Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

Thyroid Rejuvenation – Step 2

NUTRIENT SUPPORT, METABOLIC BALANCE & CONTINUED DETOX • WEEKS 9-12

BALANCE THYROID FUNCTION • SUPPORT HEALTHY METABOLISM • REDUCE INFLAMMATION • SUSTAIN ENERGY

PROTOCOL OVERVIEW

Thyroid Rejuvenation Step 2 (Weeks 9-12) continues the momentum from Step 1 by providing targeted nutrients to support thyroid function, metabolism, energy production and ongoing detoxification. This phase helps stabilize blood sugar, replenish key minerals, support cellular health and promote long-term hormonal balance.

KEY BENEFITS

- ✓ Supports healthy thyroid hormone production
- ✓ Helps maintain balanced metabolism and blood sugar
- ✓ Provides essential minerals for thyroid and adrenal function
- ✓ Supports cellular energy and mitochondrial health
- ✓ Builds on the foundation of Step 1

WHAT'S INCLUDED



Bio-Iodine
Supports healthy thyroid function and iodine balance.



Nano Ionic Magnesium
Essential mineral support for muscle, nerve and nervous system health.



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



Nano-Ionic Multi w/Silica (Full Spectrum Minerals)
Essential trace minerals and silica for whole-body support.



Berberine Pro
Supports healthy metabolism, blood sugar balance and insulin sensitivity.



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



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



Optimal Multi Pro (Comprehensive Multivitamin)
Comprehensive daily vitamin, mineral and nutrient foundation.

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
Bio-Iodine		1 capsule						Take with breakfast.
Nano Ionic Magnesium			1 ml (30 drops)					In water. Take mid-morning.
Nano Ionic Selenium			30 drops					In water. Take mid-morning.
Nano-Ionic Multi w/Silica (Full Spectrum Minerals)		30 drops						In water. Take with breakfast.
Berberine Pro		2 capsules		2 capsules		2 capsules		Take with meals, 2 caps, 3x daily.
Nano-Ionic Zinc		30 drops				30 drops		In water with breakfast and dinner. Not on an empty stomach.
Vitamin D & K						2 capsules		With dinner.
Optimal Multi Pro		2 capsules						With breakfast.

PROTOCOL NOTES

- This protocol is safe for long-term use.
- No caffeine.
- Drink plenty of filtered water throughout the day.
- Eat a nutrient-dense, whole-food diet rich in healthy fats, fiber and protein.
- Use clean, non-toxic personal care and household products to support detoxification.

LAB RECOMMENDATION: THYROID TOXICITY PANEL

This comprehensive panel helps evaluate thyroid function, autoimmunity and nutrient status 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

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