

<b>Independent Study Title</b>	The Overview of Thyroid Supplementations
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## **ABSTRACT**

This independent study was conducted to overview the role of thyroid supplements for general public. It is for information purpose only. The study is designed to interview 30 doctors who are treating thyroid patients and interview of anonymous thyroid patients with hypothyroidism and hyperthyroidism.

The research reveals, that supplementations could help to support thyroid patients. From the interview with doctors who are treating thyroid diseases and anti-aging medicine, the results showed that half of the doctors are confident in the benefits of the supplements and are using them to help the patients. Furthermore, all of the doctors agree that with healthy food and good lifestyle can help improved the health of thyroid patients.

**Keywords:** Goiter/Thyroid support/Hypothyroidism/Hyperthyroidism