



## March 2019



Sheri Scheer  
PharmD, RPh

### *The Thyroid*

The thyroid plays a major role in our quality of life. Having an unbalanced thyroid can impact mood, libido, clarity

of thought, digestive function as well as our hair and nails. If any of these problems are prevalent in your life, you may have a thyroid issue. Our bodies produce several thyroid hormones including TSH, T3, T4, TPO and Thyroglobulin. These hormones work best in balance. Some individuals may have normal or low-normal levels of T3 and T4, and generally normal TSH levels, but still suffer from many of the classic thyroid symptoms. This can be described as "functional hypothyroidism". There are many possible causes as to why this could happen. Essential elements like iodine and selenium are major players in healthy thyroid function. For information on the supplements that Pharmacy Solutions offers to help support thyroid, check out Sheri's video. Pharmacy Solutions offers thyroid consultations if you are experiencing the above symptoms. Call to learn more!

Information provided by  
Sheri Scheer PharmD, RPh

[Read More - Thyroid Synthesis and Selenium: A](#)

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### Thyroid Supplement Suggestions



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Ideal Protein is a normal protein, low carbohydrate protocol designed to help lose weight and keep it off. Find out more by [visiting our website!](#)



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