

## Hyperthyroidism

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When too much thyroid hormone is produced, hyperthyroidism occurs. When this condition is present, the body has a fast metabolism. Nervousness, irritability, insomnia, frequent bowel movements, etc. may accompany hyperthyroidism. Growths on the thyroid may be a cause of hyperthyroidism

**Multivitamin and mineral complex** Importance: High Comments: High doses of vitamins and minerals are necessary for this disorder. Super-high-potency formula is recommended.

**Vitamin B complex** Importance: High Comments: Beneficial for healthy thyroid function. Injections under a physician's care are available.

**Vitamin B1 (thiamine)** Importance: High Comments: Helps with formation of blood. Improves energy levels.

**Vitamin B2 (riboflavin)** Importance: High Comments: Promotes healthy functioning of cells, glands, and organs.

**Vitamin B6 (pyridoxine)** Importance: High Comments: Boosts enzymes. Promotes healthy immune system. Enhances production of antibodies.