Thyroid Rejuvenation – Step 3

NUTRITION, CO-FACTORS, TSH BALANCE & GLAND SUPPORT

ONGOING MAINTENANCE • WEEK 13 ONWARD

PROTOCOL OVERVIEW

Thyroid Rejuvenation Step 3 is the long-term maintenance phase: nutritional support, essential co-factors and targeted glandular support. This phase helps maintain healthy thyroid function, balanced TSH levels, optimal metabolism and sustained energy for long-term wellness.

KEY BENEFITS

- ✓ Supports healthy thyroid hormone production
- ✓ Helps maintain balanced TSH levels
- ✓ Provides essential vitamins, minerals and glandular support
- ✓ Supports healthy metabolism and sustained energy
- ✓ Builds on the foundation of Steps 1 and 2 for long-term results

WHAT'S INCLUDED



Thyroid Glandular
Glandular support for thyroid function.



BioTox Total Thyroid
Bioenergetic support for thyroid balance.



Vitamin D & K
Bone, immune and hormone support.



Optimal Multi Pro
Complete daily nutritional support.



Nano Ionic Iodine
Thyroid and metabolic mineral support.



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



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

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
Thyroid Glandular		1-3 capsules						Take with breakfast.
BioTox Total Thyroid			5 droppersful					Take mid-morning.
Vitamin D & K		1 capsule						Take with breakfast, with a fat-containing meal.
Optimal Multi Pro		2 capsules						Take with breakfast.
Nano Ionic Iodine		30 drops						In water, with breakfast. Can be combined with Nano Ionic Zinc.
Nano Ionic Zinc		30 drops						In water, with breakfast. Do not take on an empty stomach.
Nano Ionic Selenium			30 drops					In water, mid-morning.

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

*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.