic Zinc		30 drops						In water with breakfast. Do not take on an empty stomach.

PROTOCOL NOTES

- This protocol is safe for long-term use.
- Do not take Bio-Iodine or any iodine if you have an active autoimmune thyroid condition (elevated TPO antibodies). A whole kelp supplement can be used instead.
- No caffeine.
- Drink plenty of filtered water throughout the day.
- Eat a nutrient-dense, whole-food diet rich in healthy fats.

LAB RECOMMENDATION: THYROID TOXICITY PANEL

This comprehensive panel helps evaluate thyroid function, autoimmunity and toxin exposure for a more personalized approach.

PURCHASE THYROID TOXICITY PANEL

JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

JOIN NOW

NOURISH • BALANCE
RESTORE • LIVE WELL

PURCHASE PROTOCOL

Wellness Starts Within

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult the product label for full ingredient and usage information.