

HASHIMOTO'S SUPPLEMENT

Cheat List



THESE ARE COMMONLY RECOMMENDED SUPPLEMENTS TO SUPPORT THYROID HEALTH, REDUCE SYMPTOMS, AND ADDRESS KEY DEFICIENCIES ASSOCIATED WITH HASHIMOTO'S.

ALWAYS CONSULT WITH YOUR DOCTOR BEFORE STARTING ANY NEW SUPPLEMENT — ESPECIALLY IF YOU'RE ON THYROID MEDICATION.

RECOMMENDED SUPPLEMENTS

Selenium

Selenium reduces thyroid inflammation and TPO antibodies. It also supports healthy thyroid hormone production. Brazil nuts are a great source of selenium.

[LINK TO THE PRODUCT](#)

Zinc

Zinc aids in converting T4 to active T3. It also supports immune function and skin health.

[LINK TO THE PRODUCT](#)

Magnesium

Magnesium (Glycinate or Citrate) helps calm the nervous system, which is great for thyroid health. It also eases constipation, muscle tension, and sleep issues.

[LINK TO THE PRODUCT](#)

Vitamin D3 + K2

Vitamin D3 + K2 supports immune regulation and bone health. It also reduces inflammation and autoimmune activity.

[LINK TO THE PRODUCT](#)

Iron

Iron provides ferritin support. This is essential for energy, oxygen transport, and thyroid hormone function. Note: Only take if you've tested low in ferritin/iron.

[LINK TO THE PRODUCT](#)

Omega-3

Omega-3 (can be fish-oil or algae based). This helps to lower inflammation. It also supports brain function, hormone balance, and mood.

[LINK TO THE PRODUCT](#)



RECOMMENDED SUPPLEMENTS

Probiotics

Probiotics support gut health, which is key in autoimmune conditions. May also reduce systemic inflammation and improve digestion.

[LINK TO THE PRODUCT](#)

Ashwagandha

Ashwagandha is an adaptogen that supports stress response and cortisol regulation. It may also improve mood, energy, and sleep. Note: Use with caution if you have high antibodies

[LINK TO THE PRODUCT](#)

