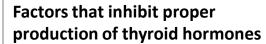
**Factors that Affect Thyroid Function** 

## 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 RT3

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

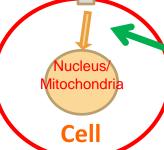


- Stress
- Infection, trauma, radiation, medications
- Fluoride (antagonist to iodine)
- Toxins: pesticides, mercury, cadmium, lead
- Autoimmune disease: Celiac

## Factors that increase conversion of T4 to T3

- Selenium
- Zinc

T3 and RT3 compete for binding sites



Factors that improve cellular sensitivity to thyroid hormones

- Vitamin A
- Exercise
- Zinc