

# The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

October 2020



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## Greetings!

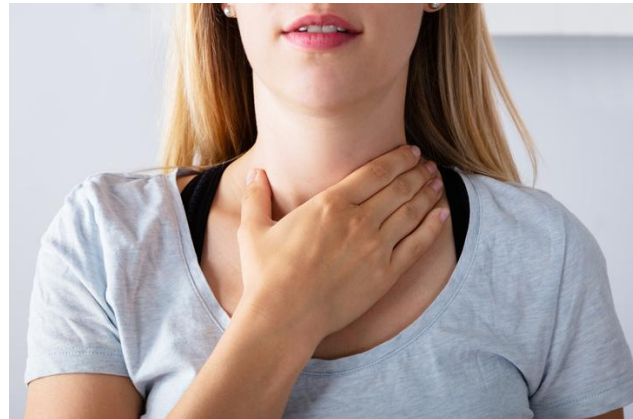
At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.



Sincerely,  
*Dan, Monica and John*

## Need Thyroid?

Thyroid hormone preparations have been backordered or recalled many times since 2017. In September 2020, RLC Labs, Inc., voluntarily recalled Nature-Throid® and WP Thyroid®. Although not an exact replacement, these medications have often been substituted for Armour Thyroid®. All of these preparations contain Desiccated Thyroid Extracts (DTE).



Other types of thyroid hormone replacement include levothyroxine (T4) and liothyronine (T3).

Levothyroxine is one of the most widely used drugs worldwide: its use has increased over the past 15 years and is projected to increase further over the next decade. Liothyronine is short acting and often produces intolerable side effects.

The human thyroid gland naturally makes the active form of thyroid hormone (T4) which is converted to another form of thyroid hormone (T3) elsewhere in the body. However, in some people, such as those who have a thyroid condition known as Hashimoto's thyroiditis, when they have low thyroid and take synthetic levothyroxine, the conversion to T3 may be inadequate and therefore they don't have the full range of thyroid hormones that are needed for the body to function optimally. Many patients have found that Desiccated Thyroid Extracts work best for them, reporting that they simply do not feel as well when they take levothyroxine alone or with liothyronine.

Thyroid hormones, unlike other drugs, do not work best on a fixed-dose regimen, but rather may require dosing adjusted to the specific needs of each patient. **Ask our**

*pharmacist for more information about customized thyroid preparations and how we can help if your medication is backordered or recalled.*

Reference: [Drugs Context. 2019; 8: 212597.](#)

Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with drug induced nutrient depletion (DIND).

[SCHEDULE A CONSULTATION](#)

