

## Natural Thyroid Extract Capsule

### Active Ingredient

Natural Thyroid Extract (NTE)

### What is in this leaflet

This leaflet contains some information about your medication. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medication against the positive benefits they expect it will have for you. **If you have any concerns about taking this medicine, please contact us again or speak with your doctor or pharmacist for more information.** Keep this leaflet with the medicine as you may need to read it again in the future.

### What it is used for

This medication contains Natural Thyroid Extract (NTE) as the active ingredient. NTE contains both triiodothyronine (T3) and thyroxine (T4), which are hormones normally produced by the thyroid to maintain normal mental and physical activity. NTE is used to treat hypothyroidism, which is where your thyroid does not produce as many hormones as it should.

NTE may also be used to lower thyroid function in certain diseases such as an enlarged thyroid gland (goiter) or Hashimoto's thyroiditis.

### Before you take Natural Thyroid Extract

#### When you must NOT take it:

- If you are allergic to the active ingredient, or you are allergic to pork
- If the medication is expired or has not been stored correctly
- If you suffer from untreated hyperthyroidism, decreased adrenal gland function or low pituitary hormone and have not consulted your doctor

#### Let us know if you are:

- Pregnant, planning on becoming pregnant, or breastfeeding
- A diabetic
- Suffer from any other medical conditions or take any other medications

### How to take Natural Thyroid Extract

#### How much to take

Please take this medication as directed by your doctor or pharmacist. Refer to the directions on the product label if required. The dose of NTE depends on your medical condition and thyroid hormone levels. Your dose may change over time.

#### How to take it

Swallow the capsule whole with a glass of water, once daily in the morning, preferably before breakfast. It is important to take this medication at approximately the same time each day. Do NOT crush or chew.

**Take this medication 4 hours before or after taking any products containing aluminium or iron, such as antacids, sucralfate, and vitamins/minerals.**

#### If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to. **Do not take two doses to make up for a dose you missed.**

#### If you take too much (overdose)

Immediately contact your doctor or the Poisons Information Centre (telephone 13 11 26) or go to the Accident and Emergency at the nearest hospital.

### Side effects

**Please let us or your doctor know as soon as possible if you do not feel well while taking this medication.**

You may experience the side-effects of too much thyroid hormone. Notify your doctor if you experience any of the following symptoms:

- Diarrhoea, heat intolerance, irritability, unusual weight loss, trouble sleeping or heavy sweating
- Speak to your doctor immediately if you experience:
- Fast heartbeat, difficulty breathing with exercise, swelling of arms/legs, or extreme weakness

For a full list of possible side effects please contact us.

### Storage

Expires 6 months after preparation. Store your medication in a cool, dry place that is below 25°C.

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