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# Thyroid Complex

*Data Sheet*

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## For Your Thyroid Balance

Naturally support your thyroid function with iodine, selenium, zinc, and natural active ingredients.

### **Tailored formulation with iodine and selenium to support thyroid function and metabolism regulation.**

Combination of essential natural micronutrients that have always been crucial for the health and function of the thyroid.

- Thyroid Support
- Tailored complex with iodine, selenium, and zinc.
- Organic complex 100% from natural sources.
- Essential vital substances in laboratory-tested quality.
- High bioavailability.

## What is Thyroid Complex?

The natural **Thyroid Complex** is a formulated dietary supplement combination with highly pure ingredients that play an important role in **thyroid function** and **metabolism**.

Although the **thyroid** is a relatively small organ, it plays a **central role** in our overall health. It acts as a **key regulator of our metabolism and vitality**. Without its functions, or in the case of hypothyroidism, many fundamental processes in the body would face limitations.

Its main task is the **production of hormones** that control our **energy balance and regulate numerous bodily processes**. From maintaining a steady heartbeat to an efficient metabolism – the thyroid influences the entire body system.

To fulfill these important tasks, the **thyroid requires specific micronutrients**. Therefore, in addition to a balanced diet, the additional intake of dietary supplements can be helpful. Here you will find all the nutrients that promote the health of your thyroid.

The included minerals and vitamins, such as **iodine, selenium, zinc, and vitamin A**, are carefully selected to support these areas. These nutrients in the Thyroid Complex complement

each other and help the body promote the normal function of the thyroid and metabolism.

**Iodine** contributes to the normal production of **thyroid hormones** and normal thyroid function\*. **Selenium** also contributes to normal thyroid function\* and is an important trace element involved in numerous biological processes. **Zinc** is also included and contributes to a **normal metabolism** of macronutrients\*, as well as normal **carbohydrate and fatty acid metabolism**\*, which is important for the body's energy balance. Vitamin A additionally supports **iron metabolism**\* and contributes to normal vitamin A metabolism.

## Why Thyroid Complex from artgerecht?

- Optimal support for thyroid function
- Contains high doses of iodine, selenium, and zinc
- Promotes hormonal balance
- 100% natural ingredients (organic compounds)
- Free of contaminants, tested in German laboratories
- Plant-based and non-GMO

## Scientific background to Thyroid Complex?

The **Thyroid Complex** is based on a combination of nutrients that are important for thyroid function and a healthy metabolism. The thyroid plays a central role in the body as it controls the production of **hormones T3 (Triiodothyronine)** and **T4 (Thyroxine)**, which are **responsible for energy balance and metabolism**. A healthy thyroid function is crucial for maintaining balance in the body.

**Iodine** is an **essential component of thyroid hormones** and contributes to the normal production of T3 and T4. These hormones regulate metabolism and are critical for **energy production in the body**. A deficiency in iodine can impair **thyroid function (hypothyroidism)** and lead to symptoms such as fatigue and weight gain. For this reason, iodine plays a key role in maintaining healthy thyroid function.

**Selenium** also supports the thyroid by promoting the conversion of T4 into the biologically active T3. In addition, selenium acts as an **antioxidant** and protects the thyroid from oxidative stress caused by free radicals. A selenium deficiency can impair thyroid function and increase the risk of diseases.

**Zinc** is important for the normal metabolism of macronutrients such as fats and carbohydrates and contributes to supporting a **healthy acid-base metabolism**. It also plays a role in the metabolism of vitamin A, which in turn contributes to the normal function of the thyroid.

**Vitamin A** is important for maintaining iron metabolism and immune system function. It supports normal thyroid function and helps regulate the production of thyroid hormones.

**L-Tyrosine**, an amino acid, is another building block for the production of **thyroid hormones and supports normal thyroid function**. The Thyroid Complex combines these important nutrients to naturally support thyroid function and promote the body's regulation of metabolism.

## Frequently Asked Questions

**What is the Artgerecht Thyroid Complex?**

The Thyroid Complex is a dietary supplement containing a special combination of nutrients (Iodine, Selenium, Zinc, Vitamin A, and L-Tyrosine). These ingredients support the normal function of the thyroid gland and contribute to maintaining a healthy metabolism.

## **How does Iodine support the thyroid?**

Iodine is an essential component of the thyroid hormones T3 and T4. These hormones are responsible for regulating metabolism. Iodine contributes to the normal production of thyroid hormones and a healthy thyroid function.

## **What is Hashimoto's and what is its relation to the thyroid?**

Hashimoto's thyroiditis is an autoimmune disease where the body's immune system attacks the thyroid gland. This often leads to chronic inflammation and eventually to hypothyroidism, where the production of thyroid hormones is reduced.

In addition to classical medical treatment, the supportive intake of certain micronutrients can be helpful to strengthen thyroid function. In particular, the following nutrients play an important role:

Selenium, a trace element, supports thyroid function and counteracts oxidative stress caused by the autoimmune reaction.

## **What are the benefits of Selenium for the thyroid?**

Selenium supports the conversion of the thyroid hormone T4 into the biologically active T3. It also has antioxidant properties that protect the thyroid from oxidative stress, thus supporting its function.

## **What role does Zinc play in metabolism?**

Zinc is important for the normal metabolism of macronutrients such as carbohydrates, fats, and proteins. It also contributes to a normal acid-base metabolism and supports the normal function of the immune system.

## **How does Vitamin A contribute to thyroid function?**

Vitamin A supports the normal function of the thyroid as it plays a role in the conversion and regulation of thyroid hormones. It also contributes to a normal iron metabolism and a healthy immune function.<sup>1</sup>

## **Who is the Thyroid Complex suitable for?**

The Thyroid Complex is suitable for people who want to support their thyroid function naturally. It can be particularly helpful for those who pay attention to a balanced nutrient intake or need support for the normal function of their thyroid.

## **Can hypothyroidism or hyperthyroidism be treated naturally?**

Along with medical treatment, a healthy lifestyle with specific nutrients can support thyroid function. A balanced diet rich in fresh fruits, vegetables, healthy grains, and adequate hydration forms the basis. Stress management techniques such as yoga, meditation, or breathing exercises can help reduce stress, thereby relieving the thyroid. A regular sleep routine is also important to allow the entire body, including the thyroid, to regenerate. Regular exercise promotes metabolism and supports thyroid function. Additionally, natural supplements such as selenium, iodine, zinc, vitamin D3, and omega-3 fatty acids can support thyroid health in both hypothyroidism and hyperthyroidism.

## **Ingredients**

L-Tyrosine, Capsule (HPMC - Hydroxypropylmethylcellulose), Filler (microcrystalline cellulose), Anti-caking agent (Acacia gum), Zinc citrate, Vitamin A (Retinyl acetate), Potassium iodide, Sodium selenite.

**Ingredients Amount per 2 Capsules NRV\***

L-Tyrosine	600 mg	-
Zinc	7.5 mg	75%
Iodine	300 µg	200%
Vitamin A	180 µg	22.5%
Selenium	75 µg	136.5%

**Recommended intake**

Take 2 capsules daily, one with 150ml of water at breakfast and the other at dinner.

**Additional information**

- SKU/MPN: 15901
- Content: 60 Capsules
- Net filling quantity: 29 g
- EAN/GTIN: 4260656120682
- PZN (DE): 19631921
- PZN (AT): 5934173
- Customs tariff number: 29369000
- Origin: SI
- Version: 15.12.2025




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\*Zinc contributes to normal macronutrient metabolism.\*Zinc contributes to normal carbohydrate metabolism.\*Zinc contributes to normal fatty acid metabolism.\*Vitamin A contributes to normal iron metabolism.\*Iodine contributes to normal thyroid hormone production and normal thyroid function.\*Selenium contributes to normal thyroid function.