SUPPLEMENTS THAT BENEFIT HYPERTHYROID PATIENTS

Regular L-Carnitine, 3,000 mg a day. This was proven in a research study to help hyperthyroid patients. Vitamin D, 1,000 to 5,000 IU per day because most hyperthyroid patients are deficient in vitamin D. Magnesium citrate 200 mg a day. Omega 3 (preferably not from fish oil but from plants or nuts) and curcumin to lower inflammation, selenium if any eye problems at all (though need to be careful not to get too high a level of selenium so check before starting supplements and then during supplementation routinely). For eye problems cotton pads soaked in Witch Hazel over closed eyelids also helps a lot.

For hyperthyroid patients who have Hashimoto's instead of Graves or as well as Graves, who prefer to use a natural protocol - Bugleweed, Melissa and Motherwort. I would not take the Bugleweed if I was on meds (methimazole or PTU) but everything else is okay to take with meds. If not on meds, then the Bugleweed acts like Methimazole or PTU in blocking excess thyroid hormone.

It is best to get your levels of each checked before starting supplements with the above and this is most important with selenium because you also do not want your level to be too high in this. Test for Total and Free Carnitine, vitamin D, Magnesium and selenium levels checked before starting these supplements.

Vitamin D gel caps are preferable rather than a vitamin D pill.