



Thyro•Calm™

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

An Herbal Formula to Help Soothe and Calm Overactive Thyroid Function

The thyroid gland is located at the base of the neck. This important part of the endocrine system influences every organ system and function of the body. The thyroid is also the body's internal thermostat. The hormones it secretes control how quickly the body burns calories and uses energy.

When the thyroid gland produces too much thyroid hormone and causes the metabolism to be overactive, all of the body's processes speed up. This can cause nervousness, irritability, feeling hot constantly, excessive perspirations, sleep difficulties, fatigue, imbalances in menstruation, weight loss, hair loss, hand tremors, heat intolerance, goiter (enlargement of the thyroid gland) and sometimes, protruding eyeballs.

Some immune imbalances, inflammation of the thyroid, and certain prescription drugs can cause temporary or chronic overactive thyroid activity, which can profoundly affect health.

Foods that help suppress overactive thyroid hormone production are broccoli, Brussels sprouts, cabbage, cauliflower, kale, mustard greens, peaches, pears, rutabagas, soybeans, spinach and turnips. Avoid dairy products and stimulants such as coffee, tea, nicotine and soft drinks, which can also drive thyroid imbalance.

Women experiencing menopausal symptoms may want to look into their thyroid function, as thyroid imbalances often act like menopausal symptoms. Problems with tremors and shakes may also be indicative of thyroid imbalance. When thyroid function is out of balance and doesn't respond to dietary changes and supplemental support, consult a qualified health practitioner.

CONTAINS: Bugleweed leaf, lemon balm leaf, bupleurum root, motherwort leaf/stem/flower, passionflower leaf, milk thistle seed, hawthorn berry, thyme leaf and mB!™ Liquid Trace Minerals in a kosher certified vegetable glycerin/purified water TincTract® base.

NOTE: Not to be taken by those with underactive thyroid. Consult physician before using this formula if on thyroid or heart medications. Do not use during pregnancy.

SUGGESTED USE: 1/3–1/2 teaspoons (2–2.46 ml) 1 to 3 times daily, or as needed.

MORE ABOUT THE HERBS IN THIS FORMULA:

- Bugleweed Leaf (*Lycopus virginicus*) helps reduce overactive thyroid. This herb helps decrease levels of several hormones that cause overactive thyroid activity when over produced. It is often used with lemon balm for this purpose. Historically this herb was used for coughs and as a general nervous system sedative.

- Lemon Balm Leaf (*Melissa officinalis*) relaxes the nervous system and helps regulate thyroid activity by blocking thyroid-stimulating hormone. Lemon balm keeps antibodies from attaching to the thyroid. Usually used with bugleweed for reducing overactive thyroid problems.

- Bupleurum Root [Chai Hu] (*Bupleurum chinense*) This Chinese herb has been used for many centuries to cool and balance chills, fever, and irritability in the body. It harmonizes internal and external problems. Helps balance energy flow, menstruation, and is a specific herb for reducing liver congestion.

- Motherwort Leaf/Stem/Flower (*Leonurus cardiaca*) a cooling cardiovascular tonic herb that relaxes the heart, helps balance menstrual problems, and helps to slow overactive metabolism.

- Passionflower Leaf (*Passiflora incarnata*) is mildly sedating and calms the nervous, digestive, and glandular systems. Reduces overactive thyroid activity. Helps reduce sleep difficulties, and is often used when stress and anxiousness are an issue.

- Milk Thistle Seed (*Silybum marianum*) has been used for over 2,000 years for liver health. Silymarin in milk thistle is a powerful antioxidant that protects the liver from free radical damage and supports rebuilding of liver tissues. Supports liver function in removing excess metabolic toxins from the body.

- Hawthorn Berry (*Crataegus laevigata*) is primarily used as a heart and cardiovascular tonic. It also is calming to the nervous system and is high in bioflavonoids that protect the cardiovascular system.

- Thyme Leaf (*Thymus vulgaris*) is an excellent herb for the respiratory system, which is often effected when the thyroid is out of balance. Helps reduce inflammation and excess fluids in the throat and respiratory system. Reduces heat in the body.

- mB!™ is a proprietary, micro-fractionated liquid trace mineral supplement made using the exclusive CBN™ Citritol™ process to enrich and assist important essential enzymatic processes.

WORKS WELL WITH THESE CBN™ PRODUCTS:

Antioxidant Berries Plus™, Calming Chamomile, Cardio/Heart Smart™, Goji Plus™ Longevity Formula, Herbal Minerals™, Lavender Dreams™, Lively Liver Plus™, microBURST!™, Flower Essences Plus™ #4 Throat, BTC™ Focus & Calming.

Item #707 2 oz, #708 4 oz

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