



Inositol for Hashimoto's Thyroiditis – Overview

Inositol, particularly **myo-inositol**, has been gaining attention for its role in thyroid function and autoimmunity, making it a valuable addition to a Hashimoto's thyroiditis protocol.

Key Benefits of Inositol for Hashimoto's

1. Improves Thyroid Function

- Myo-inositol, in combination with **selenium**, has been shown to reduce **TSH levels** and improve thyroid hormone conversion, particularly in subclinical hypothyroidism.

2. Modulates Autoimmune Activity

- Inositol **reduces thyroid peroxidase (TPO) antibodies**, which are elevated in Hashimoto's.
- Helps balance the immune system by modulating **pro-inflammatory cytokines**.

3. Supports Nervous System and Mood

- Many individuals with Hashimoto's experience **anxiety, depression, and OCD tendencies** due to neurotransmitter imbalances. Inositol supports **serotonin and dopamine signaling**, improving mood and reducing anxiety.
- Helps manage **insulin resistance and metabolic dysfunction**, which are common in Hashimoto's patients.

4. Enhances Thyroid Hormone Sensitivity

- Inositol plays a role in **thyroid receptor sensitivity**, potentially improving cellular uptake of T3 and reducing symptoms of hypothyroidism.

Dosage & Best Practices

- **Myo-inositol (600 mg to 2 g daily)** is commonly used.
- Often combined with **selenium (200 mcg daily)** for optimal thyroid support.
- Best taken on an **empty stomach** for better absorption.

Considerations & Who Benefits Most

- Ideal for patients with **subclinical hypothyroidism** or **elevated TPO antibodies**.

- Particularly useful for those with **anxiety, insulin resistance, or PCOS**, which frequently overlap with Hashimoto's.

