

T3 THERAPY INSTRUCTION SHEET

1. Please take temperature every three hours, three times per day at the times indicated and record them on the temperature log (on back). Average these three temperatures each day by adding them together and dividing by three. Enter this average in the Average column on the log.
2. Take dosages as indicated according to the schedule/temperature log (over).
 - a. Notice that your prescription of T3 (starter pack) comes in various dose strengths
 - i. i.e. 7.5 mcg, 15.0 mcg, 22.5mcg, etc., in multiples of 7.5.
 - ii. You will also notice several "test doses" of 14, 12 mcg each, to be used only as directed, in case of symptom aggravation. (explained below, Item C)
 - b. Starting with a 7.5 mcg dose of T3, you will be taking one dose two times per day, every twelve hours, i.e. 8 AM, 8 PM.
 - i. Try to take the doses as close to this twelve-hour schedule as possible.
 - c. You may increase to the next higher level (+7.5 mcg) each day (see log), provided the average temperature remains below 98.0 orally.
 - d. Please note that you may combine capsules of different dose-strengths to add up to one dose of a higher strength,
 - i. i.e. 45.0 mcg dose = 37.5 mcg +7.5 mcg (you may use two or more capsules to add up to your desired dosage)
3. Continue increasing the dosage by 7.5 mcg each day until one of the following happens:
 - a. **If your average temperatures have come up to normal (above 98.0)**, or if you find relief of symptoms with significant improvement in overall well-being, you may stay at that dosage without increasing further.
 - i. If temperatures then drop again you may resume increasing doses to the next higher level. If temperatures stabilize you will be prescribed T3 at that dosage.
 - ii. Contact your physician regarding a prescription at the appropriate dosage level, and for instructions relating to duration of this treatment dose and when to cycle down again.
 - iii. It is generally recommended that one maintain this dose level for about one month before cycling down, (read instructions for cycling down).
 - b. If the symptoms are not much improved and **the average temperature remains below 98.0** orally, continue to increase the dosage each day as directed.
 - i. If there continues to be no significant change in your temperature or your symptoms, you may continue to increase the dosage by these scheduled intervals until you have reached levels of 60 mcg twice per day.
 - ii. Unless otherwise directed by your physician, we generally recommend that your dose not exceed 60 mcg every twelve hours.
 1. At this point it would be recommended that you cycle down gradually. (read directions for cycling down).

- c. **If you begin to feel hyper, racy**, or if you can't sleep due to over-stimulation or speedy sensations in your body, you may be experiencing instability in T3 levels (rapid metabolism) or overdose in T3 medication.
 - i. We recommend that you take one dose of the T4 (12 mcg) "test dose". If symptoms are relieved within about 20 minutes, this is suggestive of T3 instability.
 - ii. In this case, we recommend that you continue to increase the T3 dose on the prescribed schedule. If symptoms are not relieved at that point, it is generally recommended that you decrease your dosage by 7.5 mcg each day until this symptom is alleviated.
 - iii. After this you may be asked to cycle down (see instructions below) or maintain the lower dosage for a longer period of time.
 - iv. You will need to consult your physician for specific guidelines on your protocol in this situation.
4. **CYCLING DOWN:** T3 therapy generally includes a protocol we call cycling. Your physician will instruct you when it is time to cycle down. At that point you will gradually lower your dose in the reverse order of the way you increased. Your dosage will go down (by - 7.5 mcg) to the next lower level every other day until you have gone completely off the medication. Wait at least three days before resuming T3 therapy. Unless your symptoms are much improved and/or your temperature has become normal, you will then be asked to cycle back up again_ Cycling up involves the same directions as when you first began T3 therapy. It's simply like starting over. We generally find that the dose required to produce effective results gets lower each time one cycles up and down again_ You may be asked to cycle up and down in this fashion several times to produce the desired effect This is part of the strategy for restoring normal function without medication. With effective therapy symptoms will resolve, temperatures increase, and/or even the lowest level doses will not be tolerated without a feeling of over stimulation.
5. Please call office if you have any questions or problems.
6. Kindly give four days' notice for any necessary prescription refills.
7. If for any reason the medication is to be discontinued, the medication should not be stopped abruptly, but should be decreased gradually.