

Influences on Thyroid Function

Inhibiting Factors for Thyroid Hormone Production

- Stress
- Infection, injury, radiation, medications
- Fluoride (iodine antagonist)
- Toxins: pesticides, mercury, cadmium, lead
- Autoimmune conditions: Celiac disease

Factors Enhancing T4 to Reverse T3 Conversion

- Stress
- Trauma
- Longterm restricted-calorie diet
- Inflammation (cytokines, etc.)
- Exposure to toxins
- Infections
- Impaired liver/kidney function
- Certain medications

Nutrients Supporting Adequate Production of Thyroid Hormones

- Iron
- Iodine
- Tyrosine
- Zinc
- Selenium
- Vitamin E
- Vitamin B2, B3, B6
- Vitamin C
- Vitamin D

Nutrients Enhancing the Conversion of T4 to T3

- Selenium
- Zinc

Factors Enhancing Cellular Sensitivity to Thyroid Hormones

- Vitamin A
- Zinc
- Physical Activity

