

Lactose Intolerant and Hypothyroid?



Are you **hypothyroid** and have been told your T4 dose requirement is too high?

Lactose intolerance can be one of the reasons you need a higher dose of thyroid replacement than what is typical. A study in the Journal of Clinical Endocrinology & Metabolism reported that those with lactose intolerance required 1.72 mcg/kg of T4 a day to reach a TSH of about 1.3 versus 1.29 mcg/kg in those without lactose intolerance. Patients with additional GI tract problems required 2.04 mcg/kg a day.

“These findings show that lactose intolerance significantly increased the need for oral T4 in hypothyroid patients.”

Source: “Systematic appraisal of lactose intolerance as cause of increased need for oral thyroxine”

J Clin Endocrinol Metab. 2014 Aug;99(8):E1454-8. doi: 10.1210/jc.2014-1217. Epub 2014 May 5.