

3 Steps to maximize your success with  
Forefront Health's Raw Desiccated Thyroid

## Energize Your Life & Start Feeling Like Yourself Again

Every cell in your body depends on thyroid hormone (T3) to function properly. If you don't have enough T3, your thyroid can't produce enough hormones (T4 and T3), and your liver can't convert the inactive T4 into the active T3 that your cells need to maintain a healthy metabolism. This can result in symptoms like fatigue, brain fog, weight gain, sleep problems, and more.

Enter Raw Desiccated Thyroid - the natural, non-prescription supplement that supports healthy thyroid function and stimulates healthy, oxidative metabolism!

**205,364+**

Thyroid Sufferers Helped

**6,000+**

5-Stars Reviews

**1000+**

Doctor Recommendations

You are  
here

**RE-BALANCE**  
your thyroid  
suppressive and  
thyroid supportive  
hormones.



## Your 3-Step Raw Desiccated Thyroid Success Plan

### #1: SUPPLEMENT SUCCESS

#### How to Dose

For best results we recommend Multi-Dosing Forefront Health's Raw Desiccated Thyroid. What is the purpose of Multi-Dosing? Multi-dosing is simply a way of using Desiccated Thyroid multiple times per day in order to maintain stable levels, which better mimics how your thyroid gland should naturally work.

1. Start slow
2. Keep a record log noting changes in symptoms
3. Only adjust the dosage every 2 weeks (if necessary)

For more in depth dosing for many use cases, see our detailed Raw Desiccated Thyroid Dosing Guide by scanning the QR Code.



Need Additional help when it comes to Thyroid Testing? Download our [FREE Thyroid Testing Protocol](#).

If you are not currently using thyroid medication, or using a T4-Only medication, we recommend starting with one capsule daily with breakfast.

If you are currently using desiccated thyroid or a T3-Only medication once daily (i.e. in the morning), we recommend starting with one capsule with lunch.

	 Weeks 1-2	 Weeks 3-4	 Weeks 5+
Capsules Per Day	1	2	3
Take With A Meal	 8am	 8am  12pm	 8am  12pm  6pm
Supply	≈ 90-Day	≈ 45-Day	≈ 30-Day

## Testing Protocol and Symptoms

1. Keep a running 14-day+ chart of your temperature and pulse. Ideally, your temperature should increase a little each day and normalize after 14 days. If your temperature normalizes more slowly than that, increase the dosage by 1/2 capsule every 14 days. If your temperature increases faster, decrease your dosage slightly. Increase the dosage gradually until daily rising temperature increments occur.
2. If one begins to experience elevated heart rate, heart palpitations, nervousness, or anxiety, then this can be a sign that one has taken more thyroid than they can tolerate at one time. Stop until symptoms subside, then one can continue using a reduced dosage that is better tolerated.
3. If symptoms resolve more quickly than the recommended 2 week period, this can be a sign that you may be using too much thyroid and you may need to reduce the dosage.
4. If no noticeable difference in symptoms is observed with the maximum recommended dosing, then there are other factors that are inhibiting your ability to utilize thyroid hormone efficiently.
  - A. Some common causes of this include Vitamin A and Vitamin B deficiencies, which we address with our Vitamin ADK Thyroid Formula and Vitamin B Thyroid Complex supplements. Additional nutritional deficiencies include a lack of dietary protein, magnesium, calcium, and carbohydrates.

## Additional Recommendations

### *Fine-Tune*

As your stress hormones regulate, supplemental thyroid can lose its effectiveness. Your daily dose may need to be increased several times to compensate.

### *Simplified expectations*

- Use in addition to your thyroid medication (if already prescribed).
- One shouldn't exceed the maximum recommendation of 780 mg on a given day.

### *Special Circumstances*

- **Age** - The older one becomes and/or the more stress one is under (from all sources, not just psychological) the more thyroid hormone one generally needs to compensate.
- **Season** - It's common for one's need for thyroid hormone to change seasonally depending on the amount of sunlight and outside temperatures. More thyroid hormone is often required in the winter months to provide the same symptomatic relief than in the summer months.
- **No Thyroid** - If you've had a thyroidectomy, and have no thyroid, the following dosing is still recommended. It is likely you may need a higher dose to start, so monitor your symptoms and temperature/pulse closely.

### *Slow and Steady*

You didn't develop low thyroid function overnight, and we certainly don't want to give you the impression that it can be reversed that quickly.

It's important that one observes their response over a long enough time period. Some expect immediate results and give up too soon. Others begin with excessive doses and experience negative reactions from using too much too quickly. It's best to take it slow and steady.

*\*Note: We are not medical doctors and do not know your full health history. This product is not intended to diagnose, treat, cure, or prevent any disease. Forefront Health does not provide medical advice, diagnosis, or treatment. Please consult your primary physician or healthcare professional before starting or stopping any new supplement routine.*



## #2: MAXIMIZE YOUR RESULTS WITH DIET

Simple ways to amplify and enhance your success with your diet.

- ☐ Balanced meals of quality protein, carbohydrates, and fat multiple (4-5) times per day.
- ☐ Eat within one hour of waking as often as possible. As we commonly discuss, thyroid sufferers have trouble regulating their blood sugar and commonly wake in the morning with elevated thyroid-suppressive stress hormones. Going an hour or more without eating anything only disrupts blood sugar further and forces these thyroid-suppressive stress hormones higher.
- ☐ Coffee/Caffeine and thyroid hormone induce similar actions in the body. Caffeine also helps to maintain production of thyroid hormone and other protective youth hormones, so we recommend including coffee with/after breakfast.

## #3: MAXIMIZE YOUR RESULTS WITH HABITS & RITUALS

Simple ways to amplify and enhance your success by implementing simple, healthy habits.

- ☐ Manage stress by incorporating habits such as bag breathing or meditation. The higher your stress levels, the lower the conversion rate of T4 to T3, so managing your stress as much as possible is crucial.
- ☐ Take your temperature and pulse 3 times per day to keep track and monitor improvements or adjustments that may need to be introduced. (Insert testing protocol possibly?).
- ☐ Ensure you are getting adequate amounts of sleep to lower the stress hormones that can cause and perpetuate thyroid dysfunction.

**Start Your Raw Dessicated Success Plan Today...**

## WHAT RAW DESSICATED THYROID CAN DO FOR YOU



Promote  
Brain Function



Boost Energy  
& Metabolism



Regulate  
Body Weight



Promote Deep,  
Restful Sleep



Boost Your Mood  
& Happiness



Support Healthy  
Joints & Muscles



GLUTEN FREE



DAIRY FREE



SOY FREE



GMO FREE



GMP COMPLIANT



MANUFACTURED  
IN THE USA



THIRD PARTY  
LAB TESTED

## GET BACK TO THE HAPPY, HEALTHY YOU

**“ My experience has been nothing short of amazing. I am 63 years old and thought I was going to feel weak and tired for the rest of my life. I am highly sensitive to most medications and supplements so I have to start low and slow. Of course my doctors have said I have great thyroid numbers but I knew something was off. I took the Raw Desiccated Thyroid for a couple of months and I could see a difference in my hair and skin. I decided to increase the amount and I felt even better. It is amazing how much better I feel along with less pain, better sleep and more energy. Can't wait to see how much better I will get. ”**

*- Robin M.,*

Raw Desiccated Thyroid Customer

*Note: This is not a promise or guarantee. Your results may vary.*

## GREAT ON ITS OWN, BUT EVEN BETTER TOGETHER



### RE-BALANCE

with Raw Desiccated Thyroid

Thyroid can help to re-balance the hormonal system and break negative hormone feedback cycles by stimulating the production of thyroid-protective hormones while suppressing thyroid-suppressive hormones.



### RE-ACTIVATE

pair with Vitamin ADK Thyroid Formula

Thyroid can help to re-activate the thyroid gland and is essential to re-activate the liver to convert thyroid hormone, store glycogen, and detoxify thyroid-suppressive hormones.



### RESTORE

pair with Thyro-Protect Vitamin E

Thyroid is an essential hormonal component to help restore healthy thyroid function and metabolism, and to drive energy production for every cell of your body.

— Join the —  
**3Rx THYROID**  
*Club*

If you haven't already, create your routine by placing our Raw Desiccated Thyroid on subscription to ship every 2 months as each bottle lasts anywhere from 30-90 days based on your dosing schedule discussed above.

Get it delivered directly to your doorstep, when you need them, on auto-pilot, with all the perks, all while saving up to 25% Off.