



THYROID SUPPORT

Supplement	Quantity	Time
Vitamin D3	1	Evening
Antioxidant Plus	1	Evening
B-Complex	1	Morning
Stress Shield	1	Evening
Zinc	1	Morning

WHAT DOES THE THYROID SUPPORT PACK DO?

Your thyroid requires a substantial array of nutrients to function efficiently. The Thyroid Support pack is designed to consider your thyroid's nutritional needs, as well as your body's responses to the unexpected. We reinforced the vitamin/mineral profile with tocotrienols and antioxidant supplements to ensure antioxidant reserves are plentiful throughout your day.*

WHAT IS OFFERED IN THE THYROID SUPPORT PACK?

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 B-Complex and 1 Zinc inside. The evening box contains 30 single strip packs with 1 Antioxidant Plus, 1 Stress Shield, and 1 Vitamin D3 inside.

*Consult your physician and follow all safety instructions before using any supplement or nutritional product. The information on our website is not intended to diagnose or treat any medical condition or to replace the advice of a healthcare professional. The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size: 1 Packet
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
		%DV		%DV
Vitamin A (as Beta Carotene)	0.00 mcg RAE	0%	300.00 mcg RAE	33%
Vitamin C (from Calcium Ascorbate)	0.00 mg	0%	100.00 mg	111%
Vitamin D3 (from Cholecalciferol)	0.00 IU	0%	1000.00 IU	250%
Thiamin (Vitamin B1)(as Thiamine Hydrochloride)	35.00 mg	2333%	0.00 mg	0%
Riboflavin (Vitamin B2)	35.00 mg	2692%	0.00 mg	0%
Niacin (as Niacinamide and Niacin)	100.00 mg NE	625%	0.00 mcg NE	0%
Vitamin B6 (from Pyridoxine hydrochloride)	35.00 mg	2692%	0.00 mg	0%
Folate (from Calcium Folate and 5-MTHF)(6S-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	200.00 mcg DFE	50%	0.00 mcg DFE	0%
Vitamin B12 (as Methylcobalamin)	100.00 mcg	4166%	0.00 mcg	0%
Biotin (as D-Biotin)	200.00 mcg	666%	0.00 mcg	0%
Pantothenic Acid (as d-Calcium Pantothenate)	70.00 mg	1400%	0.00 mg	0%
Choline (as Choline Bitartrate)	25.00 mg	4%	0.00 mg	0%
Zinc (from Zinc Bisglycinate Chelate)	50.00 mg	454%	0.00 mg	
Selenium (from L-selenomethionine)	0.00 mcg	0%	50.00 mcg	
Alpha Lipoic Acid	0.00 mg	*	25.00 mg	*
Ashwagandha Extract (Withania somnifera) (Dried root)	0.00 mg	*	20.00 mg	*
CoQ10 (Ubidecarenone)	0.00 mg	*	20.00 mg	*
DL-Phenylalanine**	0.00 mg	*	75.00 mg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis) (leaf), Quercetin (Dimorphandra mollis)(bud), Tumeric Extract (Curcuma longa)(Root), Glucoraphanin (from Brassica oleracea) (seeds)	0.00 mg	*	30.65 mg	0%
Inositol	0.00 mg	*	0.00 mg	0%
L-Theanine	0.00 mg	*	100.00 mg	0%
L-Tyrosine	0.00 mg	*	125.00 mg	0%
Lemon Balm Extract (Melissa officinalis) (aerial parts)	0.00 mg	*	20.00 mg	0%
N-Acetyl-L-Cysteine	0.00 mg	*	160.00 mg	0%
PABA (para-Aminobenzoic Acid)	25.00 mg	*	0.00 mg	0%
Tocotrienols	0.00 mg	*	20.00 mg	0%

* Daily Value (DV) not established.

Other Ingredients: Gelatin Capsule, Microcrystalline Cellulose, Extra Virgin Olive Oil, Softgel Capsule (gelatin, water, glycerin), Stearic Acid, Magnesium Stearate, Silica, Dextrin, Maltodextrin, Dicalcium Phosphate, Starch, Alginate

** Phenylketonurics: contains Phenylalanine



VITAMIN PACKS

While IDLife is committed to honoring the individual and creating the world's most scientific based customized vitamin platform in IDNutrition, we appreciate that some people only want support for a particular issue from which they encounter in their daily lives. The IDLife Vitamin Packs were designed to do just that.*

FAQs:

ARE THESE VITAMINS MADE WITH SAME VITAMINS FOUND IN IDNUTRITION?

Yes. These introductory packs are designed utilizing the same high-quality vitamins and nutrients our customers have come to enjoy and expect from IDLife's IDNutrition.

IS CHRONOBIOLOGY INCORPORATED INTO THE PACKS?

Yes. Like IDNutrition, the science of chronobiology, or dosing vitamins at the appropriate time of day to optimize their effectiveness, is incorporated into the packaging of the various Vitamin Packs.

WHY ARE MY VITAMIN PACKS PACKAGED IN IDNUTRITION BOXES?

While these packs are designed to help support a specific issue or challenge you might be experiencing, they are intended to be an introduction to the who, what, and why of IDLife. We packaged these packs in IDNutrition boxes to introduce the consumer to our more advanced product offering.

ARE THESE VITAMIN PACKS CUSTOMIZED TO ME LIKE IDNUTRITION?

No. These packs are designed to be an introduction to the who, what, and why of IDLife. We packaged these packs in IDNutrition boxes to introduce the consumer to our more advanced product offering.

ARE THESE VITAMIN PACKS FDA APPROVED?

Dietary supplements like these Vitamin Packs do not require FDA approval. All of these Vitamin Packs are manufactured in strict compliance with FDA rules, regulations and guidelines.

I'M A VEGAN, WHAT ARE THE TWO-PIECE CAPSULES MADE FROM?

The gelatin in the two-piece capsules and soft gels is derived from bovine animal sources.

WHAT ARE THE IDNUTRITION COMMITMENTS TO INGREDIENT QUALITY AND WHAT CONTROLS ARE IN PLACE TO ASSURE CLIENTS THAT THEIR NUTRITIONAL FORMULAS ARE MEETING OR EXCEEDING INDUSTRY STANDARDS?

Nutritional supplements have a wide variation in ingredient "quality" and, to a lesser extent, ingredient "quantity".

A. Quality is Mission Critical and can vary as to potency, purity, solubility and absorbability.

Potency is critical in that the amount of active ingredients is verified as present in the right bioactive form. IDNutrition ingredients are carefully selected, certified and verified by our manufacturers. IDNutrition also uses outside independent laboratories to inspect and certify the potency of each ingredient.

Purity is critical in that all ingredients contained are free of pesticides, herbicides, and any chemical contaminants. IDNutrition ingredients are carefully selected, certified and verified to guarantee the purity of each ingredient. IDNutrition also uses outside independent laboratories to inspect and certify the purity of each ingredient.

Solubility is critical regardless of the potency and purity of the ingredients. If the tablet or capsule is not readily soluble, the ingredients will not be broken down and instead will be eliminated from the body before the nutritional value can be realized. IDNutrition utilizes outside independent laboratories to verify disintegration rates of its tablet and capsule formulations to assure the pure and potent ingredients are available for absorption.

Absorbability is critical because once the potent, pure, soluble ingredients are broken down for absorption they are bioavailable and in a form to be readily absorbed into your blood stream. Ingredients curated for IDNutrition are selected for their performance and synergy with all IDLife products.

B. Quantity as it relates to nutritional supplements refers to the IDNutrition philosophy of the "Right Dose at the Right Time". While we address the "Right Time" (Chronobiology) in another section, we emphasize the "Right Dose" and believe that "over-dosing" of nutritional supplements is as much a problem as "under-dosing".

Our formulas provide only ingredients that have scientific evidence (often called evidence-based) behind the recommendations and we provide the level of ingredients as close as possible to the dose used in the scientific studies. Many supplement companies will add unnecessary or minimal ingredients to project the image of a potent formula, but the quantity of each ingredient is minuscule (under-dosing) and far below the level required to deliver a positive result. In the nutrition industry, this practice is often referred to as "label paint."

IDNutrition endeavors to use the studied amount of each ingredient and also does not believe in very high doses of nutrients (mega-dosing) where it is assumed if x is beneficial, 3x is more beneficial. Mega-dosing or "overdosing" is often dangerous leading to unwanted side effects and is even wasteful since "overdosing" is not only a waste of money but the entire excessive ingredient amounts are being excreted. The amounts of ingredients in IDNutrition formulas are therefore kept at a higher standard with both quality and quantity than most nutritional supplements.

WHAT'S THE DIFFERENCE BETWEEN THE VITAMIN PACKS AND IDNUTRITION?

The Vitamin Packs are intended as an introduction to the who, what, and why of IDLife that is culminated in our IDNutrition product. While these packs have been meticulously formulated to address life's challenges, they don't take into consideration your overall diet, lifestyle, medical history or genetic information to provide you a completely personalized recommendation backed by scientific evidence like IDNutrition.



THE SCIENCE OF VITAMIN PACKS: PROBLEM & SOLUTION

While IDLife is committed to honoring the individual and building the world's most scientific based customized vitamin platform in IDNutrition, we appreciate that some people only want support for a particular challenge. The IDLife Vitamin Packs were designed to do just that. Each vitamin pack was designed to address an area of support that will be thoroughly focused on an area of your choice.

THE PROBLEM:

- Many vitamin support formulas on the shelves today are made with inexpensive, low-quality and questionable ingredients, leaving you believing you are absorbing nutrients that may or may not be providing you any benefit.
- The body has a difficult time absorbing many of the cheaper vitamin formulations found on store shelves, leaving you with the false sense of security that you are getting a nutrient that your body can't metabolize.
- Most vitamin products and stores are filled with bottles, labels, and advertising that leave you confused and relying on an in-store "expert" to help you make an informed decision.

THE SOLUTION:

- The IDLife Vitamin Packs are designed utilizing the same high-quality vitamins and nutrients found in our IDNutrition program.
- While not fully customized to your individual needs like IDNutrition, these introductory packs are designed to help support a specific issue or challenge you might be experiencing with easy to understand labels and benefits.
- Peace of mind in knowing that each pack is designed with your specific challenge in mind, and formulated to provide the best nutritional support available to address the issues that concern you.

"Designed to support my specific needs!"