

Suggested Formulae to Deliver 11:1 T4:T3 to the Bloodstream Based Upon Oral Bioavailability and Commercially Available T4 Strengths.

DAILY T4 DOSE (MCG)	COMMERCIAL T4 STRENGTH (MCG)	DAILY T3 NEEDED FOR 13.06:1 ^a (MCG)	BID T3 DOSE PER CAPSULE (MCG)	T3 1000:1 FOR #60 #1 CAPS (G)	METHOCEL E4M (G)	MICROCRYSTALLINE CELLULOSE (G)
12.5 ^b	25	0.96	0.48	0.029	6	8.251
25	25	1.91	0.96	0.057	6	8.223
37.5 ^b	75	2.87	1.44	0.086	6	8.194
44 ^b	88	3.37	1.68	0.101	6	8.179
50	50	3.83	1.91	0.115	6	8.165
56 ^b	112	4.29	2.14	0.129	6	8.151
62.5 ^b	125	4.79	2.39	0.144	6	8.136
68.5 ^b	137	5.25	2.62	0.157	6	8.123
75	75	5.74	2.87	0.172	6	8.108
87.5 ^b	175	6.70	3.35	0.201	6	8.079
88	88	6.74	3.37	0.202	6	8.078
100	100	7.66	3.83	0.230	6	8.050
112	112	8.58	4.29	0.257	6	8.023
125	125	9.57	4.79	0.287	6	7.993
137	137	10.49	5.25	0.315	6	7.965
150	150	11.49	5.74	0.345	6	7.935
175	175	13.40	6.70	0.402	6	7.878
200	200	15.31	7.66	0.459	6	7.821
300	300	22.97	11.49	0.689	6	7.591

^a13.06:1 T4:T3 is used orally to adjust for bioavailability needed to deliver 11:1 T4:T3 to the bloodstream.

^bIndicates use of commercial T4 product every other day.