

Name: _____

Date: _____

Iodine Supplementation

Re-evaluation Date: _____

Supplemental Support:

This recommendation is not meant as a diagnosis or to replace the advice of your health care practitioner, rather it is supportive in helping you return to health and vitality.

Liquid Iodine Forte

(150 mcg per drop of potassium iodine)
See notes below

3 dropperfuls

in purified water

ProMultiplus

Broad source multivitamin
High in B vitamins, minerals
(esp. selenium), antioxidants and
phyto-nutrients to reduce inflammation
and cofactors necessary to support
iodine therapy

2 with each meal

Optimal EFA's

Healthy oils are necessary to
Hormones and repair cellular
Membranes

2-capsules twice a day

for maintenance. Increase
your physician directs

Notes:

Paint iodine stain on a fatty portion of your body that will not be scrubbed or soaked off after a shower. Be careful as iodine is a stain and clothes may be damaged. The stain should last for 24 hours, however if your body is low in iodine it will literally pull it through the skin and disappear in less time. The sooner the iodine stain goes away the greater the iodine need. Patients may choose to start with small amounts of iodine and build up to higher doses based on physician recommendation. Don't be surprised if the supplementation period lasts long periods of time.

For definitive testing consider, a 24 hour urine test to measure iodine absorption. After your first morning urine is excreted a loading dose of 50 mg is taken and then urine is collected for 24 hours to measure excretion patterns. According to the protocols developed by Dr. David Brownstein and others, 90% of the iodine should be excreted in urine. Another halide that is commonly used in baking and can be toxic if accumulated is Bromine. Bromine has been indicated in breast cancer and other metabolic problems. Please ask your physician to look for Bromine as well as the test can be done at the same time for a nominal fee.

One lab who specializes in iodine testing is FFP. Call FFP at 877-900-5556 for testing kits and supporting articles.

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