

# ARMOUR THYROID

Energy · Metabolism · Whole Thyroid

The original natural desiccated thyroid medication — delivering T3 and T4 as nature intended, since 1891.

**T3+T4**

Both Hormones

**133yr**

Clinical History

**FDA**

Approved

**Porcine**

Natural Source

## HPT AXIS

Hypothalamus TRH release

Pituitary TSH release

Thyroid Gland T3 + T4

Body Cells Metabolism

# What is Armour Thyroid?



Natural desiccated thyroid — the FDA-approved full-spectrum thyroid hormone replacement

**Armour Thyroid is a natural desiccated thyroid (NDT) extract derived from porcine (pig) thyroid glands, standardised by hormone content and manufactured by AbbVie (formerly Forest Pharmaceuticals).**

Unlike synthetic levothyroxine (T4-only therapy), Armour Thyroid contains both thyroxine (T4) and triiodothyronine (T3) — the two active thyroid hormones — along with thyroglobulin and other thyroid proteins in their natural proportions.

This combination is clinically significant because 15-20% of hypothyroid patients fail to convert sufficient T4 to active T3, leaving them symptomatic on T4-only therapy despite normalised TSH.

Armour Thyroid provides T3 directly.

Armour Thyroid has been in continuous clinical use since 1891 — the original hypothyroidism treatment, predating synthetic thyroid hormones by over 60 years. It received formal FDA approval and standardisation in 2002.

## HORMONE CONTENT PER GRAIN (60 mg)

T4 (Thyroxine): 38 mcg | T3 (Liothyronine): 9 mcg

T4:T3 ratio 4.2:1 | Available: 0.5, 1, 1.5, 2, 3, 4, 5 grain tablets

**The T3 advantage of Armour Thyroid cannot be replicated by adding synthetic T3 (Cytomel) to T4 therapy for many patients.**

Patients report that Armour Thyroid's T3 is delivered alongside thyroglobulin and other thyroid proteins that may modulate absorption kinetics and cellular uptake — producing a more physiological hormone delivery profile than synthetic combinations.

Peer-reviewed studies including the landmark 2013 Hoang et al. (Journal of Clinical Endocrinology) survey found 49% of hypothyroid patients preferred NDT over levothyroxine, with superior self-reported quality of life and symptom scores.

Common responders to Armour Thyroid include: T4-only non-converters, patients with persistent hypothyroid symptoms despite 'normal' TSH, DIO2 polymorphism carriers, and those with Hashimoto's thyroiditis.

## Effective T3 Delivery Score

T4 Only (Levothyroxine)

Armour Thyroid

Synthetic T4+T3

# Key Benefits

Clinical advantages of full-spectrum thyroid hormone therapy

## Complete T3 + T4 Delivery

By providing both hormones in their natural 4:1 ratio, Armour Thyroid bypasses the T4-to-T3 conversion step that is impaired in 15-20% of patients — ensuring active T3 reaches tissues directly.

## Fatigue & Energy Resolution

T3 is the metabolically active thyroid hormone, directly regulating mitochondrial activity. Patients converting poorly on T4-only therapy consistently report dramatic energy improvements on NDT.

## Cognitive Function

T3 receptors are abundant in the brain. Direct T3 delivery via Armour Thyroid improves brain fog, memory, concentration, and mood — symptoms that often persist in T4-only treated patients.

## Weight Normalisation

Adequate T3 is essential for normal basal metabolic rate. Patients with residual T3 deficiency on T4-only therapy struggle with weight despite 'normal' TSH — Armour Thyroid addresses this directly.

## Patient Preference Data

The 2013 Hoang et al. JCEM study found 49% of patients preferred NDT over levothyroxine, with NDT users reporting superior weight loss, energy, quality of life, and symptom resolution.

## 133 Years of Clinical Safety

Armour Thyroid has been used continuously since 1891, accumulating the longest and most extensive safety record of any thyroid hormone treatment — with no evidence of harm at appropriate doses.

### Armour Thyroid vs. Levothyroxine (T4) vs. Synthetic T4+T3 Combo



# Research & Dosing

133 years of clinical thyroid medicine — from animal extract to modern standardisation

18  
91

## 1891 First Clinical Use

George Murray first described treating myxoedema (severe hypothyroidism) with sheep thyroid extract injection. Within years, oral thyroid extract became standard of care, dramatically reversing the previously fatal condition.

19  
14

## 1914 Armour & Company Production

The Armour meatpacking company began standardised production of desiccated thyroid extract from porcine glands. The consistent formulation became the predominant thyroid therapy for the next five decades.

19  
60

## 1960 Synthetic T4 Introduced

Levothyroxine (synthetic T4) was introduced, eventually displacing NDT as the first-line treatment based on convenience and laboratory standardisation — despite limited head-to-head comparative outcome data.

20  
02

## 2002 FDA Standardisation

Armour Thyroid received formal FDA approval with standardised T4 and T3 content per grain, addressing earlier inconsistency concerns and re-establishing its regulatory standing for hypothyroidism treatment.

20  
13

## 2013 JCEM Comparative Study

Hoang et al. published a landmark crossover study in JCEM showing 49% of hypothyroid patients preferred NDT over levothyroxine, with significant advantages in body weight, energy, quality of life, and cognitive function.

20  
19

## 2019 DIO2 Polymorphism Evidence

Growing evidence that DIO2 (type 2 deiodinase) polymorphisms impair T4-to-T3 conversion in 15-20% of patients provides the molecular basis for why a T3-containing therapy like Armour Thyroid outperforms T4 monotherapy in a significant subset.



## Dosing Guide

**Starting dose** 15-30 mg (0.25-0.5 grain)

**Titration** Increase by 15mg q4-6wk

**Typical dose** 60-120 mg (1-2 grain)

**Taken** Morning, fasting 30-60min

**T3 peak** ~2-4 hours post-dose

**T4 steady state** 4-6 weeks

**Monitoring** TSH, Free T3, Free T4

**Storage** Room temperature

### Complementary Therapies

Selenium · Zinc · Iodine · LDN · Berberine

FDA-approved prescription medication. Requires physician diagnosis and prescription. Dosing must be individualised and monitored by a licensed healthcare provider.

# The Whole Thyroid Difference.

For 133 years, Armour Thyroid has provided what synthetics cannot replicate: the full spectrum of thyroid hormones, in natural proportions, from a natural source — giving T3-deficient patients the cellular fuel they have been missing.



## T3+T4

in natural ratio  
Both hormones



## ENERGY

thyroid fuel  
Mitochondrial



## CLARITY

with direct T3  
Brain and mood

TALK TO A DOCTOR

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# ARMOUR THYROID

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ARMOUR THYROID is an FDA-approved prescription medication. Requires diagnosis of hypothyroidism by a licensed physician. Not for self-medication.

Always work with a qualified thyroid specialist to diagnose, prescribe, and monitor thyroid hormone replacement therapy.