

OPTIMAL THYROID | SUPPORT PROTOCOL[‡]

[Developed by Dr. Angela Mazza, D.O.]⁺

Protocol Objectives:

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	Select From the Following Recommendations ^{**}	Dosing
Support optimal thyroid function	Lab: TSH, Free T4, Free T3, Total T3, Reverse T3, selenium RBC, iron studies, urinary iodine level Evaluate clinical symptoms for fatigue, dry skin, slower thinking, occasional constipation, cold intolerance, weight fluctuations	Thyro-Essentials™	2 capsules daily
		Ultra-Preventive® 2 Daily	2 tablets daily
		If indicated, add: Kelifé™ Iodine or ThyroMend™	1 tablet daily 2 capsules daily
		Timed Release Iron	2 tablets daily
		Ubiquinol-QH	1 capsule daily
Support immune related 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]	Thyro-Essentials™	2 capsules daily
		Vitamin D 125 mcg (5,000 IU) or K2-D3 with Astaxanthin	1 tablet daily or 1 capsule daily
		Wobenzym® PS	2 tablets, twice daily
		If indicated, add: Multi-Probiotic® 15 Billion	1 capsule daily
		Intestamine® (powder or capsules)	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™ or Adrenplus-300	2 capsules, twice daily or 1 capsule daily
		DHEA 5-25 mg or DHEA Plus	1 tablet or capsule daily
		Sereniten Plus	1 capsule, twice daily without food

^{**}Please note that patients may not require all supplements listed.

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

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

Available for download at douglaslabs.com/thyroid-mazza



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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.

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