



Factors that Affect Thyroid Function

Factors that inhibit proper production of thyroid hormones

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

Factors that increase conversion of T4 to RT3

- Stress
- Trauma
- Low-calorie diet
- Inflammation (cytokines, etc.)
- Toxins
- Infections
- Liver/kidney dysfunction
- Certain medications

Factors that contribute to proper production of thyroid hormones

- Nutrients: iron, iodine, tyrosine, zinc, selenium, vitamin E, B2, B3, B6, C, D

Factors that increase conversion of T4 to T3

- Selenium
- Zinc

Factors that improve cellular sensitivity to thyroid hormones

- Vitamin A
- Exercise
- Zinc

