The following study, although enigmatic, appears to show that boron may affect thyroid function and the levels of T4 and T3.


[Morphofunctional characteristics of the thyroid and a change in the level of thyroid hormones in the blood from the internal use of boron-containing waters].

[Article in Russian]

Korolev IuN, Panova LN, Bobkova AS, Korovkina EG

It has been established that intake of waters identical by Br concentrations (250 mg/l) but different by an ion-salt base leads to various structural changes of the thyroid at the tissue, cellular and subcellular levels. Artificial Br-containing water induces more pronounced shifts correlating with T3 and T4, blood concentrations. The ion-salt base was found essential in the mechanism of action of Br-containing water.

**The following study shows that boron supplementation in males can increase estradiol (estrogen) and testosterone levels.** This suggests that boron is involved in the conversion of progesterone into estradiol and testosterone. Since we have seen that hypers often have high progesterone levels and low estradiol levels (testosterone levels not known), this study offers more evidence that a boron deficiency may be involved in hyperthyroidism.