

What to ask your doctor to test:

Complete Thyroid Panel: TSH, Free T4, Free T3, Reverse T3, TPO Antibodies, Anti-TGB Antibodies

Vitamins and minerals – these are key in converting T4 (inactive) hormone to T3 (active hormone): Ferritin, vitamin D and B12 at the very least.

Sugar levels: glucose (fasting blood sugar), HA1C and insulin.

Lipid Panel: total cholesterol, LDL, HDL triglycerides.