

Taking thyroid medication and still don't feel right?

Take the test below to see if you have factors that can interfere with how well your thyroid medication might work.* Once completed, discuss with your doctor to see if it's time to consider a different option.

Circle Yes or No

1. Do you have any food/drug allergy or intolerance?	Yes	No
2. Do you take a proton pump inhibitor (PPI) for acid reflux (GERD)?	Yes	No
3. Do you have H. pylori infection?	Yes	No
4. Do you have an inflammatory bowel disease such as ulcerative colitis or Crohn's disease?	Yes	No
5. Do you have any dietary restrictions (vegetarian, vegan, etc.)?	Yes	No
6. Do you consume soy products?	Yes	No
7. Do you have any digestive problems/irritation when drinking alcohol?	Yes	No
8. Do you have any problems when eating certain foods (see list on reverse side)?	Yes	No

If you answered **yes** to any of the above, your current hypothyroid medication may be keeping you from feeling better. Ask your doctor about finding a medication that's right for you.

Please see Full Prescribing Information, including Black Box Warning, at www.Tirosint.com or www.TirosintSOL.com

*Adapted from Bellastella et al, EMPATHY: A new tool for identifying the most suitable thyroxine formulation in hypothyroid patients. *Thyroid*. 2019;Vol 29(7):928-933.



Circle any of the following foods or drinks that you have problems with when eating or drinking:

Nickel Allergy		Lactose Intolerance	Histamine Intolerance		Citric Acid Intolerance	Gluten Intolerance/ Celiac Disease	Cornstarch Allergy
Beans	Corn	Milk	Albumen	Fresh fish	Strawberries	Bread	Bechamel
Lentils	Whole wheat flour	Yogurt	Strawberries	Preserved fish	Kiwi	Pasta	Puddings
Peas	Canned goods	Dairy	Melon	Spinach	Citrus fruit	Pizza	Polenta
Spinach		Cheese	Banana	Sausages	Tomato		Custard
Mushrooms			Citrus fruit	Seafood	Wine		Packaged sauces
Asparagus			Hazelnuts	Shellfish	Fruit juices		
Onion			Nuts	Cola	Frozen fish		
Artichokes			Chocolate	Wine	Jams		
Cabbage			Dried legumes	Beer	Chocolate		
Tomato			Tomato	Canned goods			

