

Thyroid Scale Diagram

(Type your findings for each lab value, TSH, FT4 and FT3 in the box above the range where it most closely aligns)

Labs	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
TSH																					
	0.10 0.17	0.18 0.25	0.26 0.33	0.34 0.41	0.42 0.49	0.50 0.65	0.66 0.81	0.82 0.97	0.98 1.13	1.14 1.29	1.30 1.80	1.81 2.20	2.21 2.60	2.61 3.00	3.01 4.00	4.01 5.00	5.01 6.00	6.01 8.00	8.01 10.0	10.0 15.0	15.0 99.0
FT4																					
	0.30 0.34	0.35 0.39	0.40 0.49	0.50 0.59	0.60 0.69	0.70 0.79	0.80 0.89	0.90 0.99	1.00 1.09	1.10 1.19	1.20 1.30	1.31 1.40	1.41 1.50	1.51 1.60	1.61 1.70	1.71 1.80	1.81 1.90	1.91 2.00	2.01 2.10	2.11 2.20	2.21 4.00
FT3																					
	140 157	158 175	176 193	194 211	212 229	230 247	248 265	266 283	284 301	302 319	320 330	331 348	349 366	367 384	385 402	403 420	421 438	439 456	457 474	475 492	493 600

Adapted from Dr. Bruce Rind: <http://www.drind.com/therapies/thyroid-scale>

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