

HORMONE RESET PROGRAM

With: Sara Gottfried, MD

The [Hormone Reset Thyroid Kit](#) Contains:

- High-Quality Multivitamin with Copper and Zinc
 - Copper and zinc are both necessary minerals for thyroid function and can be missing from the diet in great enough amounts. Two packets a day contain enough copper and zinc to support the thyroid.
- Vitamin D (1,000 IU)
 - Vitamin D is synthesized by the skin, but during certain months in the winter it can be very hard to produce enough. Furthermore, most people will be insufficient in vitamin D even if they are getting sunlight on a regular basis. 2,000 IU from all sources (including food and other supplements) is a good starting point, but it is recommended you get a 25-hydroxy vitamin D test performed so you can measure your levels.

Optimally, you should have at least 35 ng/mL, though many benefits only appear above 45 ng/mL.

The multivitamin included with [Hormone Reset Thyroid Kit](#), when taken in the proper amount (two packets per day), provides enough copper and zinc in an appropriate ratio to support your thyroid gland.

The supplemental vitamin D provides whole body support (vitamin D, in its active form, is actually a hormone) and is a common deficiency in hypothyroidism and thyroiditis. Ideally, you should have a doctor perform a 25-hydroxy vitamin D test to measure your levels (which should be between 35 ng/mL and 55 ng/mL—higher is better in that range), but 2000 IU from all sources (including the multivitamin) is a good baseline!

You get a 30 day supply of the multivitamins, and at least thirty days (but probably more) of the vitamin D because of the personal nature of dosage!

[Click Here To Order The Hormone Reset Thyroid Kit!](#)