



HASHIMOTO'S PROTOCOL

Thyroid Medication
Conversion Chart

INTRODUCTION

Changing between thyroid medications can be challenging, as various formulations are dosed differently. This chart may be used as a reference, to help you and your doctor determine the most optimal dose of medications when switching medications. Please note, even with using this conversion guide, the doses are estimates, and additional adjustments may be required. I recommend testing your thyroid hormone levels within 4-6 weeks of switching to a new medication.



THYROID CONVERSION CHART

| Bio-Thyroid | | Armour Thyroid | Synthroid/ Levothroid/ Levoxyl | Nature-Throid/ Westroid | Cytomel | Thyrolar |
|---|-----------|---------------------|--------------------------------------|----------------------------|------------------------|------------------------|
| (Immediate Release Capsules, Sustained Release Capsules, +/- Conversion Co-Factors) | | (Thyroid Tablets) | (Levothyroxine Tablets) | (Thyroid Tablets) | (Liothyronine Tablets) | (Liotrix Tablets) |
| Compounded | | Desiccated, Porcine | Synthetic | Desiccated, Porcine | Synthetic | Synthetic |
| T4 (4.2) | T3 (1) | T4/T3 | T4 | T4/T3 | T3 | T4/T3 |
| 7.6 mcg | 1.8 mcg | | | | 5 mcg | |
| 9.5 mcg | 2.25 mcg | ¼ grain (15 mg) | 25 mcg (0.025mg) | ¼ grain (16.25 mg) | | ¼ grain (12.5/3.1 mcg) |
| 19 mcg | 4.5 mcg | ½ grain (30 mg) | 50 mcg (0.05mg) | ½ grain (32.5 mg) | | ½ grain (25/6.25 mcg) |
| 28.5 mcg | 6.75 mcg | | 75 mcg (0.075mg) | ¾ grain (48.75 mg) | | |
| 33.44 mcg | 7.92 mcg | | 88 mcg (0.088mg) | | | |
| 38 mcg | 9 mcg | 1 grain (60 mg) | 100 mcg (0.1mg) | 1 grain (65 mg) | 25 mcg | 1 grain (50/12.5 mcg) |
| 42.56 mcg | 10.08 mcg | | 112 mcg (0.112mg) | | | |
| 47.5 mcg | 11.25 mcg | | 125 mcg (0.125mg) | 1 ¼ grain (81.25 mg) | | |
| 52.06 mcg | 12.33 mcg | | 137 mcg (0.137mg) | | | |
| 57 mcg | 13.5 mcg | 1 ½ grain (90 mg) | 150 mcg (0.15mg) | 1 ½ grain (97.5 mg) | | |
| 66.5 mcg | 15.75 mcg | | 175 mcg (0.175mg) | 1 ¾ grain (113.75 mg) | | |
| 76 mcg | 18 mcg | 2 grain (120 mg) | 200 mcg (0.2mg) | 2 grain (130 mg) | 50 mcg | 2 grain (100/25 mcg) |
| 85.5 mcg | 20.25 mcg | | | 2 ¼ grain (146.25 mg) | | |
| 95 mcg | 22.5 mcg | | | 2 ½ grain (162.5 mg) | | |
| 114 mcg | 27 mcg | 3 grain (180 mg) | 300 mcg (0.3mg) | 3 grain (195 mg) | | 3 grain (150/37.5 mcg) |
| 152 mcg | 36 mcg | 4 grain (240 mg) | | 4 grain (260 mg) | | |
| 190 mcg | 45 mcg | 5 grain (300 mg) | | 5 grain (325 mg) | | |

