

Autoimmune Thyroid / Metabolic Panel

Name _____ Date of Test(s) _____ Age _____

Medications & supplements taken during test _____

Functional Range	Results	Comments
TSH 1-2 or 1.8 – 3 mIU/L (<1.8 cb your normal)		
TT4 6 -12 ug/d		
FT3 200-300 pg/mL or 2.0 - 3.0		
T3U 28 – 38 % men sb ↑ (<29 too ↓) women sb ↓ (>34 too ↑)		
antibodies: run once TPO ab < 35 Tg ab <20		
TT3 100-180 ng/dL (optional)		
FT4 1.0 – 1.5 ng/dL (optional)		
Vitamin D 25-hydroxy vitamin D ok + 55 (80–100 nmol/L)		
Homocysteine <7 F: 5 - 12 M: 6 - 15		
Total Cholesterol LDL HDL +55 LDL/HDL ratio Triglycerides 75 - 100 LDH (add-on to chem. panel) 140 - 180 U/L		
Hemoglobin A1c <5		
Glucose (fasting) <90		

Commentary: _____
