SelfDecode™

Overactive Thyroid

DNA Health Report

REPORT CATEGORY

THYROID

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

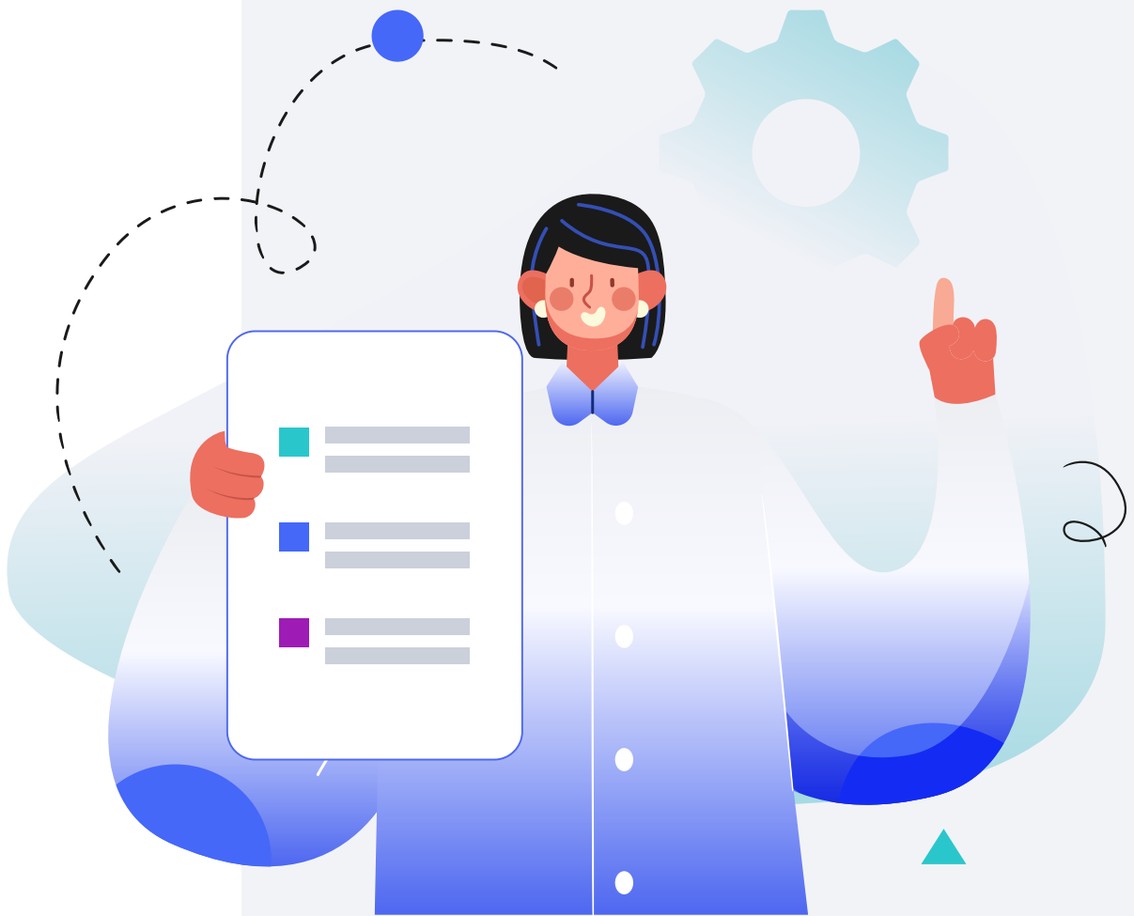
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

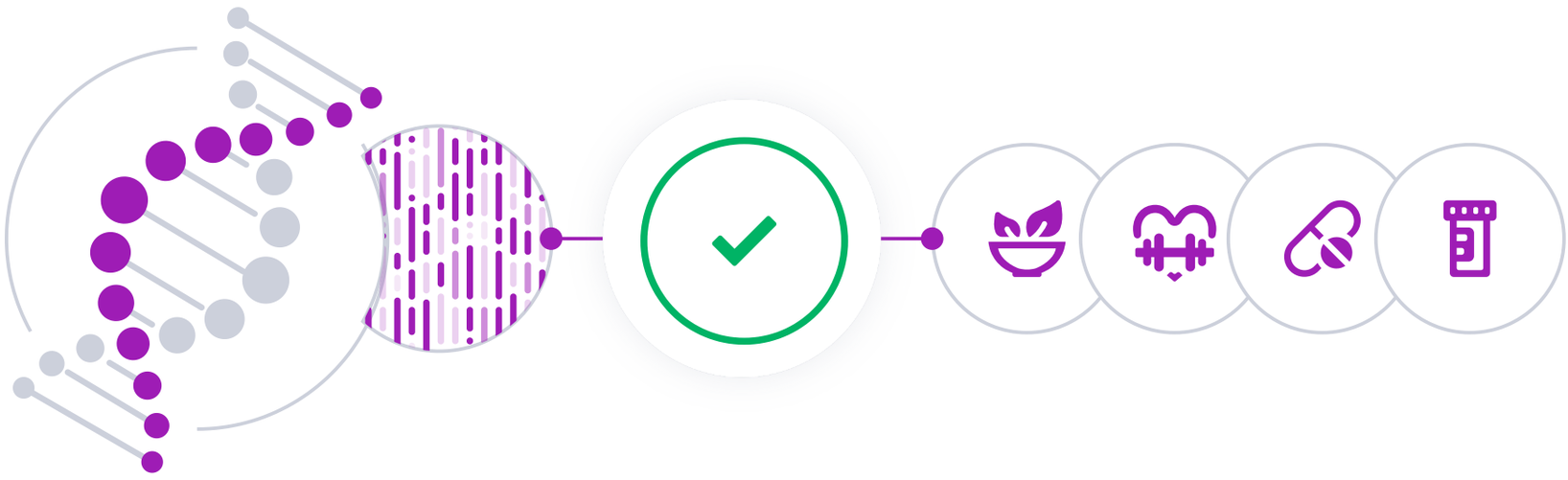


DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

How this works

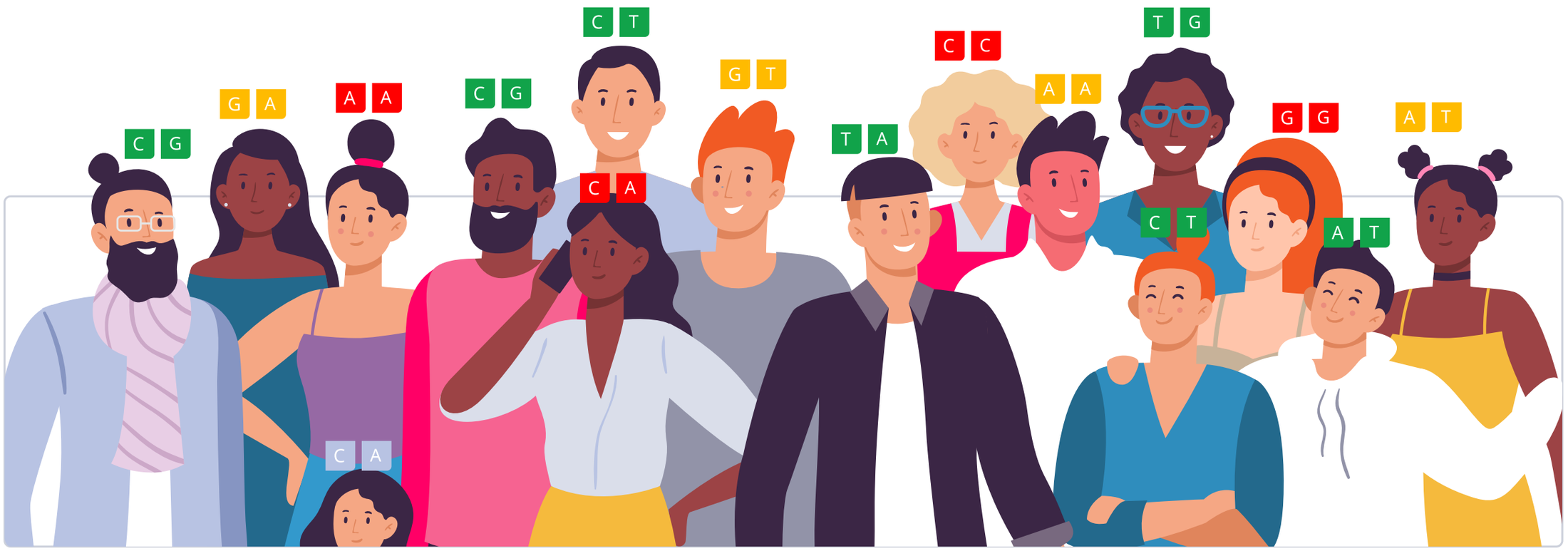
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.

Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

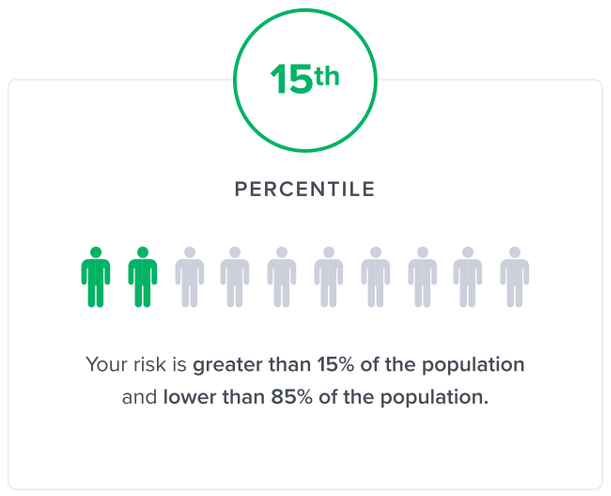
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



Genotype color info: AA You don't have any risk alleles | AA You have 1 risk allele | AA You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:

Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):

Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, afew large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

What's the difference between hyperthyroidism and hypothyroidism?

Hyperthyroidism means that your thyroid gland is overactive, while hypothyroidism means the gland is underactive. In this report, we'll focus on **hyperthyroidism**!

The thyroid does a lot. Most importantly, it releases hormones that regulate your metabolism. An overactive thyroid may cause an imbalance in your metabolism. This can have serious health consequences [R]!

The most common cause of hyperthyroidism is Graves' disease, responsible for 70-80% of all cases. Graves' disease is an autoimmune condition, which means your body attacks its own thyroid gland and causes it to malfunction [R].

*(**Important!** If you're concerned you may have an overactive thyroid, make sure to consult a medical professional!)*

You may be able to balance your thyroid activity using tips coded in your DNA.

For those who carry certain variants of the *ICAM1* gene, stress may increase their risk of complications linked to Graves' disease. As a result, these individuals may particularly benefit from relaxation techniques [R, R].

While gene-based tips may benefit your health, the best course of action when it comes to improving your thyroid health is to discuss this information with your doctor.

Read on to find out more about:

- **How your genetics play a role in thyroid health**
- **Your genetic risk score based on over 500 genetic variants**
- **Personalized recommendations based on your genetics**

About Overactive Thyroid

Key Takeaways:

- Up to **65%** of differences in thyroid hormone levels may be due to genetics.
- Risk factors include: Graves' disease, goiter, too much/little iodine, thyroiditis, pituitary or thyroid gland tumors.
- It can cause: weight loss, increased appetite, irritability, irregular heartbeat, goiter, heart, bone, and muscle problems.
- Hyperthyroidism is fairly rare, mostly due to Graves' disease or iodine deficiency. If your genetic risk is high, the overall risk is still low due to its rarity, but be aware of symptoms.
- Click the **next steps** tab for relevant labs.

The thyroid is a gland found in the front of the neck. It produces T3 and T4, thyroid hormones that affect [R]:

- Heart function
- Energy production
- Breathing rate
- Bone growth
- Alertness
- Reproductive health

In some people, the thyroid produces too much of these hormones. This condition is called *hyperthyroidism* (overactive thyroid) [R, R, R].

Potential causes of overactive thyroid include [R, R]:

- **Autoimmune conditions like *Graves' disease***
- **Thyroid nodules (goiter)**
- Too much or too little iodine
- Thyroid inflammation (*thyroiditis*)
- Pituitary or thyroid gland tumors

Hyperthyroidism is fairly rare. In countries with iodine deficiency, goiter is a common cause. In developed

TYPICAL LIKELIHOOD

Typical likelihood of hyperthyroidism based on 466 genetic variants we looked at

46th

PERCENTILE

Your risk is **greater than 46% of the population** and **lower than 54% of the population.**

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CTLA4	rs3087243	GG
FCRL3	rs7522061	CT
TSHR	rs12101261	CT
SH2B3	rs653178	CT
CD40	rs1883832	TC
MICB	rs2517532	GA
FAM227B	rs17477923	TT
PDE10A	rs2983514	GG
LRRC6	rs118039499	AA
PDE8B	rs2046045	GT
TSHR	rs2160215	TC
SYT13	rs11038357	TA
SOX9	rs8077245	TG
VEGFA	rs66760320	TC
MAF	rs140851213	DEL(A)T
RNASET2	rs385863	CG
CD40	rs6131010	AG
UHRF1BP1	rs9469899	AA
MYC	rs2466028	TT
TSHR	rs28414437	AC
CTLA4	rs231779	CT
SESN3	rs4409785	TC
CD40	rs1569723	CA
MAF	rs17689159	CT

countries like the United States, most people get enough iodine and Graves' disease is a more common cause [R, R].

When the thyroid is overactive, it may produce signs and symptoms like [R]:

- Weight loss
- Increased appetite
- Nervousness or irritability
- Rapid or irregular heartbeat
- Shaking
- Intolerance to heat
- Enlarged thyroid (*goiter*)

Treatment for hyperthyroidism may be different for each person. A doctor may recommend [R]:

- Medication
- Radiation therapy
- Surgery

Diet changes may also help manage some cases. For example, if you have an autoimmune thyroid condition, you may need to avoid iodine-rich foods like seaweed [R].

It is extremely important to treat hyperthyroidism according to your doctor's instructions. Left untreated, an overactive thyroid can cause [R]:

- Heart problems
- Bone and muscle problems
- Eye problems
- Fertility problems

Up to 67% of differences in thyroid hormone levels may be attributed to genetics. Genes involved in hyperthyroidism may influence [R, R]:

- Thyroid hormones (*PDE8B*, *DIO1*, *CAPZB*, *TSHR*)
- Immune function (*HLA-DPB1*, *PTPN22*, *CTLA4*)

GENE	SNP	GENOTYPE
FCRL3	rs1977710	GA
STAT4	rs12612769	AC
TMPRSS3	rs34544259	GA
PTPN22	rs2476601	GG
TNF	rs1800629	GG
PRLR	rs143210911	GG
HLA-DQA2	rs1794280	AA
TRIM27	rs3135293	TT
TRMO	rs925488	GG
FAM227B	rs4338740	TT
BACH2	rs604912	AA
HLA-DPA1	rs9357156	AA
SLAMF6	rs12026490	TT
ALDH2	rs4646776	GG
MAGT1	rs4826198	A

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE
1	Relaxation Techniques	30 minutes
2	Gypsywort	300 mg
3	Selenium Supplements	50 mcg
4	Balance Iodine Intake	
5	Maintain Optimal Vitamin D Levels	1000 iu
6	Meditation	30 minutes
7	Ahnjeonbaekho-tang (AJBHT)	
8	Lemon Balm	500 mg
9	L-Carnitine	500 mg
10	Limit Soy Intake	
11	Gluten-Free Diet	
12	Maintain a Regular Meal Schedule	
13	Glucomannan	3 g

1

Relaxation Techniques

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

Stress can help you deal with a challenge or avoid danger. However, **it's not healthy to be stressed for a long time** [R, R].

Relaxation techniques such as yoga and meditation can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [R].

People use relaxation techniques to improve conditions like [R, R, R]:

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [R, R].

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind's attention to bodily sensations such as warmth and heaviness [R, R].

How it helps

Stress may be a risk factor for Graves' disease, especially in women [R, R, R, R, R, R, R, R].

Stress may contribute to Graves' disease by altering the immune response [R, R, R].

Relaxation techniques such as meditation may help support thyroid health in some people. Reduced stress may also make Graves' disease symptoms less severe [R, R, R].

2

Gypsywort

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a gypsywort supplement, available in capsule or liquid extract form. For capsules, follow the manufacturer's dosage instructions, typically around 300-600mg daily, taken with water. If using a liquid extract, aim for 1-4 ml three times a day. Continue for 4-6 weeks to observe benefits.

TYPICAL STARTING DOSE

300 mg

Description

Gypsywort, a herbaceous plant, is traditionally used for its potential to alleviate skin conditions and promote wound healing due to its astringent and anti-inflammatory properties. It is also taken to support thyroid health.

Gypsywort (*Lycopus europaeus*), or bugleweed, is a flowering plant in the mint family. It tends to grow in wetlands [R, R].

People use gypsywort to support thyroid health [R].

How it helps

Gypsywort supplements may improve the symptoms of a mildly overactive thyroid [R].

Gypsywort may help clear thyroid hormones through the urine. This may help remove excess thyroid hormones from the body [R].

Please note: *Gypsywort may interact with certain medications, supplements, and hormones. High doses or long-term use of gypsywort may lead to an enlarged thyroid. Talk to your doctor before taking gypsywort* [R, R].

3

Selenium Supplements

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take 50 mcg of selenium supplements once daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

50 mcg

Description

Selenium is a trace mineral found in Brazil nuts and many other foods as well as supplements. It is an essential nutrient that plays a crucial role in maintaining the body's antioxidant defenses and supporting thyroid function.

Selenium supports [R]:

- Reproduction
- Thyroid function
- DNA production
- Immune response

Adults should be getting **55 micrograms** of selenium per day. Selenium supplements are available for people who can't meet their needs with a balanced diet [R].

How it helps

Low levels of selenium are linked to thyroid issues [R, R, R, R].

Selenium may support healthy thyroid function when combined with prescribed treatment. However, not all studies found this benefit. It might be limited to people with lower selenium levels [R, R, R].

Some people with Graves' disease develop a condition in which their eyes bulge (Graves' eye disease). Selenium may help improve this condition. It may also slow the condition's progression [R, R].

Selenium may help by [R, R]:

- Supporting normal immune and thyroid function
- Reducing oxidative stress and inflammation

Please note: *High intake and levels of selenium are linked to type 2 diabetes. Selenium is not a replacement for thyroid medication. Talk to your doctor before taking selenium or any supplements for thyroid issues* [R].

4

Balance Iodine Intake

IMPACT 1 / 5

EVIDENCE 3 / 5

How to implement

To balance iodine intake, consume foods rich in iodine such as fish, dairy, and eggs, aiming for about 150 micrograms per day for adults. Consider using iodized salt in cooking, but be mindful not to exceed the daily limit. Regularly assess iodine levels, especially if you are pregnant, lactating, or have thyroid issues.

Description

Iodine intake is essential for thyroid function and is obtained through iodized salt and foods like seafood and dairy products. Balanced iodine intake is necessary to prevent thyroid disorders.

Iodine is an element that helps make thyroid hormones. It's important for [R, R, R, R]:

- Thyroid function
- Healthy pregnancy
- Cognitive function

Iodine can be found in foods like [R]:

- Seaweed
- Enriched bread
- Fish (cod)
- Dairy
- Iodized salt

Adults should be getting **150 micrograms** of iodine per day. People who are deficient can take iodine as a supplement. However, most people in the US and other developed countries don't need to take extra iodine. Excess iodine can be harmful [R, R].

How it helps

The human body can normally adapt to high levels of iodine. This adaptation prevents too many thyroid hormones from being made. However, a sudden increase in iodine levels may **increase the risk of overactive thyroid**. It may also worsen symptoms. This is likely because iodine helps make thyroid hormones [R, R, R].

People who lack iodine may be more sensitive to jumps in iodine levels. However, the resulting increase in thyroid activity is usually mild and may be short-lasting [R, R, R, R, R].

People with an overactive thyroid may want to limit their intake of high-iodine foods [R].

On the other hand, **goiter caused by the lack of iodine can also lead to an overactive thyroid**. This is not common in the US and other countries where table salt is enriched with iodine [R, R, R].

5

Maintain Optimal Vitamin D Levels

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs vitamin D for strong bones. Vitamin D also plays a role in [R]:

- Mood
- Immunity
- Heart health
- Blood sugar control

Sunlight is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [R, R].

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [R].

How it helps

People with low vitamin D levels may have a 2-fold higher risk of Graves' disease. Moreover, those with the condition may have lower vitamin D levels [R, R].

6

Meditation

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [R]:

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [R, R]:

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Stress may be a risk factor for Graves' disease, especially in women [R, R, R, R, R, R, R, R].

Stress may contribute to Graves' disease by altering the immune response [R, R, R].

Relaxation techniques such as meditation may help support thyroid health in some people. Reduced stress may also make Graves' disease symptoms less severe [R, R, R].

7

Ahnjeonbaekho-tang (AJBHT)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Ahnjeonbaekho-tang (AJBHT) is typically prescribed by a healthcare professional who specializes in traditional Korean or East Asian medicine. If recommended, take the herbal formulation as a decoction. This means you'll need to simmer the prescribed amount of AJBHT herbs in water for a specific time, usually around 30 minutes to an hour, then strain and drink the liquid. The exact dosage and frequency depend on the individual conditions but generally, it's taken two to three times daily. Follow your healthcare provider's instructions accurately regarding the preparation and duration of the treatment.

Description

Ahnjeonbaekho-tang is a traditional Korean herbal medicine formulation. It is used in traditional medicine to support respiratory health and alleviate symptoms of conditions such as asthma and bronchitis, with its benefits attributed to a combination of herbal compounds like ginsenosides, glycyrrhizin, and others, which may have anti-inflammatory and bronchodilatory effects.

Ahnjeonbaekho-tang (AJBHT) is a combination of 8 herbs [R]:

- Kudzu
- Chinese skullcap
- Gypsum
- Balloon flower
- *Angelica tenuissima*
- *Cimicifuga foetida*
- Dahurian angelica
- Chinese licorice

People use it to support thyroid health [R].

How it helps

Ahnjeonbaekho-tang may help reduce thyroid hormone levels in people with Graves' disease. It may help by reducing how much thyroid hormone is made. However, the studies are few, small, and of low quality [R, R, R].

Please note: *AJBHT is not a replacement for thyroid medication.Talk to your doctor before using any supplements for thyroid issues.*

8

Lemon Balm

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a 500 mg lemon balm supplement daily. This dosage can be consumed at once or divided into smaller doses throughout the day, according to personal preference or the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Lemon balm is an herb known for its calming and soothing properties. It is often used in herbal teas and aromatherapy to reduce stress and anxiety, promote relaxation, and improve sleep quality.

Lemon balm (*Melissa officinalis*) is an herb used in gardening and traditional medicine. **It's rich in antioxidants and relaxing components** [R, R].

People use lemon balm as a tea or supplement to [R, R, R, R]:

- Relieve anxiety
- Improve sleep quality
- Reduce stress

How it helps

Lemon balm may have calming effects and could help reduce some symptoms of hyperthyroidism such as nervousness and rapid heart rate by acting on the nervous system.

9

L-Carnitine

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 500 mg of L-carnitine supplement daily with a glass of water, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

L-carnitine is an amino acid-like compound that plays a role in energy metabolism and helps prevent toxic substances from building up in cells. It is often used in dietary supplements for its potential to support muscle recovery, reduce fatigue, and enhance athletic performance.

L-carnitine is a compound that helps you burn fat. It also prevents toxic substances from building up in cells [R].

Your body can usually make enough carnitine to meet its needs. You can also get it from **meat and dairy products** [R].

People use L-carnitine for [R, R, R, R, R, R]:

- Heart problems
- Overactive thyroid
- Fertility problems
- Blood sugar control
- Weight control

How it helps

L-Carnitine acts like a sponge, absorbing and reducing the extra thyroid hormones in your body caused by Overactive Thyroid. This can help control symptoms such as rapid heartbeat, nervousness, and trembling.

10

Limit Soy Intake

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Reduce your consumption of soy and soy-based products to no more than 1-2 servings per week. This includes foods like tofu, soy milk, soy sauce, and edamame. Ensure to read labels on packaged foods to check for hidden soy ingredients.

Description

For individuals with specific allergies or sensitivities, limiting soy intake can help prevent uncomfortable symptoms and digestive issues.

Soy is a common food in many cuisines around the world, especially Asian cuisines [R].

It's a great source of [R, R]:

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

However, eating too much soy over a long period of time is linked to uterine fibroids [R].

How it helps

Soy may interfere with the absorption of thyroid medication and the function of the thyroid gland.

11

Gluten-Free Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Remove all foods containing wheat, barley, and rye from your diet. This includes obvious sources like bread and pasta, as well as hidden sources in sauces, soups, and processed foods. Check labels for gluten-free certification, and aim to maintain this diet consistently, as even small amounts of gluten can cause symptoms to recur in sensitive individuals.

Description

A gluten-free diet is essential for individuals with celiac disease or gluten sensitivity. It helps prevent digestive issues and promotes overall health by avoiding foods containing gluten, a protein found in wheat, barley, and rye.

Gluten is a protein found in wheat and some other grains. **People with celiac disease have to follow a gluten-free diet to prevent gut damage.** A gluten-free diet eliminates all foods containing [R, R]:

- Wheat
- Barley
- Rye
- Malt
- Brewer’s yeast

How it helps

A gluten-free diet doesn't directly treat an overactive thyroid. However, many individuals with thyroid issues also have celiac disease, where gluten causes harm; avoiding it can alleviate associated symptoms.

12

Maintain a Regular Meal Schedule

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Eat your meals at the same times each day, for instance, breakfast at 7 AM, lunch at 12 PM, and dinner at 6 PM. Stick to this schedule every day, including weekends, to help regulate your body's internal clock and improve digestion.

Description

Maintaining a regular meal schedule helps regulate blood sugar levels, supports digestion, and promotes a healthy metabolism. Consistency in meal timing can contribute to overall energy balance and long-term weight management.

Blood sugar (glucose) is the body’s main source of energy. It increases after a meal. Skipping meals may reduce this energy supply and lead to [R, R]:

- Poor cognitive performance
- Headaches

A regular meal schedule means eating the same number of meals at about the same times every day. Doing so may help [R, R]:

- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Regular meals can help stabilize energy levels, which is particularly important in managing the increased metabolism seen with hyperthyroidism.

13

Glucomannan

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 1 gram of glucomannan powder with 8 ounces of water, 15 minutes to 1 hour before each meal, three times daily. It's essential to drink plenty of water when taking glucomannan to ensure it reaches the stomach and expands, helping to promote a feeling of fullness.

TYPICAL STARTING DOSE

3 g

Description

Glucomannan is a dietary fiber derived from the root of the konjac plant and is often used as a weight loss supplement. It may promote feelings of fullness and support weight management when used in conjunction with a balanced diet.

How it helps

Glucomannan doesn't directly affect an overactive thyroid. It is a dietary fiber that aids in weight loss which might be beneficial if weight loss is a symptom arising from your thyroid condition.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

T4 Free (FT4)	1.26 ng/dL	0.8 – 1.6	9 Nov 2025
TSH	2.76 mcIU/mL	0.4 – 1.5 – 2.5 – 4.5	9 Nov 2025
T4 (Thyroxine), Total	7.27 mcg/dL	4.9 – 10.5	9 Nov 2025
T3, Free (FT3)	3.34 pg/mL	2.3 – 3 – 4.7	9 Nov 2025
Thyroglobulin Antibodies	49 IU/mL	0 – 20	9 Nov 2025
T3 Total	0.95 ng/mL	0.6 – 0.8 – 2	9 Nov 2025
Thyroid Peroxidase Antibodies (TPO)	3.03 IU/mL	0 – 9	9 Nov 2025