

A woman with long, wavy brown hair is looking upwards and to the right. She is holding a wooden frame, possibly a window blind or a piece of art. The background is bright and out of focus, suggesting an indoor setting with large windows.

Modern
Thyroid
Clinic

Supplements and Thyroid Disease

What You Should Take
What You Should Avoid

A Comprehensive Guide to
Managing Thyroid Disease
Through Supplements

By McCall McPherson PA-C



WELCOME TO

Modern Thyroid Clinic!

I'm so glad you're here!

Important Medical Disclaimer

This guide is for educational purposes only and should not replace professional medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before starting, stopping, or changing any supplement regimen, especially if you have thyroid disease. Individual needs vary greatly, and what works for one person may not be appropriate for another. Never self-treat thyroid conditions without proper medical supervision.

Thyroid Disease and Supplements

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Thyroid Disease and Supplements

The thyroid gland plays a crucial role in regulating metabolism, energy production, and numerous bodily functions. When thyroid function is compromised, the right supplements can support treatment, but the wrong ones can interfere with medication or worsen symptoms. This guide will help you understand which supplements may be beneficial and which to approach with caution for three major thyroid conditions.

Remember: All supplements should be taken under medical supervision when you have thyroid disease.

Part 1: Hypothyroidism

Hypothyroidism occurs when your thyroid doesn't produce enough thyroid hormones, leading to a slowed metabolism.

Supplements to Consider (with Medical Supervision)

1. Selenium

- **What it does:** Essential mineral that helps convert T4 to the more active T3 hormone
- **Why it may help:** Supports thyroid hormone metabolism and may reduce thyroid antibodies
- **Typical dose:** 100-200 mcg daily
- **Caution:** Excessive amounts can be toxic; blood levels should be monitored

2. Vitamin D

- **What it does:** Supports immune function and hormone regulation
- **Why it may help:** Many hypothyroid patients are deficient; may improve TSH levels
- **Typical dose:** 1000-4000 IU daily (based on blood levels)
- **Caution:** Requires regular monitoring to avoid toxicity

Supplements to Consider (with Medical Supervision)

3. B-Complex Vitamins

- **What it does:** Supports energy metabolism and nervous system function
- **Why it may help:** Hypothyroid patients often have B12 deficiency; supports energy production
- **Key vitamins:** B12, B6, folate, thiamine
- **Caution:** High doses of B6 can cause nerve problems

4. Iron

- **What it does:** Essential for thyroid hormone synthesis
- **Why it may help:** Iron deficiency can impair thyroid function
- **Important:** Only supplement if deficient; requires blood testing
- **Caution:** Must be taken at least 4 hours apart from thyroid medication

5. Zinc

- **What it does:** Supports thyroid hormone production and immune function
- **Why it may help:** Required for T3 production; often deficient in hypothyroidism
- **Typical dose:** 15-30 mg daily
- **Caution:** Can interfere with copper absorption; balance is important

6. Magnesium

- **What it does:** Supports hundreds of enzymatic reactions
- **Why it may help:** May improve thyroid hormone production and reduce symptoms
- **Typical dose:** 200-400 mg daily
- **Forms:** Glycinate or citrate are well-absorbed

7. Omega-3 Fatty Acids

- **What it does:** Reduces inflammation and supports cell membrane health
- **Why it may help:** May improve thyroid function and reduce inflammation
- **Typical dose:** 1-2 grams EPA/DHA daily
- **Source:** Fish oil or algae-based supplements

Supplements to Avoid or Use with Extreme Caution

1. Iodine (High Doses)

- **Why problematic:** Can worsen hypothyroidism, especially if caused by Hashimoto's
- **Exception:** Only if true iodine deficiency is confirmed
- **Safe amount:** Typically no more than 150-250 mcg daily

2. Soy Isoflavones

- **Why problematic:** Can interfere with thyroid hormone absorption and production
- **Note:** Especially problematic if taking thyroid medication
- **Recommendation:** Avoid concentrated soy supplements

3. Calcium Supplements

- **Why problematic:** Can interfere with thyroid medication absorption
- **If needed:** Take at least 4 hours apart from thyroid medication
- **Alternative:** Get calcium from food sources when possible

4. Biotin (High Doses)

- **Why problematic:** Can interfere with thyroid lab test results
- **Effect:** May cause false readings in TSH, T4, and T3 tests
- **Recommendation:** Stop 3-7 days before thyroid testing

5. Kelp and Seaweed Supplements

- **Why problematic:** Contain variable and often high amounts of iodine
- **Risk:** Can trigger thyroid dysfunction
- **Better option:** Controlled iodine supplementation if needed

Part 2: Hyperthyroidism

Hyperthyroidism occurs when your thyroid produces too much thyroid hormone, accelerating metabolism.

Supplements to Consider (with Medical Supervision)

1. L-Carnitine

- **What it does:** May help block thyroid hormone action in peripheral tissues
- **Why it may help:** Studies show it may reduce hyperthyroid symptoms
- **Typical dose:** 2-4 grams daily
- **Benefits:** May help with muscle weakness and fatigue

2. Calcium and Vitamin D

- **What it does:** Supports bone health
- **Why it may help:** Hyperthyroidism increases bone loss risk
- **Typical dose:** 1000-1200 mg calcium, 1000-2000 IU vitamin D
- **Important:** Monitor levels regularly

3. Magnesium

- **What it does:** Supports muscle and nerve function
- **Why it may help:** Often depleted in hyperthyroidism; may reduce palpitations
- **Typical dose:** 300-400 mg daily
- **Forms:** Glycinate or taurate for heart health

4. CoQ10

- **What it does:** Supports cellular energy and heart health
- **Why it may help:** May protect heart from hyperthyroid effects
- **Typical dose:** 100-200 mg daily
- **Form:** Ubiquinol is better absorbed

Supplements to Consider (with Medical Supervision)

5. B-Complex (Especially B12)

- **What it does:** Supports nervous system and energy metabolism
- **Why it may help:** Rapid metabolism depletes B vitamins
- **Important:** May help with anxiety and nervous symptoms

6. Omega-3 Fatty Acids

- **What it does:** Anti-inflammatory and heart-protective
- **Why it may help:** May protect cardiovascular system
- **Typical dose:** 2-3 grams EPA/DHA daily
- **Benefit:** May help with inflammation

7. Antioxidants (Vitamin C, E, Selenium)

- **What it does:** Protects against oxidative stress
- **Why it may help:** Hyperthyroidism increases oxidative damage
- **Typical doses:** Vitamin C 500-1000 mg, Vitamin E 400 IU, Selenium 100-200 mcg
- **Caution:** Don't exceed recommended doses

Supplements to Avoid or Use with Extreme Caution

1. Iodine and Iodine-Rich Supplements

- **Why problematic:** Can worsen hyperthyroidism
- **Includes:** Kelp, seaweed, iodine drops
- **Critical:** Avoid completely unless directed by physician

2. Tyrosine

- **Why problematic:** Precursor to thyroid hormone production
- **Effect:** May increase thyroid hormone levels
- **Recommendation:** Avoid supplementation

3. Caffeine-Containing Supplements

- **Why problematic:** Can worsen anxiety, palpitations, and insomnia
- **Includes:** Green tea extract, guarana, pre-workouts
- **Better option:** Caffeine-free alternatives

4. Stimulating Herbs

- **Why problematic:** Can exacerbate hyperthyroid symptoms
- **Examples:** Ginseng, rhodiola, ashwagandha (in some cases)
- **Note:** Some adaptogens may help, but require careful monitoring

5. Iron (Unless Deficient)

- **Why problematic:** Can increase oxidative stress
- **Important:** Only supplement if blood tests show deficiency
- **Monitor:** Regular testing if supplementing

Part 3: Hashimoto's Disease

Hashimoto's is an autoimmune condition where the immune system attacks the thyroid gland, usually leading to hypothyroidism.

Supplements to Consider (with Medical Supervision)

1. Selenium

- **What it does:** Powerful antioxidant that supports thyroid function
- **Why it may help:** May reduce thyroid antibodies (TPO and TG)
- **Typical dose:** 200 mcg daily
- **Research:** Shows promise in reducing autoimmune activity

2. Vitamin D

- **What it does:** Modulates immune function
- **Why it may help:** Low levels associated with autoimmune diseases
- **Typical dose:** 2000-5000 IU daily (based on blood levels)
- **Goal:** Maintain levels between 50-80 ng/mL

3. Probiotics

- **What it does:** Supports gut health and immune function
- **Why it may help:** Gut health linked to autoimmune conditions
- **Strains:** Look for Lactobacillus and Bifidobacterium
- **Dose:** 10-50 billion CFUs daily

4. Omega-3 Fatty Acids

- **What it does:** Reduces inflammation
- **Why it may help:** May reduce autoimmune inflammation
- **Typical dose:** 2-3 grams EPA/DHA daily
- **Source:** High-quality fish oil or algae-based

Supplements to Consider (with Medical Supervision)

5. Curcumin

- **What it does:** Powerful anti-inflammatory compound
- **Why it may help:** May reduce inflammation and modulate immune response
- **Typical dose:** 500-1000 mg daily
- **Tip:** Take with black pepper for better absorption

6. Zinc

- **What it does:** Supports immune function and thyroid health
- **Why it may help:** Often deficient; supports T3 conversion
- **Typical dose:** 15-30 mg daily
- **Balance:** Monitor copper levels

7. N-Acetyl Cysteine (NAC)

- **What it does:** Antioxidant and glutathione precursor
- **Why it may help:** May reduce oxidative stress and inflammation
- **Typical dose:** 600-1800 mg daily
- **Benefit:** Supports detoxification

8. Vitamin B12 and Folate

- **What it does:** Supports methylation and energy
- **Why it may help:** Often deficient in Hashimoto's
- **Forms:** Methylcobalamin (B12) and methylfolate
- **Testing:** Check levels regularly

9. Magnesium

- **What it does:** Supports hundreds of enzymatic reactions
- **Why it may help:** Often deficient; supports thyroid function
- **Typical dose:** 300-400 mg daily
- **Forms:** Glycinate or citrate

Supplements to Avoid or Use with Extreme Caution

1. High Dose Iodine

- **Why problematic:** Can trigger or worsen autoimmune thyroid activity
- **Effect:** May increase antibody production
- **Safe amount:** No more than 150-250 mcg daily

2. Immune-Stimulating Herbs

- **Why problematic:** Can increase autoimmune activity
- **Examples:** Echinacea, astragalus, medicinal mushrooms
- **Exception:** Only under professional guidance

3. Soy Supplements

- **Why problematic:** Can interfere with thyroid function
- **Effect:** May block thyroid hormone production
- **Note:** Whole food soy in moderation may be okay

4. Iron (Without Testing)

- **Why problematic:** Can increase oxidative stress if not deficient
- **Important:** Test ferritin levels first
- **If supplementing:** Take away from thyroid medication

5. Biotin (High Doses)

- **Why problematic:** Interferes with thyroid lab tests
- **Effect:** Can cause inaccurate TSH and antibody readings
- **Recommendation:** Stop before testing

6. GLuten-Containing Supplements

- **Why problematic:** Many Hashimoto's patients have gluten sensitivity
- **Check:** Supplement fillers and sources
- **Alternative:** Look for certified gluten-free options

General Considerations for All Thyroid Conditions

Timing and Interactions

1. Thyroid Medication Timing:

- Take thyroid medication on empty stomach
- Wait at least 30-60 minutes before eating
- Space supplements 4 hours apart from medication

2. Supplement Interactions

- Calcium, iron, and magnesium can interfere with absorption
- Take at different times of day from thyroid medication
- Consider taking minerals at bedtime

3. Quality Matters

- Choose third-party tested supplements
- Look for GMP-certified manufacturers
- Avoid supplements with unnecessary fillers

Monitoring and Testing

Regular Lab Work:

- TSH, Free T4, Free T3
- Thyroid antibodies (for Hashimoto's)
- Nutrient levels (D, B12, iron, etc.)

Track Symptoms:

- Keep a symptom diary
- Note changes with supplements
- Report to your healthcare provider

Adjust As Needed:

- Supplements needs change over time
- Regular reassessment is important
- Work with your healthcare team

Take the Next Step Toward Optimal Thyroid Health

This guide provides general information about supplements and thyroid disease, but your individual needs are unique. Proper supplementation requires personalized assessment, regular monitoring, and professional guidance.

Ready to Create Your Personalized Thyroid Health Plan?

At Modern Thyroid Clinic, we specialize in comprehensive thyroid care that goes beyond basic treatment. Our integrative approach includes:

- Detailed nutritional assessments
- Personalized supplement protocols
- Advanced thyroid testing
- Ongoing monitoring and support
- Integration with your current treatment plan

Don't Navigate Thyroid Health Alone

Schedule Your Free Discovery Call Today

Learn how our expert team can help you optimize your thyroid health with a personalized approach to supplementation and treatment.

During your discovery call, we'll discuss:

- Your current thyroid health challenges
- Your supplement and medication questions
- How our comprehensive approach can help
- Your personalized next steps

Take control of your thyroid health with expert guidance. Your journey to optimal wellness starts with a single call.

**Click [HERE](#) to Schedule Your
Free Discovery Call**

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Thank you

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