



**ForefrontHealth**

# Supplement Cheat Sheet

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# ABOUT FOREFRONT HEALTH

Forefront Health.com is a community where natural-health minded folks come to get real scientific answers and ideas on how to treat:

[Hypothyroidism](#)

[Hashimoto's](#)

[Diabetes](#)

NOTE: If you're new to Forefront Health, you can click one of the links above for free, instant access to our most popular health articles.

If you like what you see, you can subscribe to our Forefront Health Newsletter and get the latest advancements in natural health in your inbox every week.

## Your Thyroid Supplement List:

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Start Date: \_\_\_\_\_

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## Your Accountability Checklist:

When you're ready to start your supplement regimen, start by filling out the accountability checklist below starting with your start date. Find the day of the week and write in the date in the "date" column. Post this where you'll see it every day and check off every day that you take your supplements.

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
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Note Improvements or Symptomatic Changes Here:

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## Your Thyroid Supplement Plan Cheat Sheet:

Below you'll find a supplement schedule that we typically use with our clients showing the times of day each supplement should be taken along with the recommended dosage. If needed this schedule can be adjusted. For instruction on how to use each supplement, please see the "How to Use Your Thyroid Supplements" section below.

	<b>With Breakfast</b>	<b>Mid-Morning</b>	<b>With Lunch</b>	<b>Mid-Afternoon</b>	<b>With Dinner</b>	<b>Before Bed</b>
<b>Collagen Protein Powder</b>	1 scoop				1 scoop <i>(optional)</i>	1 scoop
<b>Raw Desiccated Thyroid</b>	1 capsule (65 mg)		1 capsule (65 mg)		1 capsule (65 mg) <i>(optional)</i>	
<b>Vitamin ADK Thyroid Formula</b>	7 drops		7 drops		7 drops	
<b>Molecular Progesterone Complex</b> (Peri/Menopausal)	3-5 drops	3-5 drops	3-5 drops	3-5 drops	3-5 drops	
<b>Molecular Progesterone Complex</b> (Pre-Menopausal)	3-5 drops		3-5 drops		3-5 drops	
<b>Micronized Pregnenolone Powder</b>	1 scoop (70 mg)					
<b>Vitamin B Thyroid Complex</b>	One ½ Dropper					
<b>Thyro-Protect Vitamin E Complex</b>					4 full pumps (1 g)	
<b>Cascara Sagrada Powder</b>		1-3 scoops <i>(optional)</i>				1-3 scoops

# How to Use Your Thyroid Supplements:

## Collagen Protein Powder:

**Suggested Use:** 1 scoop (11 g) one to three times per day mixed thoroughly in hot or cold liquid. Ideal use is with breakfast, dinner, and before bed.

- You can add it to your coffee, juice, water, smoothies, and more... like our clients do.
- Use it pre-, during-, and post-exercise.
- Add it to just about any baking dish or desert to increase the protein content.
- Use it to replace other harmful protein powders.

## Raw Desiccated Thyroid:

**Suggested Use:** 1 capsule one to four times daily with food.

[Click Here to Download](#) our 5-Step Thyroid Multi-Dosing Guide for in-depth instructions on how to use our Raw Desiccated Thyroid supplement.

If you've not used this supplement before, start slowly with the 65 mg dosage taking one with breakfast and one with lunch. After two weeks use, add an additional 65 mg dose with dinner. You can continue to add an additional 65 mg dose once every four weeks (first to breakfast, then lunch, then dinner) not to exceed 6 capsules per day. If you note any adverse effects reduce the dosage accordingly and/or contact us for further recommendations.

## Micronized Pregnenolone Powder:

**Suggested Use:** 1 scoop (70 mg) once daily by mouth. Best taken with food.

## How to Use Your Thyroid Supplements (con't...)

### Vitamin ADK Thyroid Formula:

**Suggested Use:** 7 drops 3 times daily.

Our *Vitamin ADK Thyroid Formula* comes in a liquid coconut (MCT) oil solution for **dual-purpose application**. We generally recommend the “*oral application instructions*” below. However, for those with digestive issues that can negatively affect absorption, it can be also used topically as per the “*topical application instructions*” below.

#### Oral Application Instructions:

Take directly by mouth and swallowed, ideally with food.

#### Topical Application Instructions:

Massage into the soft areas of the skin (i.e. inner forearms, inner thighs, stomach, etc.

### Molecular Progesterone Complex:

For best results and highest absorption, rub the oil into the gums and thin membranes of the mouth.

**Peri-Menopausal, Menopausal, and Post-Menopausal Women** – Start with 3 drops 5 times per day for 2 to 4 weeks. Then continue with 3 drops 3 times per day. Should be cycled 3 weeks on, then 1 week off.

**Pre-Menopausal Women** – 3 drops 1 to 3 times daily on days 14 through 28 of the menstrual cycle. Dosage (3 drops) can be repeated as needed, for more severe symptoms.

**For Use with Hot Flashes** – Start with 5 drops 5 times per day and increase as needed until hot flashes resolve. Cycle 3 weeks on, then 1 week off. If hot flashes return during week off, reduce off-time to a minimum of 3 days.

**Progesterone Dropper Instructions:** Before removing the dropper, squeeze the dropper bulb to pull some of the oil inside the dropper. When removing the dropper, hold it over the bottle for 15 to 20 seconds to allow the excess oil to run off the dropper and back into the bottle. Then dispense the required number of drops. When finished, empty dropper contents back into the bottle and secure the top.

# How to Use Your Thyroid Supplements (con't...)

## Vitamin B Thyroid Complex:

**Suggested Use:** One 1/2 dropper (1 ml) daily.

Our *Vitamin B Thyroid Complex* has been designed for **dual-purpose application**.

We generally recommend the “*oral application instructions*” below. However, for those with digestive issues that can negatively affect absorption, or those who still find the taste too strong, it can be also used topically as per the “*topical application instructions*” below.

### Oral Application Instructions:

We recommend using 1 half-full dropper (1 ml) daily that can be used in a single dose or divided into multi-doses. It should be added to 12 oz. (350 ml) of juice (*orange juice preferably*) to both mask the taste and prevent a drop in blood sugar. If you find the taste too strong, then divide the dosage, i.e. 1 half-full dropper in 8 to 12 oz. (230 to 350 ml) of juice, twice daily. The daily dosage can be divided in this manner into as many doses as needed.

### Topical Application Instructions:

The Vitamin B Complex can also be applied to the skin where it is absorbed efficiently. Keep in mind that it does have a yellow color which will temporarily stain the skin (*and clothes that come into contact with it*). It's best to apply it at a time when you can keep the skin exposed and leave it on for 60 to 90 minutes. At that point it should be absorbed, and you can wash the area. The yellowish tint will wash and fade over time so it's best to use it on an area that would normally be covered by clothes.

**Please Note:** The thyroid and metabolic boosting effects of our Vitamin B Thyroid Complex often increases the need for fuel/carbohydrates for our clients. So, adequate nutritional support is important.

## How to Use Your Thyroid Supplements (con't...)

### Thyro-Protect Vitamin E:

**Suggested Use:** 4 full pumps (1 gram) daily.

We generally recommend the “*oral application instructions*” below. However, for those with digestive issues that can negatively affect absorption, it can be also used topically as per the “*topical application instructions*” below.

#### **Oral Application Instructions:**

Place Thyro-Protect Vitamin E Complex on tongue and follow with liquid.

#### **Topical Application Instructions:**

The Thyro-Protect Vitamin E Complex oil is very thick, which will require the addition of coconut oil or olive oil to help it spread and absorb. Massage into the soft areas of the skin (i.e. inner forearms, inner thighs, stomach, etc.)

### Cascara Sagrada Powder:

**Suggested Use:** 1-3 scoops (70 mg per scoop) 1 to 3 times daily, or as needed.

**Oral Application Instructions:** Cascara sagrada is a bitter herb. It is best taken by placing it under the tongue, followed with liquid.

**Notes:** Start with 1/2 to 1 scoop daily and increase gradually. Too much at one time can result in diarrhea, loose stools, or abdominal cramping. If you experience any of these symptoms, stop use until symptoms subside. It's common to experience diminished effects from the cascara sagrada as your body adjusts to it over the first week or two. If this occurs, increasing the dosage is often necessary. When increasing or adjusting the dosage, it is best to multi-dose the cascara sagrada, taking it multiple times per day rather than taking more at one time.