

When Do TSH Levels Require Treatment?



4.5

Subclinical
Hypothyroid

Not a problem
for most

7-10

Transitional
zone

10+

Hypothyroid

Problem for most,
usually requires
treatment

Test again after 2-3 months and adjust your treatment strategy as needed. To help maintain healthy TSH levels naturally, try selenium and inositol.

Tsh 54 Manual Guide

AW Rasmussen



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