



Thyroid Workshop

**10 SUPPLEMENTS FOR
THYROID HEALTH**



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1. Selenium

Selenium is an essential mineral for our health. This element combines with other polypeptides to form the amino acid selenocysteine. The thyroid has a particularly high concentration of proteins that contain selenocysteine. These proteins are required to convert T4 into the more active thyroid hormone T3 and, therefore, they play an important role in hormone balance. Selenium has also been shown to reduce thyroid antibodies, which can help alleviate symptoms of autoimmune thyroid disease. However, selenium can worsen your disease if you also have an iodine deficiency, so be sure to check your iodine levels before taking this supplement.

2. Collagen

Collagen is the most abundant protein in your body. It makes up the majority of your cartilage, helps to give your skin structure and elasticity, comprises some of your muscle tissue, and keeps your nails and hair growing strong and healthy. Two quite common symptoms of hypothyroidism are brittle nails and hair thinning. Collagen can counteract these symptoms because this protein is comprised of amino acids that are essential for hair and nail strength. The main amino acids that collagen is made up of are proline and glycine. Proline is also the main component of keratin, the protein your hair is made up of. Therefore, collagen supplements can provide your body with the necessary molecules to build proteins that strengthen and grow your hair and nails.

This information is not intended to diagnose or prescribe treatment. This information is for educational purposes only and does not take the place of medical advice. If you have a medical question, contact your primary health care provider.

3. Iodine

Iodine is an essential mineral whose largest role in the body is the synthesis of thyroid hormones. Your thyroid depends on iodine so much that an iodine deficiency can lead to thyroid disease. If you aren't getting enough iodine in your diet, you also can't make enough thyroid hormones, leading to hypothyroidism. **However, a high dosage of iodine can be equally as damaging.** Interestingly, too much iodine can lead to thyroid problems as well because your body will end up synthesizing too many thyroid hormones, which leads to hyperthyroidism. If you are taking iodine supplements, it is important to get your dosage right. The RDA is 150 mcg.

4. Vitamin D3

Vitamin D3 is a fat-soluble vitamin that your skin can produce when exposed to sunlight. Worldwide, many are deficient in vitamin D, especially individuals who live in colder climates and who don't see enough of the sun. Getting enough vitamin D from your diet alone can be tricky, and supplements are often required. Recent studies have shown a correlation between low levels of vitamin D and autoimmune thyroid disease. Vitamin D3 has anti-inflammatory properties and can suppress the immune system. As a result, it decreases the number of antibodies in the thyroid and lessens the severity of the autoimmune disease.

5. Inositol

Inositol, also known as vitamin B8, is not actually a vitamin at all but rather a sugar molecule. Our bodies can synthesize inositol and therefore, it is not considered a true vitamin. Inositol supplements can reduce levels of thyroid antibodies and are often taken in conjunction with selenium in order to reduce inflammation in the thyroid and ensure that it is functioning properly.

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6. Probiotics

The gut microbiome has a tremendous impact on our health, more than we had previously ever thought. It most likely affects every single system in our body, so naturally, it also affects thyroid hormone synthesis and balance. Probiotics lead to a healthy gut microbiome, which helps thyroid hormone conversion from T4 to the more active T3. Additionally, an abundant and diverse gut flora decreases inflammation in the body, which can alleviate many symptoms of autoimmune thyroid disease.

7. Zinc

Zinc is an essential mineral that has many important functions in our bodies, including metabolism and supporting the immune system. Zinc also plays an important role in thyroid hormone balance. It lowers levels of cortisol (our stress hormone), which in turn, balances levels of our thyroid hormones. Zinc is also important for the conversion of T4 into T3.

8. Digestive Enzymes

Digestive enzymes are the enzymes necessary for breaking down and absorbing the nutrients from the food that you eat. Eating foods with the right nutrients will be completely ineffective if you have a problem with breaking these foods down and absorbing the nutrients into your bloodstream. These enzymes will ensure that the zinc, selenium, iodine, and other nutrients that you are taking to help support your thyroid will be available for your cells.

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9. Amino Acids

Amino acids are like the building blocks of all the protein in our bodies. Although our bodies can produce some of them, there are many amino acids that are considered essential because we must get them from our diet. The thyroid hormones are essentially made up of iodine and a specific amino acid known as tyrosine. Similar to how an iodine deficiency can lead to thyroid problems, so can a deficiency in tyrosine, although it is not as common. However, tyrosine is not the only amino acid that is necessary for thyroid health—other amino acids can indirectly improve thyroid functioning. For example, the collagen protein contains high levels of the amino acid glycine, which itself is extremely beneficial for thyroid function.

10. Ashwagandha

Ashwagandha is a well-known plant in herbal medicine. It is often used to reduce feelings of stress and anxiety. It is considered an adaptogen because it helps your body adapt to stressors or changes in your environment. A big part of its ability to do this is its role in balancing hormones. Studies have shown that taking Ashwagandha supplements can improve levels of thyroid hormones and can restore nearly normal functioning of the thyroid gland. Do not take with thyroid medication.

Disclaimer: It is important to speak with your doctor before starting any supplementation program. This information is not intended to treat thyroid disease. The information provided is for educational purposes only and does not take the place of medical advice.

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