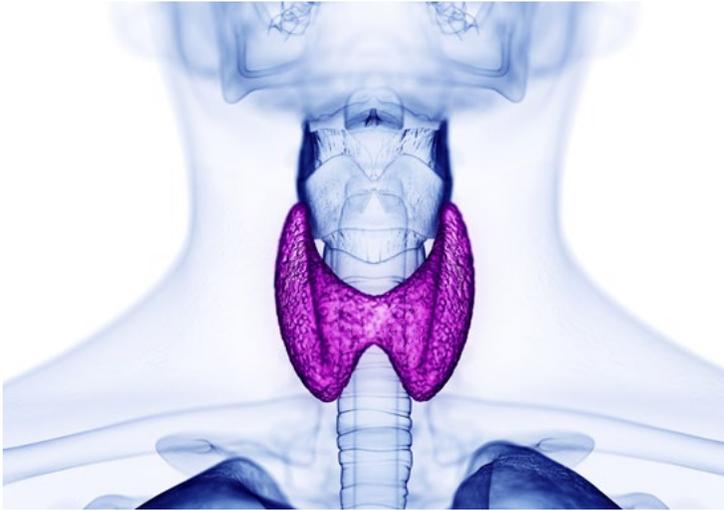


Hypothyroid Support Protocol

Clinical Protocol to Support Thyroid Function and Hormonal Balance*



The Pathophysiology of Hypothyroid

Hypothyroidism is a condition in which the thyroid gland does not produce enough thyroid hormones, leading to an underactive thyroid.¹ The thyroid hormones thyroxine (T4) and triiodothyronine (T3) play a vital role in regulating metabolism, growth, and the normal function of every cell, tissue, and organ in the body.^{1,2} In the United States, the most common cause of hypothyroidism is an autoimmune thyroid disease called Hashimoto's Thyroiditis (refer to the [Hashimoto's Thyroiditis Protocol](#) to learn more). Globally, the most common cause of hypothyroidism is an inadequate intake of iodine.¹ The prevalence of hypothyroidism has significantly increased in the last two decades. As of 2019, hypothyroidism is estimated to affect 30 million people over the age of 18 in the United States, and it is suggested that 14.4% of individuals remain untreated.³

Hypothyroidism may be asymptomatic or cause a range of nonspecific symptoms that vary from mild to moderate and

differ from person to person. These symptoms may include bradycardia, cold intolerance, dry skin, poor concentration, menstrual irregularities, constipation, fatigue, and weight gain.^{1,2} Hypothyroidism can be categorized into primary, secondary, or tertiary types.¹ Primary hypothyroidism is more common and occurs when the thyroid itself is underactive.^{1,4} It is more prevalent in women than men and typically affects individuals between 30 to 50 years old.⁴ Secondary and tertiary hypothyroidism occurs when there is a dysfunction in the hypothalamic-pituitary-thyroid axis.¹

This clinical protocol is designed to support patients with hypothyroidism through evidence-based lifestyle, dietary, and nutrient interventions that may promote healthy thyroid function and hormonal balance.*

Diagnostic Biomarkers and Clinical Indicators of Hypothyroid

- Comprehensive Thyroid Panel
 - Thyroid Stimulating Hormone (TSH)
 - Thyroxine (T4); Free T4
 - Triiodothyronine (T3); Free T3
 - Reverse T3
 - T3 Uptake
 - Primary hypothyroid: Decreased T4/T3 and increased TSH²
 - Secondary and tertiary hypothyroid: Decreased T4/T3 and decreased TSH²
- Thyroxine binding globulin (TBG)
- Thyroid Antibodies
 - Thyroid peroxidase (TPO)
 - Thyroglobulin antibodies (TgAb)

Therapeutic Diet and Nutritional Considerations

- Recommend a Paleo or autoimmune Paleo-style diet, which promotes the consumption of whole foods such as vegetables, fruits, mono- and poly-unsaturated fatty acids, tubers, wild game, poultry, organ meats, and non-processed meats^{5,6}
- Support GI mucosal integrity through the dietary intake of bone broths, gelatin, collagen, and fermented foods
- Encourage dietary intake of selenium (e.g., Brazil nuts, halibut, sardines, shrimp) and iodine (e.g., seaweed, cod, shrimp, eggs, seafood)
- Advise avoiding high mercury fish, especially swordfish, shark, tilefish, king mackerel, tuna, and marlin
- Recommend avoiding excessive intake of raw cruciferous vegetables or soy products due to the goitrogen content, which may disrupt normal thyroid hormonal balance.⁷ Cooking can reduce the levels of goitrogens in food.

Lifestyle Interventions

- Support a balanced immune response by removing any potential immune-provoking compounds and antigenic foods
- Identify any environmental sources of halogens, including fluoride and bromide, and advise patients to remove these from their household and hygiene products^{8,9}
- 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:



Thyroid Synergy™

Dose	1 capsule with each meal (3 per day)
Duration	Ongoing as needed
Formula Highlights	Thyroid Synergy™ is a top-quality, all-in-one formula for the nutritional support of thyroid function.* The non-stimulating adaptogenic botanical American ginseng (<i>Panax quinquefolius</i>) helps maintain healthy cortisol, blood glucose, and insulin metabolism, along with a balanced conversion of peripheral thyroid hormone.* Essential vitamins, minerals, and other nutrients work synergistically to provide a premium thyroid product.*

Thyrommune™

Dose	1 capsule per day with a meal
Duration	Ongoing as needed
Formula Highlights	Thyrommune™ is uniquely formulated to support optimal thyroid function, healthy hormone balance, and a healthy immune system.* Research indicates that certain nutrients may support thyroid cell function, a healthy immune response, and balanced hormone levels.* Thyrommune™ contains a targeted blend of myo-inositol and selenium as selenomethionine that possess complementary actions in the human body.* Each 1-capsule serving provides 600 mg of myo-inositol and 83 mcg of selenomethionine. Formulated based on clinically researched amounts of selenomethionine and myo-inositol.

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

<https://www.designsforhealth.com/api/library-assets/literature-reference---hypothyroid-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. This product is not intended to diagnose, treat, cure, or prevent any disease.