



# The Adrenal Thyroid Revolution Supplement Guide

## SOS Rx: Daily Dose Supplements

| Herb/Supplement                                                  | Uses and Cautions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Dose                                                                                                                                                                           |
|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>EPA/DHA</b><br>(fish oil, cod liver oil, or algae-derived)    | Protects cells from oxidative stress, reduces inflammation, protects nervous system, boosts mind and mood.<br><br>See resources for brands known to be safe from environmental toxins.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 850 EPA / 200 DHA<br>1 to 2x/day                                                                                                                                               |
| <b>Magnesium</b><br>(glycinate is the preferred daily dose form) | Called “the calming mineral,” yet one that most of us are deficient in, magnesium is an important daily supplement for hundreds of important reactions in our bodies, including blood sugar and insulin regulation (it appears to improve insulin sensitivity and aid pancreatic function, helping to counter hyperglycemia), bone health, mood, detoxification in the liver, and muscle relaxation—including keeping your heart muscle in a regular rhythm, and blood pressure, to name a few.                                                                                                                                                                                                                                                                                                                   | 300 to 1,200 mg/day total<br>(If you need to take magnesium glycinate for constipation, you can combine the different forms of magnesium toward the maximum total daily dose.) |
| <b>Multivitamin</b>                                              | Provides a general baseline for bridging the phytonutrient gap.<br><br>Look for a multivitamin that doesn’t contain sugar, artificial dyes, or additives and that contains B-complex with methylfolate and methyl B12, zinc, selenium, and iodine. B-complex with methyl-B vitamins supports a healthy nervous system and liver detoxification; zinc provides a boost to your immune system, keeping you resilient and resistant to infections; selenium boosts liver detoxification by increasing glutathione, one of your body’s most important detoxification compounds (more in the next chapter), reduces anxiety and depression, supports healthy thyroid function, and may reduce thyroid antibodies. Many women are low in iodine, which is needed in low amounts for healthy thyroid hormone production. | As directed: a one-a-day is usually easiest to keep up with                                                                                                                    |

# Supplement To The Tuckerman Tables

**TD Snyder**



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