

# OPTIMAL THYROID

Developed with Dr. Angela Mazza, D.O.\*

## Protocol Objective:

To recognize the specific needs of the thyroid, including immune function, as well as concurrent adrenal and gut influence. The thyroid affects almost every system of our body and requires personalized evaluation to support overall wellness.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support optimal thyroid function	<p><b>Lab:</b> TSH, Free T4, Free T3, Total T3, Reverse T3, selenium RBC, iron studies, urinary iodine level</p> <p>Evaluate clinical symptoms for fatigue, dry skin, slower thinking, occasional constipation, cold intolerance, weight fluctuations</p>	<p><b>Thyro-Essentials™</b> Formula: 202425</p>	2 capsules daily
		<p><b>Ultra-Preventive® 2 Daily</b> Formula: 201344</p>	2 tablets daily
		<p>If indicated, add: <b>Kelife™ Iodine</b> Formula: 7973 OR <b>ThyroMend™</b> Formula: 201381</p>	1 tablet daily  2 capsules daily
		<p><b>Timed Release Iron</b> Formula: 7962</p>	2 tablets daily
		<p><b>Ubiquinol-QH</b> Formula: 201899</p>	1 capsule daily
		<p><b>Thyro-Essentials™</b> Formula: 202425</p>	2 capsules daily
Support immune-related thyroid health	<p><b>Lab:</b> thyroid peroxidase antibodies (anti-TPO), thyroglobulin antibodies (TgAb)</p> <p>Consider additional testing for intestinal permeability (mannitol/lactulose test) or intestinal microbe balance</p> <p>Evaluate for clinical symptoms of digestive imbalance such as abdominal bloating after meals [Elimination meal plan—avoid gluten, soy and dairy]</p>	<p><b>Vitamin D 125 mcg (5,000 IU)</b> Formula: 200562 OR <b>K<sub>2</sub>-D<sub>3</sub> with Astaxanthin</b> Formula: 202114</p>	1 tablet daily  1 capsule daily
		<p><b>Wobenzym® PS</b> Formula: 202273</p>	2 tablets, twice daily
		<p>If indicated, add: <b>Multi-Probiotic® 15 Billion</b> Formula: 202516</p>	1 capsule daily
		<p><b>Intestamine®</b> (powder or capsules) Formulas: INT, INT-C</p>	1 scoop or 6 capsules daily
		<p><b>Betaine Plus®</b> Formula: 80106</p>	1 capsule with each meal
		<p><b>Thyro-Essentials™</b> Formula: 202425</p>	2 capsules daily
Support thyroid and adrenal health	<p><b>Lab:</b> Four point salivary cortisol, serum DHEA, pregnenolone</p> <p>Evaluate for fatigue and stress beyond thyroid function</p>	<p>If indicated, add: <b>AdrenoMend™</b> Formula: 200529 OR <b>Adrenplus-300</b> Formula: 7221</p>	2 capsules, twice daily  1 capsule daily
		<p><b>DHEA 5-25 mg</b> Formulas: Various OR <b>DHEA Plus</b> Formula: DHP</p>	1 tablet or capsule daily
		<p><b>Sereniten Plus</b> Formula: 201348</p>	1 capsule, twice daily without food

+Dr. Mazza is a retained advisor to Douglas Laboratories.

\*Please note that patients may not require all supplements listed.

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