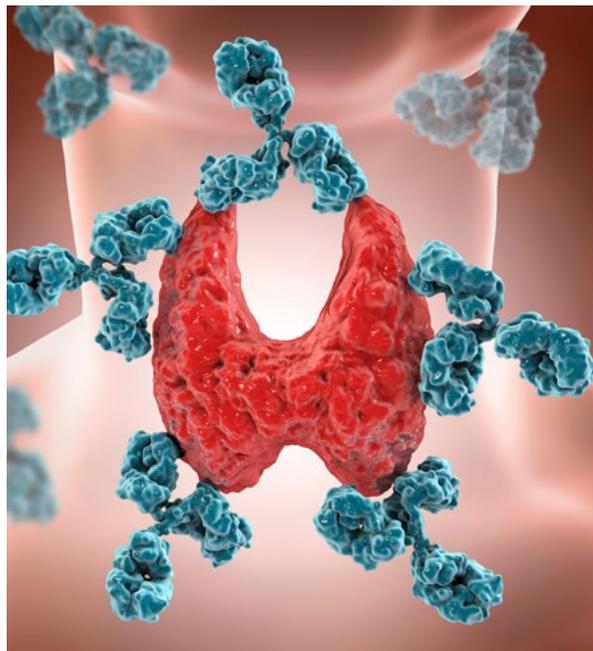


Hashimoto's Thyroiditis Support Protocol

Clinical Protocol to Support Thyroid Function and Immune Balance*



The Pathophysiology of Hashimoto's Thyroiditis

The thyroid, although a tiny butterfly-shaped gland in the neck, produces a hormone that impacts every cell, tissue, and organ in the body. Hashimoto's thyroiditis or lymphocytic thyroiditis (meaning "inflammation of the thyroid gland") is the most common type of autoimmune thyroid condition that primarily affects women five to eight times more than men.¹ The immune cells attack the thyroid gland leading to chronic inflammation and damage that persists in its functional decline and eventually leads to this most common cause of the thyroid condition, known as hypothyroidism or an underactive thyroid.²

The overall prevalence of thyroid disease in children is 1.3% for ages 11 to 18 years, and for adults the prevalence is 3.5% per 1,000 for women and 0.8% per 1,000 for men.² Yet, upwards of 60% of individuals have been undiagnosed, with an estimated 20 million Americans having some form of thyroid disease.¹ Common symptoms of Hashimoto's thyroiditis may include fatigue, excessive weight gain, sensitivities to cold, dry skin, depression, constipation, reduced exercise tolerance, and muscle aches. Iodine deficiency may cause excessive enlargement of the thyroid to be visible on the neck as a goiter, which rarely leads to difficulty in swallowing or neck discomfort.¹

of combining essential nutrients and mineral supplementation is growing.^{3,4} This clinical protocol is designed to support the importance of diagnosis, lifestyle modifications of supplementation, diet, and exercise, as tolerated for Hashimoto's thyroiditis patients.

Diagnostic Biomarkers/Clinical Indicators of Hashimoto's Thyroiditis

- Comprehensive Thyroid Panel
 - Thyroid Stimulating Hormone (TSH)
 - Thyroxine (T4); Free T4
 - Triiodothyronine (T3); Free T3
 - Reverse T3
 - T3 Uptake
- Thyroxine binding globulin (TBG)
- Thyroid Antibodies
 - Thyroid Peroxidase (TPO)
 - Thyroglobulin antibodies (TgAb)

Therapeutic Diet and Nutritional Considerations

- Recommend an autoimmune dietary plan, such as gluten-free, dairy-free, Paleo template, low FODMAPs, autoimmune Paleo, specific carbohydrate diet, GAPS diet or another comparable approach
- Support GI mucosal integrity through dietary intake of bone broths, gelatin, collagen, and fermented foods
- Avoid high mercury fish, especially swordfish, shark, tilefish, king mackerel, and marlin
- Eat foods that are rich in selenium, such as Brazil nuts, tuna, halibut, sardines, and shrimp

Lifestyle Interventions

- Support a balanced immune response by removing any potential immune-provoking compounds and antigenic foods
- Identify any environmental sources of halogens, such as fluoride, bromide, and chloride, and advise patients to remove these from their household and hygiene products
- Counsel patient to mitigate stress through meditation, yoga, and other mindfulness practices
- Consider using the Well World™ Condition Tracker to monitor patient thyroid-related symptoms



Supplement Protocol

Primary Support:



Thyromune™

Dose	1 capsule per day
Duration	Ongoing
Formula Highlights	Thyromune™ is uniquely formulated to support optimal thyroid function, healthy hormone balance, and a healthy immune system.* Thyromune™ contains a targeted blend of myo-inositol and selenium (as selenomethionine) that possess complementary actions in the human body for supporting thyroid cell function and a healthy immune response.* Each 1-capsule serving provides 600 mg of myo-inositol and 83 mcg of selenomethionine.

ImmunoMod-A™

Dose	2 capsules twice per day
Duration	3 months; reevaluate biomarkers, signs, and symptoms
Formula Highlights	ImmunoMod-A™ has been formulated to help balance a healthy inflammatory response, which is necessary to help maintain optimal immune function in the body.* It features ParActin®, an extract of the herb <i>Andrographis paniculata</i> , which has been shown to modulate immune, inflammatory, and oxidative pathways.* This product also contains the monosaccharide N-acetyl-D-glucosamine, along with curcumin, a polyphenolic compound extract from the spice turmeric. Both of these compounds help to support a healthy inflammatory response.* Together, the ingredients in ImmunoMod-A™ work to support the proper expression of nuclear factor-kappa B and its related downstream cytokines to help maintain a healthy, balanced immune response.*

Vitamin D Supreme

Dose	1-2 capsules per day based on patient 25(OH)D status
Duration	3 months; reevaluate biomarkers, signs, and symptoms
Formula Highlights	Vitamin D Supreme provides a clinically useful dose of vitamin D3, with 5,000 IU per veggie cap, and vitamin K in both the K1 and MK-7 form of K2. This formula contains higher targeted doses than Vitamin D Synergy for situations where more aggressive repletion is required. Vitamins D and K are essential for optimal bone and arterial health and for maintaining the immune system in proper balance.* The amount of vitamin D and K in this formula may be beneficial for those who do not get adequate sun exposure and/or dietary sources of these vitamins. Vitamins D and K work as a team. Thus, increasing doses of vitamin D will increase the need for vitamin K.

GI Revive™

Dose	Mix 8 grams (approximately one tablespoon) in water or other liquid per day
Duration	3 months; reevaluate biomarkers, signs, and symptoms
Formula Highlights	GI Revive™ is a synergistic formula offering comprehensive support for optimal gastrointestinal health and function.* It provides targeted levels of nutrients that support the health of the gastrointestinal mucosa and help support a healthy inflammatory response along with ingredients to promote intestinal regularity.*

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---hashimotos-thyroiditis-support-protocol-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.