
THE ADRENAL THYROID SOLUTION COURSE

WITH DR. *Aviva Romm*

TOP 7 SUPPLEMENTS YOU SHOULD KNOW ABOUT IF YOU HAVE HYPOTHYROID OR HASHIMOTO'S

These 7 supplements have solid science behind them – some more and some fewer studies. I recommend a core plan of at least the nutrient supplements (the first four) as a daily plan if you are trying to restore thyroid hormone production, and if you'd like the extra support, pick 1 or 2 of the herbs. Give at least 4 months for significant improvement.

Of course, please check with your medical provider before starting any supplements.

Vitamin D

- Circulating levels of vitamin D3 have been found to be low in those with Hashimoto's and other autoimmune conditions.
- Supplementing with D3 at 4,000 IU daily (2,000 IU daily in pregnancy) may help prevent or reverse autoimmune thyroid disease.
- Levels can be rechecked every six weeks to measure levels and indicate when to stay at a steady dose or decrease the dose.
- Safe while pregnant/breastfeeding

Dose: Vitamin D3 2,000–4,000 IU/day

Selenium

- The body turns selenium into the powerful antioxidant glutathione which protects the thyroid from the inflammation and oxidative stress that is suppressing function and damaging thyroid tissue.
- Several studies have shown that it can reduce TPO antibodies.
- It is also critical in the conversion of T4 to T3. It decreases the risk of developing postpartum thyroiditis in women who are positive for TPO antibodies, and can be started during pregnancy and continued into the postpartum period to reduce risk.

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- Selenium-rich foods: mushrooms, lamb, turkey, chicken, eggs, cod, and halibut, with the inclusion of Brazil nuts if you enjoy them, but not as a replacement for a supplement. Amount in Brazil nuts variably, but 2/day often recommended.
- Selenium can worsen thyroid function with concurrent iodine deficiency.
- Safe while pregnant/breastfeeding

Dose: up to 200 mcg/day (do not exceed)

Myoinositol

- 86 Hashimoto's thyroiditis patients with TSH between 3 and 6 mIU/L, elevated TPO and TgAb, and normal free thyroxine (fT4) and free triiodothyronine (fT3); TSH, TPOAb, and TgAb levels were significantly decreased in patients treated with combined Myoinositol-Selenium after 6 months of treatment. In addition, a significant fT3 and fT4 increase, along with an improvement of their quality of life, was observed
- 168 patients with Hashimoto's thyroiditis having Thyroid Stimulating Hormone (TSH) levels between 3 and 6 μ IU/ml were randomized into 2 groups: one receiving Myoinositol-Selenium and the other one Selenium alone. The administration of MI-Se is significantly effective in decreasing TSH, TPOAb and TgAb levels, as well as in enhancing thyroid hormones and personal wellbeing. Treatment restored euthyroidism in patients diagnosed with autoimmune thyroiditis.
- Safe while pregnant/breastfeeding

Dose: 600 mg/day

Zinc

- Involved in the conversion of T4 to T3; important if you appear to be having problems with thyroid hormone conversion
- Zinc deficiency may result in decreased thyroid hormone levels and resting metabolic rate (RMR).
- In one study After oral supplementation of Zn sulphate for 12 months, levels of serum free T3 and T3 normalized, serum rT3 (Reverse T3) decreased, and the TRH-induced TSH reaction normalized. Serum selenium concentration was unchanged by Zn supplementation.

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- Safe while pregnant/breastfeeding

Dose: 30 mg/day; take with your meals to prevent nausea

Ashwagandha

- An Ayurvedic herb
- In animals, Ashwagandha has been shown to increase circulating T4 levels with no influence on T3 (at 1.4g/kg root extract daily in mice for 20 days).
- In another study noted both hormones (T3 and T4) increased under the same protocol.
- Also seen was an increase in hepatic anti-oxidant enzymes (catalase up by 12%) and decrease in lipid peroxidation (34%) was seen, and increased T4 (lesser active thyroid hormone) by approximately 60% without significantly influencing T3 (more active hormone).
- Safe while breastfeeding (not in pregnancy)

Dose: The lowest effective dose for acute usage of ashwagandha, and perhaps the most cost-effective dose, is 300-500mg. The optimal dose is 6,000mg a day usually divided into three doses (2,000mg)

Guggul

- An Ayurvedic herb
- Guggul, at 10 mg/kg, has been shown to improve increase serum T3 and T4 levels. (this dose is much higher than what is customarily used in herbal supplements).
- One rat study showed the Guggulsterone Z, at a dose of 10mg/kg bodyweight, increased iodine uptake and metabolic activity of the thyroid gland
- Safe while breastfeeding (not in pregnancy)
- Discontinue when thyroid levels normalize.

Dose: 750 mg/day

Bauhinia

- An Ayurvedic herb

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- The effects of daily administration of *Withania somnifera* root extract (1.4 g/kg body wt.) and *Bauhinia purpurea* bark extract (2.5 mg/kg body wt.) for 20 days on thyroid function in female mice were investigated.
- No known safety data in pregnancy or BF'ing so don't use during those times
- While serum triiodothyronine (T3) and thyroxine (T4) concentrations were increased significantly by *Bauhinia*, *Withania* could enhance only serum T4 concentration.

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