

Ideal Thyroid Levels

	Thyroid Stimulating Hormone (TSH) mIU/L	FT4 pmol/L	FT3 pmol/L	Anti-Thyroglobulin (TgAb) IU/mL	Thyroid Peroxidase (TPOAb) IU/mL	Urinary Iodine (ug/gCR)
Females						
	1.0-2.0	13-16	5-6	<30	<30	>100
Pregnancy						
T1	1.0-2.5*	10.3-15.5**	6.3-6.8**	<30	<30	>150
T2	1.0-3.0	7.7-12.9**	6.2-6.5**	<30	<30	>150
T3	1.0-3.0	6.4-10.3**	None reported**	<30	<30	>150

*Expect suppression due to thyrotrophic action of hCG, more so in a multiple pregnancy.

** Influenced by many factors including hemodilution, maternal-foetal transfer of T4 only & increased T3 conversion, 3:1 may not always be applicable.

FT4:FT3 in Non-Pregnant Females

FT4:FT3	TSH mIU/L	Suspected Cofactor Dysregulation	Next Steps
3:1	1.0-2.0	-	-
<3:1	Optimal or ↑	Iodine (I) deficiency	Urinary Iodine Check (Random)
>3:1	Optimal or ↓	Mild I excess	Urinary Iodine Check (Random)
>3:1	↓	Severe I excess	Urinary Iodine Check (Random)
>3:1	Optimal or ↓	Selenium (Se) deficiency	Thyroid Cofactors Test
>3:1	↑	Zinc (Zn) deficiency	Copper to Zinc Ratio
↓ FT4 & FT3	Optimal or ↑	I, Se or Zn deficiency	All of the above