



T3 Supplementation / Optimization

What is T3?

T3 (triiodothyronine) is the active thyroid hormone that your body uses to regulate metabolism. It is mostly made by converting T4 (the storage form of thyroid hormone) into T3 in tissues like the liver and gut. When we check a comprehensive thyroid panel, we look at *free* T3 levels. An optimal goal range for most people is around **3.5-4.2**.

What Does T3 Do?

T3 plays a key role in how your body functions day-to-day. It helps:

- Control energy production and metabolism
- Support brain function, focus, and mood
- Regulate body temperature
- Maintain healthy digestion and bowel movements
- Support heart rate and circulation
- Influence hormone balance and overall cellular function

 *In short: T3 helps your cells produce and use energy efficiently, which impacts how you feel physically and mentally.*

Symptoms of Low Free T3

Low Free T3 can make your metabolism feel “sluggish.” Common symptoms include:

Energy & Brain

- Fatigue (especially afternoon crashes)
- Brain fog or slow thinking
- Low motivation or mild depression

Metabolism & Weight

- Difficulty losing weight
- Feeling cold easily (cold hands/feet)
- Low body temperature

Skin & Hair

- Dry skin
- Hair thinning or hair loss

Hormonal & Other

- Constipation
- Low libido
- Worsening PMS symptoms
- Bloating or fluid retention

Starting T3 Medication (liothyronine)

- We can supplement your T3 with a bioidentical medication called **liothyronine** (brand name: Cytomel). The goals of this are to optimize your T3 levels and overall thyroid balance and help you *feel* your best. We start at a low dose and slowly increase as needed.
- T3 is a fast-acting thyroid hormone, so it is important to start low and adjust gradually to find the right balance for your body.
- We typically begin with one low-dose pill in the morning
- This allows your body to gently adjust and helps us monitor how you respond

How We Adjust the Dose

- About every 3 weeks, we reassess symptoms
- If needed, we may add another low-dose pill
- Adjustments are based on how you feel, not just lab values

Timing Adjustments

- As your dose increases, we may split dosing throughout the day
- Common timing includes:
 - Morning dose
 - Early afternoon dose (to support energy later in the day)
- We avoid dosing too late in the day to prevent sleep disruption

What We're Aiming For

- Steady, consistent energy (not highs and crashes)
- Clear thinking and improved mood
- Feeling balanced—not overstimulated

Important Notes

- Small dose changes can have a big impact
- Communication is key—please let us know how you're feeling between adjustments
- Finding your optimal dose is a gradual, personalized process



Our goal is to help you feel like yourself again, with smooth, sustained energy throughout the day.

Signs Your T3 Dose Is Working Well

The goal is to feel balanced—not overstimulated.

Positive signs include:

- Steady, consistent energy
- Clear thinking and better focus
- Improved mood
- Feeling comfortably warm (not too hot or cold)
- Easier weight management
- Less bloating and regular bowel movements
- Better sleep



A common patient description: "I feel like myself again."

Reasons We May Increase Your T₃ Dose

We may adjust your dose if:

- Lab results show low Free T₃
- You continue to have symptoms (fatigue, brain fog, weight resistance)
- Your body is not converting T₄ to T₃ efficiently
- You are on T₄-only medication and are still symptomatic

Factors that can affect T₃ levels include:

- Stress
 - Nutrient deficiencies (especially iron, zinc, selenium, or protein)
 - Inflammation or chronic illness
 - Blood sugar or insulin imbalance
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Important Things to Know About T₃

- T₃ works quickly and can have noticeable effects
 - Small dose changes can make a big difference
 - It is often taken in divided doses (morning and early afternoon)
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What to Watch for When Increasing T₃

T₃ is a powerful and fast-acting hormone. Dose increases should be monitored carefully.

Signs your dose may be too high:

- Heart racing or palpitations
 - Anxiety or irritability
 - Trouble sleeping (especially waking at night)
 - Feeling “wired but tired”
 - Sweating, heat intolerance, shakiness or jitteriness
 - More frequent bowel movements
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Bottom Line

T₃ supplementation can significantly improve energy, mood, and metabolism when properly balanced. The goal is to help you feel like yourself again—without feeling overstimulated.

If you have questions about your symptoms or dosing, please reach out to us.

You can text us at 913-513-2166 or message us through your patient portal