

**From:** Ruth Roland"  
**Sent:** August-29-11 10:41 AM  
**To:** "Henri Knafo"  
**Subject:** Questions about Erfa Thyroid

My name is Ruth Roland. I'm a Norwegian artist. Currently I'm working towards an exhibition about disorders of the thyreoidea glandula, like hypothyroidism end hyperthyroidism. The exhibition consists of the stories of eight people with thyreoidea disorders, interviews with a medical specialist, a general practitioner and a psychiatrist, a small, specialized library and my pictures. So far the exhibition is scheduled to be shown in three Norwegian cities. For further information about me and the exhibition, please see my blog at <http://ruthroland.wordpress.com/>

I have some questions that I hope you can answer. My questions and your answers will be included in my exhibition.

Yours sincerely  
Ruth Roland

**Fra:** "Henri Knafo"  
**Emne:** RE: Questions about Erfa Thyroid  
**Dato:** 29. august 2011 19:39:07 GMT+02:00  
**Til:** "Ruth Roland"

Dear Mrs Roland,

We thank you for this important initiative that could help many patients with Thyroid diseases. Please find enclosed the questionnaire with clear answers. If you need a reference of a pharmacy that could deliver the medication to Norwegian patients please feel free to email my assistant

We are looking forward to hear from you after the exhibition.  
Sincerely,

**Henri Knafo, MD, MSc, BSc**  
**Medical Director**  
***Erfa Canada Inc***

Web [www.erfa.net](http://www.erfa.net) [www.erfabiotech.com](http://www.erfabiotech.com)

Disclaimer : <http://www.erfa-sa.com/legal/disclaimer.html>

Please note that our advice represents the best information in our possession, but in no way is it meant to replace recommendations by your physician. Our suggestions are not intended as a substitute for the diagnosis, treatment and/or advice of a qualified licensed professional.

## Questions about Erfa Thyroid

RR = Ruth Roland

HK = Henri Knafo MD, MSc, BSc

Medical Director

Erfa Canada Inc

RR: In Thyroid the proportion of T3 is approximately 25 %. Many Norwegian doctors believe that such a high proportion of T3 constitutes an element of danger, for instance for the heart. Does the 25 % proportion of T3 constitute a problem?

HK: The actual Thyroid medication and its formulation are approved by the Canadian health authorities. The medication has been used for more than 30 years with no major side effects reported. If such a danger were present it would already have manifested itself.

RR: Does the tablet content vary from batch to batch? If so, what is the maximum size of the differences?

HK: Like anything in nature, there are small variations from batch to batch. Although a variation of 10% is permitted by health Canada we rarely exceed 5% variation from batch to batch. The clinical significance of such a variation is minimal and should not distract someone from being treated with desiccated thyroid.

RR: Is it advantageous that the T3 in Thyroid is protein-bound to thyroglobulin? Does this make a difference for the human body compared to synthetic medicine?

HK: This is a good question. We do not have any definite answer but the goal of the desiccated thyroid treatment is to mimic Mother Nature. If the T3 is bound to thyroglobulin in human why not emulate the same thing by treating with natural hormones.

RR: Do you receive any feedback from patients who have changed from synthetic medicine to Thyroid? If so, what are these patients telling you?

HK: We had so many patients sending us feedbacks of how different they feel with desiccated thyroid that we actually were completely surprised. We are receiving on a regular basis letters from patients and physician that details how different they feel when switching to Thyroid. An internal survey on more than 1000 patients revealed that 96% felt this difference mainly in the cognitive aspect of their lives.

RR: Does anybody experience side effects of Thyroid? If so, what are these side effects?

HK: Yes. There could be side effects of Thyroid this is why you need a prescription and a regular follow up with your physician. We are obligated to report all the side effects to health Canada and the short list is available online. Although very few, most of the side effects are minor and include stomach disturbance, palpitation or diarrhea.

RR: If we use Thyroid, do we risk disease transmission from animals?

HK: There has been no report of transmission of disease from animals involving Thyroid. We take care of testing every batch for many diseases. We strictly use North American Porcine extracts.

RR: When Armour Thyroid reformulated their tablets some time ago, many patients reported that the new tablets made them more ill. Has Erfa Canada Inc ever encountered similar reactions in connection with a reformulation of the Erfa Thyroid?

HK: We actually never changed the formula since 30 years and never experience any reports of patients having a lack of efficacy. We also never had a recall since 30 years.

RR: Is it an advantage for the consumer of Thyroid that the tablets contain T0-amine, T1, T2 and calcitonine in addition to T3 and T4?

HK: Some serious studies demonstrate the advantages of adding T3 mainly to improve cognition. Therefore, it is easy to believe that having a natural source of all those hormones could be helpful.

RR: Are you doing research on the use of Thyroid?

HK: We are planning to do some research in order to demonstrate the benefit of using Thyroid. Many physicians have demonstrated interests in participating in those studies.

RR: Today many Norwegian doctors do not know what Thyroid is. Do you have any research papers on the effects of Thyroid? Do you have any links to websites where one can find information about new or old research on Thyroid? The material and the links you possibly send me, will be included in my exhibition.

HK: There is a position paper in our website [http://thyroid.erfa.net/index.php?option=com\\_content&view=article&id=6&Itemid=10&lang=en](http://thyroid.erfa.net/index.php?option=com_content&view=article&id=6&Itemid=10&lang=en)  
Many references are also available. Please also refer to many patients groups across the world.