

Review Consult - CARE PLAN

For: Tash Bird

Date: 29/10/25

Summary of consult:

- **Discussed commencing Thyroxine 50mcg as trial for thyroid support**
- **Thyroxine (T4) tips**
 - Check storage recommendations with the pharmacist - refrigerating pack and checking how long single dose can be out for etc? Always protect from humidity, direct sunlight & temps above 25 degrees
 - Put next to your bed and take upon rising in morning with a glass of water, take around the same time each day.
 - Wait 60 min before eating (instead of 30 min as typically recommended) The presence of food near thyroxine significantly decreases its absorption
 - Coffee taken close to thyroxine can reduce its absorption by 30% - *not ideal*
 - Avoid drinking coffee, black tea or having any dairy products within 2 hours (minimum, some research points to 4 hours!) of taking your thyroxine. These contain substances that interfere with uptake and absorption.
 - Space your supplements - especially iron - at least 4 hours away from thyroxine (this probably won't apply as you're taking your iron at night). For others, aim for 4 hours space between thyroxine dose.
 - Space any high fibre foods/products (eg Paleo Fibre) products by 4 hours too.
 - Repeat blood test to be done in morning, fasted and before you take your thyroxine (would have been approx 24hrs since your last dose) Take it after your blood draw.
 - Aim for first blood test to be 4-6 weeks after commencing Thyroxine to track response & levels
 - Look out for any symptoms of overmedicating eg. feeling wired, noticeable anxiety, heart palpitations
- **Supplements:**
 - Continue on, as much as possible - without being perfect or stressed about it. They're still providing support overall.
 - Keep in mind **Thyroxine (T4) is inactive**, so it needs your body to convert it to the **active T3 hormone**. It's T3 that gives you relief of hypo symptoms.
 - Selenium (drops), Zinc (in Meta Relax) and Vitamin D (Rapid D) help with this conversion process.
 - Gut Protocol (Maintenance stage) - for any products still remaining, run them down slowly (at a pace that works for you) until they are eventually finished.

Your Prescriptions - energy, hormones, nervous system, thyroid, nutrient repletion

Product	Why I've prescribed it	Dosage instructions	How long to take it for
RAPID D	Supports mood, energy, autoimmunity, thyroid health, hormones. Works with magnesium in body.	Take 1 tablet, 2 x week (e.g Tues & Thurs)	Until results of next Vitamin D blood test
BIOENHANCED METHYL-B	Activated B-complex, with B12 and folate (both activated)	Take 1 x day, with breakfast OR lunch (with meal). <i>Don't take beyond afternoon as the B vitamins provide energy and this may interfere with your sleep.</i>	Until results of next Vitamin B12 blood test
META RELAX	Magnesium, taurine, glutamine, plus B vitamins to support: a healthy stress response, hormones and mood balance.	Mix 2 scoops in water, <u>1 - 2 x day</u> . Have with/after lunch. You may like to have it 2x day in 1-2 weeks leading up to your period if you feel you need it	Until advised.
P-BALANCE	For hormone balance, specifically progesterone. Calms nervous system, relieves stress, supports mood.	<i>Take 1x day (only) with any meal</i>	Until advised.
NAC (N-Acetyl-Cysteine)	A precursor to the 'master antioxidant' glutathione, supports mood, autoimmunity, gut, liver health, hormones and is anti-inflammatory	Add <u>1 scoop</u> into MetaRelax, 1 x day (Total 1gm/day)	Until advised.
Myo-inositol	For thyroid autoimmunity and cellular health.	Add <u>4 level scoops</u> into MetaRelax 1 x day. (Total 4gm/day)	Until advised.
Selenium Drops	For thyroid hormone production and conversion, reduces autoimmune response in body	Add <u>8 drops</u> into MetaRelax, 1 x day (Total 385ug/day)	Until advised.
Iron Biotic	Bioavailable iron + cofactors to increase your ferritin levels. For energy, mental clarity, mood and thyroid health.	Take 1 cap every 2nd day (before bed).	Until results of next Iron Studies blood test