



# HASHIMOTO'S PROTOCOL

Supplement Guide



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# LIVER SUPPORT PROTOCOL

BREAKFAST SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/SIDE EFFECTS
<b>MTHFR Pathways</b>	2 capsules	30 min - 1 hour	1-2 weeks for liver support; continue maintenance for MTHFR gene mutation.	Consult doctor if pregnant or breastfeeding. Folate containing supplements may interfere with methotrexate therapy in people with cancer. Not to be used with Addison's, history of electrolyte imbalance, diuretics, or steroid medications. Avoid with sulfur sensitivity.
<b>Amino Support</b>	2 capsules	30 min - 1 hour	1-2 weeks for liver support; 60 days for gut cleansing protocols.	Not to be used with Addison's, history of electrolyte imbalance, diuretics, or steroid medications. Avoid with sulfur sensitivity. If you wish to use Amino Support and B vitamins at the same time, take the B vitamins and herbs with food, and the Amino Support without food
<b>Liver Reset</b>	1 scoop	30 min - 1 hour	1-2 weeks	Not to be used with Addison's, history of electrolyte imbalance, or if taking diuretics, or steroid medications. If constipation occurs or joint pain worsens, increase magnesium intake. Avoid with sulfur sensitivity.
<b>Liver &amp; Gallbladder Support</b>	1 capsule, with food	30 min - 1 hour	2 weeks; may continue if experiencing fat malabsorption.	Do not take this product if you are experiencing acute upper abdominal pain, have a bile duct obstruction, Addison's, a history of electrolyte imbalance, or are taking diuretics or steroid medications. Avoid with sulfur sensitivity.



## LIVER SUPPORT PROTOCOL

LUNCH SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/ SIDE EFFECTS
<b>Amino Support</b>	2 capsules	30 min - 1 hour	1-2 weeks for liver support; 60 days for gut cleansing protocols.	See above in breakfast section
<b>Liver Reset</b>	1 scoop	30 min - 1 hour	1-2 weeks	See above in breakfast section.
<b>Liver &amp; Gallbladder Support</b>	1 capsule, with food	30 min - 1 hour	2 weeks; may continue if experiencing fat malabsorption.	See above in breakfast section.
<b>N-Acetyl Cysteine (NAC)</b>	2 capsules (1800 mg) with food	30 min - 1 hour	3 months - 2 years	Stomach pain if taken on empty stomach. Stop if discoloration of urine occurs. Avoid with sulfur sensitivity.



## LIVER SUPPORT PROTOCOL

DINNER SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/ SIDE EFFECTS
<b>Amino Support</b>	2 capsules	30 min - 1 hour	1-2 weeks for liver support; 60 days for gut cleansing protocols.	See above in breakfast section.
<b>Liver &amp; Gallbladder Support</b>	1 capsule, with food	30 min - 1 hour	2 weeks; may continue if experiencing fat malabsorption.	See above in breakfast section.

BEDTIME SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/ SIDE EFFECTS
Magnesium ( <b>citrate</b> or <b>glycinate</b> )	Citrate: 1 teaspoon  Glycinate: 1-4 capsules	4 hours	Long term, difficult to get adequate magnesium from foods.	Individuals with kidney disease should not take magnesium supplements without consulting a doctor. Do not exceed 490 mg of elemental magnesium. May cause gastrointestinal upset and diarrhea. Avoid or use with caution if sensitive to stevia or tapioca. Do not use if sensitive or allergic to pineapple or bromelain for Rootcology magnesium citrate.

BETWEEN MEAL SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/ SIDE EFFECTS
<b>Curcumin Absorb</b>	1 capsule daily	30 min - 1 hour	2 weeks	If pregnant or lactating, consult your physician before taking this product. May cause GI upset, including nausea or diarrhea.



# ADRENAL SUPPORT PROTOCOL

BREAKFAST SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/ SIDE EFFECTS
<b>Adrenal Support</b>	3 capsules	30 min - 1 hour	3 months - 2 years	<p>Licorice root extract should not be used by those with water retention or high blood pressure. Supplements containing ashwagandha should be avoided in people with nightshade sensitivities.</p> <p>Avoid use with alcohol and other drugs or products with sedative properties. Consult your healthcare practitioner if you are pregnant or lactating or if you have hypertension, acute mental health issues, diabetes, or have had kidney or liver disorders. Discontinue use and consult your healthcare practitioner if you experience sleeplessness, headache or heart palpitations.</p>
<b>B-Complex Plus</b>	1 capsule, with food	30 min - 1 hour	3 months to 2 years	<p>Bright yellow urine can be expected. If pregnant or lactating, consult your healthcare practitioner before taking this product.</p>



## ADRENAL RECOVERY PROTOCOL

DINNER SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/ SIDE EFFECTS
Vitamin C	500 mg - 3000 mg	Can be taken together if consistent.	Can be taken lifelong. Increase dosage in times of stress.	Diarrhea in excess doses. Reduce if this occurs.

BEDTIME SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/ SIDE EFFECTS
Magnesium (citrate or glycinate)	Citrate: 1 teaspoon  Glycinate: 1-4 capsules	4 hours	Long term, difficult to get adequate magnesium from foods.	Individuals with kidney disease should not take magnesium supplements without consulting a doctor. Do not exceed 490 mg of elemental magnesium. May cause gastrointestinal upset and diarrhea.

BETWEEN MEAL SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/ SIDE EFFECTS
Selenium	1-2 capsules (200-400 mcg) once daily on an empty stomach. Can be taken with Vitamin E for maximum effect.	30 min - 1 hour	Long term	Side effects are rare and may indicate iodine deficiency. Toxicity reported at excessive doses. Garlic smell is a sign of excessive dose.



## GUT BALANCE PROTOCOL

BREAKFAST SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/SIDE EFFECTS
<b>Betaine with Pepsin</b>	<p>1-8 capsules, as determined below, at end of protein containing meals</p> <ol style="list-style-type: none"> <li>1. Take one at end of protein containing meal</li> <li>2. Increase to two at next meal</li> <li>3. Keep increasing by one until you feel burning</li> <li>4. Drop down to previous dose</li> </ol> <p>(Example: 3 - nothing, 4 - burning = 3 is the magic number)</p>	30 min - 1 hour	6-9 months, and then your own stomach acid production should come back. If not, you may have a thiamine deficiency, adrenal issues, H. pylori, SIBO, or other triggers.	<p>Do not take this product if you have a history of gastritis or ulcers, or if you are taking acid-reducing medications.</p> <p>If stomach burning, upset stomach, pain, or nausea occurs, decrease by one capsule until symptoms subside. Excess dose may cause burning. Take one teaspoon of baking soda in water to soothe. Avoid with NSAIDs, steroids and H. pylori, as it may exacerbate all of the above.</p>
<b>L-Glutamine powder</b>	5 g, with liquid	30 min - 1 hour	2-6 months	May cause agitation. Discontinue if this occurs. Avoid with cancers and tumors.
<b>Omega-3 fatty acids</b>	1-2 capsules, with meal	30 min - 1 hour	Long-term, difficult to get adequate Omega-3 from foods, as eating fish more than 2 times per week is not advised due to heavy metal contamination	May cause blood thinning. Caution with use prior to surgery.
<b>Vitamin D</b>	5000 IU, with food	30 min - 1 hour	Long term, as most adults in Western countries are unable to get adequate amounts from sun or diet.	May build up in the body. Test within 2-3 months of starting supplement. 60-80 ng/mL is target range.



## GUT BALANCE PROTOCOL

LUNCH SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/ SIDE EFFECTS
<b>Betaine with Pepsin</b>	1-8 capsules, at end of protein containing meal. See above in breakfast section for dosage directions.	30 min - 1 hour	6-9 months, and then your own stomach acid production should come back. If not, you may have a thiamine deficiency, adrenal issues, H. pylori, SIBO, or other triggers.	See above in breakfast section.
<b>L-Glutamine powder</b>	5 g, with liquid	30 min - 1 hour	2-6 months	See above in breakfast section.
<b>N-Acetyl Cysteine (NAC)</b>	2 capsules (1800 mg), with food	30 min - 1 hour	3 months - 2 years	Stomach pain if taken on empty stomach. Stop if discoloration of urine occurs. Avoid with sulfur sensitivity.
<b>Omega-3 fatty acids</b>	1 capsule, with meal	30 min - 1 hour	Long-term, difficult to get adequate Omega-3 from foods, as eating fish more than 2 times per week is not advised due to heavy metal contamination	See above in breakfast section.



## GUT BALANCE PROTOCOL

DINNER SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/SIDE EFFECTS
<b>Betaine with Pepsin</b>	1-8 capsules, at end of protein containing meals. See above in breakfast section for dosage directions.	30 min - 1 hour	6-9 months, and then your own stomach acid production should come back. If not, you may have a thiamine deficiency, adrenal issues, H. pylori, SIBO, or other triggers.	See above in breakfast section.
<b>L-Glutamine powder</b>	5 g, with liquid	30 min - 1 hour	2-6 months	See above in breakfast section.
<b>Zinc Picolinate</b>	30 mg, with food	30 min - 1 hour	3 months - 2 years	May cause copper deficiency in doses greater than 30 mg/day.

BEDTIME SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/SIDE EFFECTS
Probiotics ( <b>MegaSporeBiotic</b> , <b>S. boulardii</b> and/ or <b>Probiotic 50B</b> , <b>Klaire Ther-Biotic</b> , <b>VSL #3</b> )	MegaSpore: 1-2 capsules per day S. boulardii: 250-2,000 mg per day Others: Start with 1-10 billion colony forming units (CFU's), and build up to 50-3,600 billion CFU's as tolerated.	30 min - 1 hour	Long term, though consider rotation with other probiotics.	May have die-off reactions at first. Separate from anti-yeast, parasitic or antibacterial herbs by 2-3 hours. Do not take lactobacillus containing probiotics with SIBO.



## GUT BALANCE PROTOCOL

BETWEEN MEAL SUPPLEMENTS				
SUPPLEMENT	DOSAGE	THYROID MEDS SPACING	DURATION	WARNINGS/SIDE EFFECTS
Systemic Enzymes or Wobenzym	10 capsules, 3 times daily between meals	30 min	1-6 months	May cause blood thinning. Caution with use prior to surgery.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Disclaimer: The information contained herein is for informational purposes only and should not be construed as medical advice. Please consult your physician about any health problems and before making any medical or lifestyle changes.

Lifestyle changes can result in improved thyroid function and/or increased absorption of thyroid hormone medications, leading to a lower required dose and possible symptoms of hyperthyroidism at a dose that was previously stable. Please discuss lifestyle changes with your physician and ensure that your thyroid function is monitored every 6-8 weeks while making lifestyle changes. Symptoms of overmedication include, but are not limited to: rapid or irregular heartbeat, nervousness, irritability or mood swings, muscle weakness or tremors, diarrhea, menstrual irregularities, hair loss, weight loss, insomnia, chest pain, and excessive sweating. Do not start, change, increase, decrease or discontinue your medications without consulting with your physician.

