

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	Lab: TSH, Free T4, Free T3, Total T3, Reverse T3, selenium RBC, iron studies, urinary iodine level	Ultra-Preventive® 2 Daily Formula: 202775	2 tablets daily
		If indicated, add: ThyroMend™ Formula: 202703	2 capsules daily
		Timed Release Iron Formula: 7962	2 tablets daily
		Ubiquinol-QH Formula: 201899	1 capsule daily
Support immunerelated thyroid health	Lab: thyroid peroxidase antibodies (anti-TPO), thyroglobulin antibodies (TgAb) Consider additional testing for intestinal permeability (mannitol/lactulose test) or intestinal microbe balance Evaluate for clinical symptoms of digestive imbalance such as abdominal bloating after meals [Elimination meal plan—avoid gluten, soy and dairy]	Vitamin D 125 mcg (5,000 IU) Formula: 200562 OR K₂-D₃ with Astaxanthin Formula: 202114	1 tablet daily 1 capsule daily
		Wobenzym® PS Formula: 202273	2 tablets, twice daily
		If indicated, add: Multi-Probiotic® 15 Billion Formula: 202516	1 capsule daily
		Betaine Plus® Formula: 202759	1 scoop or 6 capsules daily
Support thyroid and adrenal health	Lab: Four point salivary cortisol, serum DHEA, pregnenolone Evaluate for fatigue and stress beyond thyroid function	If indicated, add: AdrenoMend™ Formula: 200529	2 capsules, twice daily
		DHEA 5-25 mg Formulas: Various OR DHEA Plus Formula: DHP	1 tablet or capsule daily
		Sereniten Plus Formula: 201348	1 capsule, twice daily without food

Available for download at: douglaslabs.com/protocols

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

‡Please note that patients may not require all supplements listed.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.