

Thyroid Optimization & Metabolic Pathway Assessment

Client Name: _____ Date: _____

Instructions: This tool is designed to help you and your practitioner look "Beyond the TSH." Use this to compare your laboratory results against functional optimal ranges and identify potential "roadblocks" in your thyroid conversion pathway.

Section 1: The Functional Lab Comparison

Compare your most recent lab results to the Functional Medicine Optimal Ranges.

Marker	Your Value	Conventional Range	Optimal Range	Status (Low/Opt/High)
TSH		0.45 – 4.5 mIU/L	0.5 – 2.0 mIU/L	
Free T4		0.8 – 1.8 ng/dL	1.1 – 1.5 ng/dL	
Free T3		2.0 – 4.4 pg/mL	3.0 – 4.0 pg/mL	
Reverse T3		9.0 – 24.0 ng/dL	< 15 ng/dL	
TPO Antibodies		< 34 IU/mL	< 2 IU/mL (Negative)	
Ferritin (Iron)		15 – 150 ng/mL	50 – 70 ng/mL	

Section 2: Identifying the "Metabolic Brake"

If your TSH is "normal" but you still feel symptomatic, check any factors below that currently apply to you. These can trigger Reverse T3 (the brake) or inhibit T4 to T3 conversion.

The Stress Connection (HPA Axis) - [] High-stress lifestyle or recent emotional trauma - [] Poor sleep quality or dependency on caffeine - [] Feeling "tired but wired"

The Gut & Liver Connection (Peripheral Conversion) - [] History of bloating, constipation, or IBS (20% of conversion happens in the gut) - [] Frequent alcohol consumption or exposure to environmental toxins - [] History of "sluggish" digestion or gallbladder issues

Nutrient Deficiencies (Enzyme Kinetics) - [] Low intake of seafood/seaweed (Iodine) - [] Low intake of Brazil nuts or seafood (Selenium) - [] White spots on fingernails or frequent colds (Zinc) - [] History of heavy menstrual cycles (Iron/Ferritin)

Section 3: Thyroid Matrix Mapping

Based on the R.O.O.T.S. Method™, where is the primary imbalance located?

Matrix Node	Indicators	Practitioner Notes
Assimilation	Gut dysbiosis, low stomach acid	
Communication	High cortisol, estrogen dominance	
Biotransformation	Sluggish liver, toxic burden	
Defense & Repair	Elevated TPO antibodies (Autoimmunity)	

Section 4: Clinical Reflection

Total "Brake" Factors Checked: _____

Practitioner Observations:

Next Steps & Priority Actions: 1. _____ 2. _____ 3. _____

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