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Guide to Nutri-Meds Thyroid Glandulars

Nutri-Meds all-natural desiccated thyroid glandular supplements have helped many regain their sense of health and well-being. We are dedicated to doing our best to support those who have struggled with thyroid issues to feel their best. We know how important it is to have fresh, high quality products because we take them, too!

Getting started: How do I know if I need thyroid support?

We believe no one knows your body better than you do. We have had many people tell us they think they need thyroid support, but their doctor won't listen to them. Here are a couple guidelines gleaned from alternative medicine that can be helpful in determining if thyroid support is right for you.

One of the best ways to evaluate your needs is to take your body temperature. This is easiest done with a digital thermometer under the arm. If your body temperature is low (97.8- 98.2, first thing in the morning, is considered normal) then you may benefit from natural thyroid support.

Take your body temperature four times a day:

1. First thing in the morning
2. Before lunch
3. Before dinner
4. At bed time

Keep a record of the results in a notebook.

Each time you take your temperature, also make a note of how you feel. Try to be specific. Avoid general comments such as "I feel bad." Instead, try to make notes that are specific enough to allow you to look back and notice even small improvements. For example, when one is feeling terrible, it may be significant to note "I thought about going for a walk today," which indicates a dramatic improvement for someone whose previous days were centered on "I don't feel like getting out of bed today."

While some experience rapid results, others may need more time to acclimate and to find the right level for their body. Still others experience adrenal fatigue along with their thyroid symptoms and need to address that to feel completely well. For these reasons, it is important to make specific notes so you are able to look back and see if there has been even gradual progress. When one is feeling poorly, it can sometimes be difficult to recognize the gradual improvement of symptoms, and it is important to not get frustrated and stop before you have found the optimal amount your body needs to feel the best you can feel.

Frequently Asked Questions

Q: How do I know which kind to get? What is the difference between Porcine and Bovine?

A: Our all-natural desiccated glandulars are made from the thyroid gland of grass-pastured animals raised without growth hormones. They are sourced from New Zealand and Argentina, countries with no history of BSE (mad cow disease), nor proximity to any country that does.

Porcine Desiccated Thyroid Glandular- This product is made from the thyroid gland of the pig. If you have no problem with eating pork, we recommend trying this one, because porcine products are closer to human chemistry. The capsules are pure raw desiccated porcine thyroid gland, and we add no other ingredients.

Bovine Desiccated Thyroid Glandular- This product is made from the thyroid gland of the cow. If you have allergies to pork, or do not eat pork for religious reasons, this is an excellent option. Though our porcine thyroid products are our best selling products, we have a significant number of customers who have tried both the porcine and bovine thyroid and prefer the bovine. The capsules are pure raw desiccated bovine thyroid gland, and we add no other ingredients.

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Q: Should I get capsules or tablets? What is the difference?

A: Capsules: Our capsules are gelatin, made from the same organic animal stock as our supplements. Our capsules contain 130 mg of 100% raw desiccated glandular, with no other added ingredients.

Tablets: Our tablets contain 130 mg of raw desiccated glandular, Dicalcium Phosphate (the binder that holds the tablet together) and a light pharmaceutical glaze that makes the tablet easier to swallow.

Please note that the tablets and capsules both contain 130 mg of raw desiccated thyroid glandular; the only significant difference is that the tablets, as all tablets, have a binder to hold them together. While many people prefer capsules because they break down so efficiently, our tablets also dissolve quite rapidly. Still, there are those who achieve better results with the capsules, and it is worthwhile to consider the options when evaluating your results.

If you are just starting out, you will likely want to increase by halves or quarters until you find your optimal amount and tablets may be easier to quickly cut apart than separating capsules and dealing with the powder. These are the main areas of consideration, and it really is a matter of personal preference. If you would like to view the actual label of any of our products, you can do so on our website.

Q: Nutri-Meds thyroid capsules/tablets are 130 mg. How does that compare to other thyroid products?

A: Our products are categorized by the FDA as whole-food dietary supplements, not drugs, either prescription or over the counter. We value our designation, and are therefore unable to make claims, medical or otherwise, for our products, and cannot address medical questions, nor make comparisons with medical products.

Our porcine and bovine thyroid capsules and tablets contain 130 mg of raw desiccated thyroid glandular, made from either pork or beef. It is important not to directly compare this amount with the milligrams of other thyroid products, which may differ in quality, or to prescription drugs, which can be either desiccated extracts or synthetics. To compare taking a whole food to an extract is like eating an orange compared to taking a Vitamin C tablet. We believe that everything that is good for you cannot necessarily be quantified in an extract.

Q: How do I know how much to take?

A: The goal with natural supplements, whether vitamins, nutraceuticals, or glandulars, is very results oriented. You want to feel the best you can feel--and you are the best judge of that. Below are suggested steps that have helped many people find the right level for them.

1. Begin by taking only one, or even a half, of the capsule/tablet. Ideally, it is taken first thing in the morning on an empty stomach.
2. Continue for a minimum of three to five days at this level.
3. If you do not feel you are at your optimal level, increase the amount you are taking by a half capsule/tablet and maintain that amount for another three to five days before increasing.

Continue these steps until you feel you have reached your optimal level. If you feel you have exceeded what made you feel your best, drop back to your ideal level. The symptoms of taking too much are a wired, nervous or jittery feeling, similar to drinking too much coffee. For some, these symptoms include palpitations (increased heart rate). If you experience symptoms of taking too much, reduce the amount you are taking by a half capsule/tablet. That should be the amount that is right for you. Continue to journal your symptoms and body temperatures so you can track how you feel. Do not rush the process, and do not exceed 5 capsules a day. If you have reached five capsules/tablets a day and still feel you need more support, it is possible that adrenal fatigue is a factor.

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Q: How do I take only a half capsule/tablet?

A: Tablets are easy to cut in half. Capsules can be easily pulled apart. We recommend opening the capsule and emptying the contents onto a piece of paper. To increase by a half, separate the powder into two equal amounts. The remaining powder can be saved by folding up the paper. Some people prefer to consume the powder by mixing it into a small amount of yogurt or applesauce, or simply put it in their mouth and wash it down with water or juice.

Q: How long will it take until I see results?

A: Some people report immediate results while others report more gradual improvement. It is an important part of the process to allow the body time to acclimate. In general, the lower the basal temperature, the more support one may need and the longer it may take to feel better. Each person needs to find the right level for their body. Keep in mind that it is possible for that amount to vary. Many report needing less support if they travel to warmer climates and more if they travel to colder climates. The symptoms of thyroid and adrenal imbalance can be similar, and even when one is able to provide proper support for their thyroid gland, stressed adrenals can still remain fatigued. For more information, see our Guide to Nutri-Meds Adrenal Glandulars.

Consider the following hypothetical scenario: Let's say someone will eventually require the maximum of five capsules/tablets per day, and they wait a week at each level to give their body time to acclimate.

- Week One: 1 capsule/tablet
- Week Two: 1 1/2 capsules/tablets
- Week Three: 2 capsules/tablets
- Week Four: 2 1/2 capsules/tablets
- Week Five: 3 capsules/tablets
- Week Six: 3 1/2 capsules/tablets
- Week Seven: 4 capsules/tablets
- Week Eight: 4 1/2 capsules/tablets
- Week Nine: 5 capsules/tablets

As this example demonstrates, it may require a significant amount of time to allow the body to acclimate to glandular support. For this reason it is important to keep a detailed journal so gradual improvements can be noticed. Increasing the amount too quickly can result in an unbalanced or uncomfortable feeling.

Q: Where, how, and by whom are Nutri-Meds glandulars manufactured?

A: All Nutri-Meds products are manufactured for and by Nutri-Meds in the United States in compliance with U.S. GMP guidelines. Nutri-Meds glandulars are processed using lyophilization (low-temperature method) to ensure effective preservation. All Nutri-Meds products meet or exceed all USP requirements and are in accordance with all FDA regulations.

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Q: I am taking another type of thyroid supplement, but would like to take Nutri-Meds. How do I make the switch?

A: We do not recommend taking Nutri-Meds thyroid glandulars in conjunction with any other thyroid supplements to avoid any potential complications. If you would like to make the change, we suggest that you stop taking the other before beginning to take Nutri-Meds.

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