

Labs	Current Levels	Optimal Range
TSH	_____	1.8 - 3 uIU/mL
Total T4	_____	6.0 - 12.0 ug/dL
Free T4	_____	1.0 - 1.5 ng/dL
Total T3	_____	100 - 150 ng/dL
Free T3	_____	3.0 - 4.0 pg/mL
Reverse T3	_____	15 ng/dL (or less)
Thyroid Peroxidase Antibodies	_____	Zero (as low as possible)
Thyroglobulin Antibodies	_____	Zero (as low as possible)
Vitamin D	_____	55 ng/dL (or higher)
Fasting Insulin	_____	3 - 8 uIU/mL (18 - 48 pmol/L)