

Blood values

Please enter your current values here:

→ For *fT3* and *fT4* please use our *thyroid value calculator* and enter the percentages! You can find the calculator at "

"<https://hashimotobalance.de/informationen/bloodvaluecalc>".

In the last line you have space to enter your thyroid medication. This is very important, because you should always compare the medication beside the values to get a real overview!

Blood values/date					
TSH					
fT3					
fT4					
TPOAK					
LDL					
HDL					
Total cholesterol					
Trygliceride					
Glucose					
Hba1C					
GGT					
GPT					
GOT					
AP					
Medication					

Please mark values that are too high or too low in red, so that you can recognize them accordingly in the book to work on these issues.