

## WHAT'S INCLUDED IN THIS KIT

### Adrenal Calming:

This supplement is designed to relieve stress and anxiety, increase mental clarity, improve sleep quality, and promote a state of restful ease. This supplement uses a unique blend of herbal extracts and other naturally occurring substances that boost brain health and calm the mind.

### Craving and Impulse Control:

This powerful supplement is designed to help manage cravings, increase energy levels, and control impulsive behavior. This supplement uses a blend of herbal extracts and other naturally occurring substances that can increase one's sense of self-control and satiates appetite.

### DHEA:

DHEA (dehydroepiandrosterone) is a natural anti-aging hormone precursor that can convert into estrogen, testosterone, cortisone, and progesterone by the body. By using this simple hormone in supplement form, you can help slow the natural aging process and avoid age-related diseases!

### Thyroid/Adrenal Support:

This powerfully healing product contains a blend of 10 synergistic herbs that work together to support the body's natural production of thyroid hormones. This supplement can help you overcome thyroid-related symptoms of weight gain, low energy, fatigue, or depression.



Contact Us For More Information

## THYROID KIT

Supports your body's natural production of thyroid hormones



**Solutions4™**  
NATURAL CLINICAL HEALTH

## HOW THIS KIT WILL BENEFIT YOU

The Solutions4 Thyroid Kit offers an all-natural, holistic approach to support the thyroid. By combining dietary guidelines and supplements together, this kit will aid in the natural production of thyroid hormones, reduce your symptoms, and help you function optimally. As an added benefit, this potent combination will also increase your energy levels, improve mood, and aid in weight loss.



# THYROID KIT

## ADDITIONAL PRODUCTS USED IN THIS KIT

(PURCHASED SEPARATELY):

To provide your body with the nutrients it needs, we recommend using our Solutions4 Wellness Kit in conjunction with the Thyroid Kit. The Wellness Kit combines the Solutions4 Daily Essentials and the Solutions4 Nutritional Shake. The packets in the Wellness Kit are full of the essential vitamins, minerals, and anti-inflammatory nutrients that your body needs to stay healthy for the rest of your life.

### Solutions4 Nutritional Shake:

This quick-and-easy meal replacement shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar.

### Solutions4 Daily Essentials:

These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs.

## INSTRUCTIONS

### Adrenal Calming:

Take two in the morning and two in the afternoon.

### Craving and Impulse Control:

Take two in the morning and two in the afternoon.

### DHEA:

Take one in the morning (women). Take two in the morning (men).

### Thyroid/Adrenal Support:

Take one in the morning and one in the afternoon.

### Solutions4 Nutritional Shake:

Replace one to two meals each day with the shake.

### Solutions4 Daily Essentials:

Take one packet daily.

## TIPS FOR SUCCESS

### Cleanse First:

Before beginning the Thyroid Kit, we recommend you do the Solutions4 7-Day Cleanse Kit. Cleansing will prepare your body for healing by detoxing your system internally, creating an optimal environment for balancing hormones and achieving the best results.

## OTHER SUGGESTED PRODUCTS:

### Solutions4 B12:

Vitamin B12 is essential to the functioning of the brain, nerves, and circulatory system. This essential vitamin is known to insulate nerve cells and help the body build new, healthy cells!

### Solutions4 Serotonin Support:

This supplement is designed to improve mood and reduce irritability, utilizing an exclusive blend of all-natural ingredients including a vitamin/mineral complex and 5-HTP. Together, these ingredients reduce stress, balance mood, and improve cognitive function, providing a powerful foundation for optimal brain health and wellness.

### Solutions4 Sleep:

This incredible supplement aims to promote healthy sleep, aid in stress management, and soothe an anxious mind. This supplement achieves outstanding results by using a special blend of all-natural ingredients, including melatonin, that encourage deep and restorative sleep.

## WHERE TO GO FROM HERE

### Maintain Your Progress with the Solutions4 Wellness Kit:

To retain your results (and stave off any relapse) be sure that you are getting all of the nutrients your body needs. For this, we recommend using our Solutions4 Wellness Kit comprised of Solutions4 Daily Essentials and the Solutions4 Nutritional Shake.

If you're looking to achieve other results – lose weight, reduce pain, sleep better, reduce stress, etc. – you can also find specific kits or supplements designed to help with these conditions. Talk to your doctor to determine which course of action is right for you.



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NATURAL CLINICAL HEALTH

## EATING GUIDELINES

If you're eating foods that put undue stress on the body, you'll be actively working against the supplements that you're taking. To help you get the most out of this kit, we recommend that you follow these dietary guidelines:



### RECOMMENDED:

Organic dark leafy greens and brightly colored vegetables  
Organic fruits  
Organic eggs and poultry  
Wild-caught fish  
Unrefined, cold-pressed olive oil and coconut oil  
Organic butter



### ACCEPTABLE:

Whole grains and legumes (rice, quinoa, lentils, beans, etc.)  
Non-organic fruits and vegetables  
Non-organic poultry and eggs  
Farm-raised fish  
Organic, grass-fed red meat  
Refined olive oil and coconut oil  
Unrefined natural sweeteners: (honey, pure maple syrup, agave, etc.)



### OFF LIMITS:

Dairy products  
Refined vegetable oils  
Refined grains, flours, and sugars  
Processed foods, fast foods and junk foods  
Alcoholic or caffeinated beverages  
Artificial sweeteners  
Large amounts of red meat