

ThyroMist

Precision daily nutrition for healthy thyroid function.

ORAL SPRAY 50mL | AUST L 522294



Vitality Solutions™
SUPPLEMENTS
Clinical expertise to elevate your health

Two elements. One thyroid. The thyroid gland cannot make its hormones without iodine, and cannot convert or protect them without selenium. **ThyroMist** delivers both, in a single daily spray, for patients whose intake of these two essential trace elements may be falling short.

ThyroMist is a practitioner-formulated oral spray delivering iodine and selenium, the two trace elements most central to healthy thyroid function, in one precise daily actuation. The spray format offers accurate, convenient dosing and a practical alternative for patients who prefer not to swallow tablets or capsules.

Iodine: the Building Block

Iodine is a structural component of thyroid hormone itself; without adequate iodine, normal thyroid hormone production cannot occur. Modern dietary patterns, reduced use of iodised salt, and plant-based or wholefood diets can all lower iodine intake, making a reliable daily source valuable.

ThyroMist supplies iodine to support healthy thyroid gland function and hormone production.

Selenium: the Activator and Protector

Selenium is where the thyroid story often gets overlooked. It is a required component of the enzymes that support the normal conversion of thyroid hormone into its active form. Selenium is also a key part of the thyroid's own antioxidant defence, protecting the gland from the oxidative stress generated as a natural by-product of hormone synthesis. Neither iodine nor selenium works in isolation. Healthy thyroid physiology depends on both, which is why **ThyroMist** delivers them together in one daily spray.

Metabolism & Energy

Thyroid hormones are central regulators of the body's metabolic rate. By supporting healthy thyroid gland function and hormone production, **ThyroMist** supports normal body metabolism and energy production.

Support Through Pregnancy

Iodine requirements rise during pregnancy, when adequate intake supports healthy thyroid hormone production for both mother and developing baby. **ThyroMist** provides a convenient daily source of iodine and selenium to help maintain healthy thyroid function during this period, as part of routine prenatal nutritional care.



Stack me!

Formulated to work together as an integrated system. Every Vitality Solutions supplement is designed to be combined, so practitioners can build a targeted protocol from complementary products.

■ Why a spray?

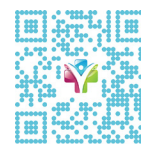
An oral spray delivers a precise, consistent dose in a single actuation, applied directly to the oromucosal surface rather than swallowed as a tablet or capsule. It is an easy format for patients who dislike swallowing tablets, already take multiple daily supplements, or simply prefer a once-daily spray. One spray, once a day.



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SCAN TO VIEW OUR FULL RANGE

CLINICAL CONSIDERATIONS

ThyroMist may be a useful practitioner option for patients:

- ✓ Following plant-based, wholefood or low-salt diets where iodine intake may be reduced.
- ✓ Who have reduced or eliminated iodised salt from their diet.
- ✓ In preconception, pregnancy or breastfeeding, when iodine requirements are higher.
- ✓ Who prefer a spray to swallowing tablets or capsules, or who already take several oral supplements daily.
- ✓ Seeking a simple, precise daily source of two essential trace elements required for healthy thyroid function.

WARNINGS

- **Contains selenium, which is toxic in high doses.**
A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.
- Contains sorbates.
- If you have pre-existing thyroid conditions, seek advice from your medical practitioner before taking this medicine.
- Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester.
- If you are concerned about the health of yourself or your baby, talk to your health practitioner.
- If symptoms persist, talk to your health professional.
- Vitamins and minerals should not replace a balanced diet.

ACTIVE INGREDIENTS (Per daily dose of 1 spray)

Potassium iodide <i>Equiv. iodine</i>	295 µg
Selenomethionine <i>Equiv. selenium</i>	25 µg

NO ADDED

Gluten, dairy, artificial colours, flavours or sweeteners.

INDICATIONS

ThyroMist is formulated to:

- Maintain and support healthy thyroid gland function.
- Maintain and support thyroid hormone production.
- Maintain iodine and selenium levels in the body.
- Maintain and support metabolism and energy production
- Assist healthy thyroid hormone production for pregnancy
- Maintain general health and wellbeing.

DIRECTIONS FOR USE

Adults: 1 spray daily, or as professionally prescribed by your healthcare practitioner. Do not use if seal on cap is broken.

Store below 25°C in a cool, dry place away from direct heat and sunlight.



Blended, manufactured and packaged in Australia. Made from quality ingredients.



FOR PRACTITIONER DISPENSING ONLY. AUSTRALIA.

Customer Care or Clinical Support: **1300 848 787** | Order Online: **www.vitalitysolutions.com.au**

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