



Thyroid / Iodine Quiz

Please indicate the symptoms you are experiencing as 0= none, 1= mild, 2= moderate and 3 = severe.

- Cold Body temperature
- Goiter (a protruding in the front of your neck)
- Hoarseness to voice
- Hair dry or Brittle
- Nails breaking or Brittle
- Constipation
- Slow Pulse Rate
- Rapid heartbeat
- Heart Palpitations
- Infertility problems