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Factors That Affect Thyroid Function

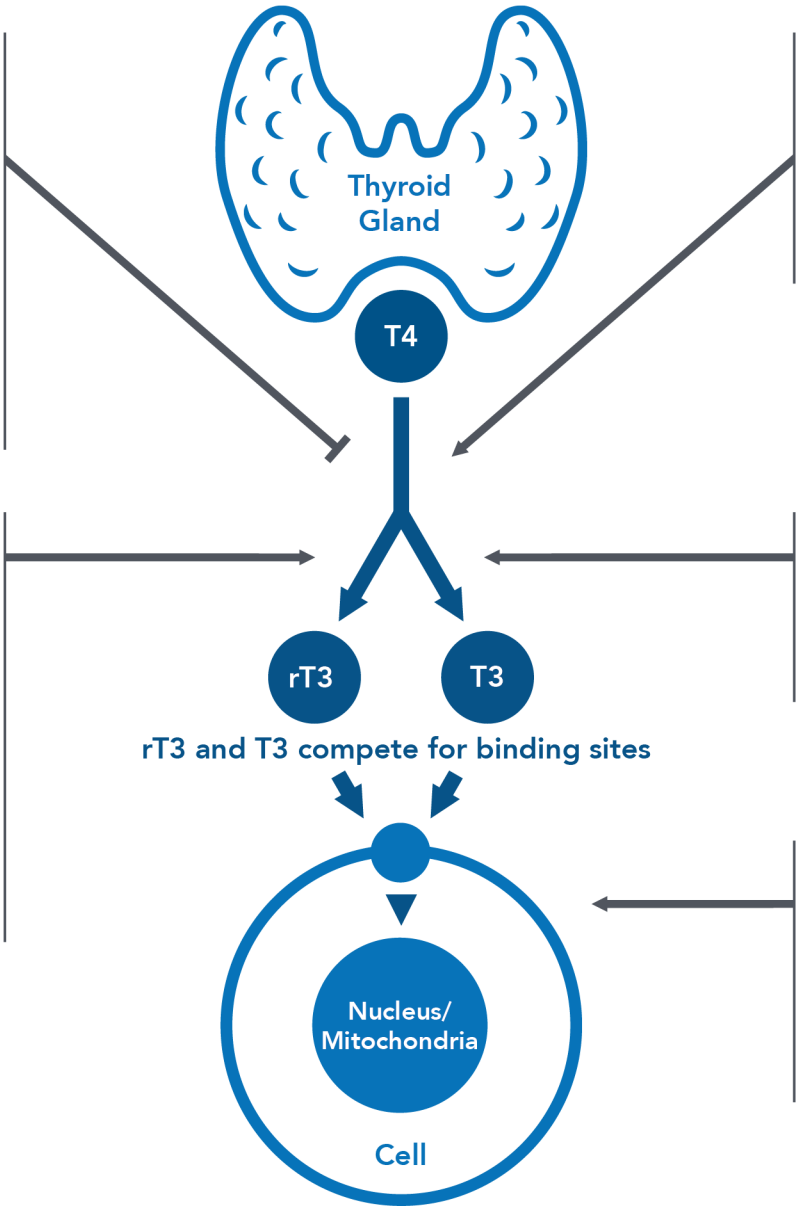
Environmental, lifestyle, and nutritional factors can affect thyroid function (positively or negatively) at various sites, including the thyroid gland and the body's cells. The factors listed below include human, animal, and in vitro study results.

Factors that inhibit proper production of thyroid hormones:

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

Factors that increase conversion of T4 to rT3:

- Stress
- Trauma
- Low-calorie diet
- Inflammation (e.g., cytokines)
- Toxins
- Infections
- Liver or kidney dysfunction
- Certain medications



Factors that contribute to proper production of thyroid hormones, directly or indirectly:

- Nutrients: iron, iodine, tyrosine, zinc, selenium, magnesium, and vitamins A, B2, B3, B6, C, D, E

Factors that increase conversion of T4 to T3:

- Selenium
- Zinc

Factors that improve cellular sensitivity to thyroid hormones:

- Vitamin A
- Exercise
- Zinc

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