



HASHIMOTO'S PROTOCOL

Thyroid Medication
Conversion Chart

INTRODUCTION

Changing between thyroid medications can be challenging, as various formulations are dosed differently. This chart may be used as a reference, to help you and your doctor determine the most optimal dose of medications when switching medications. Please note, even with using this conversion guide, the doses are estimates, and additional adjustments may be required. I recommend testing your thyroid hormone levels within 4-6 weeks of switching to a new medication.



THYROID CONVERSION CHART

Bio-Thyroid		Armour Thyroid	Synthroid/ Levothroid/ Levoxyl	Nature-Throid/ Westroid	Cytomel	Thyrolar
(Immediate Release Capsules, Sustained Release Capsules, +/- Conversion Co-Factors)		(Thyroid Tablets)	(Levothyroxine Tablets)	(Thyroid Tablets)	(Liothyronine Tablets)	(Liotrix Tablets)
Compounded		Desiccated, Porcine	Synthetic	Desiccated, Porcine	Synthetic	Synthetic
T4 (4.2)	T3 (1)	T4/T3	T4	T4/T3	T3	T4/T3
7.6 mcg	1.8 mcg				5 mcg	
9.5 mcg	2.25 mcg	¼ grain (15 mg)	25 mcg (0.025mg)	¼ grain (16.25 mg)		¼ grain (12.5/3.1 mcg)
19 mcg	4.5 mcg	½ grain (30 mg)	50 mcg (0.05mg)	½ grain (32.5 mg)		½ grain (25/6.25 mcg)
28.5 mcg	6.75 mcg		75 mcg (0.075mg)	¾ grain (48.75 mg)		
33.44 mcg	7.92 mcg		88 mcg (0.088mg)			
38 mcg	9 mcg	1 grain (60 mg)	100 mcg (0.1mg)	1 grain (65 mg)	25 mcg	1 grain (50/12.5 mcg)
42.56 mcg	10.08 mcg		112 mcg (0.112mg)			
47.5 mcg	11.25 mcg		125 mcg (0.125mg)	1 ¼ grain (81.25 mg)		
52.06 mcg	12.33 mcg		137 mcg (0.137mg)			
57 mcg	13.5 mcg	1 ½ grain (90 mg)	150 mcg (0.15mg)	1 ½ grain (97.5 mg)		
66.5 mcg	15.75 mcg		175 mcg (0.175mg)	1 ¾ grain (113.75 mg)		
76 mcg	18 mcg	2 grain (120 mg)	200 mcg (0.2mg)	2 grain (130 mg)	50 mcg	2 grain (100/25 mcg)
85.5 mcg	20.25 mcg			2 ¼ grain (146.25 mg)		
95 mcg	22.5 mcg			2 ½ grain (162.5 mg)		
114 mcg	27 mcg	3 grain (180 mg)	300 mcg (0.3mg)	3 grain (195 mg)		3 grain (150/37.5 mcg)
152 mcg	36 mcg	4 grain (240 mg)		4 grain (260 mg)		
190 mcg	45 mcg	5 grain (300 mg)		5 grain (325 mg)		

