

IODINE "Patch Test"

Do **NOT** perform this test if you are allergic to iodine. Buy some **2% Tincture of Iodine** in the First Aid area of most drug stores. "Paint" several layers of iodine tincture on inside of forearm (about a 2"x3" area). Let dry before allowing any clothing to come in contact with iodine to prevent staining. Observe patch about every 4-8 hours (except while sleeping) making note of appearance in chart below. The quicker the "orange" color fades the lower you are in iodine.

Assess patch based on **dark * medium * light * no trace of orange (gray does not count)**

Start Time	4 hrs	8 hrs	24 hrs	Suggestions to improve or maintain
A	Dark	Dark	Dark	Eat seafood &/or 1-3mg of Iodine supplement
B	Dark	Dark	Med	increase seafood &/or 3-6mg of an Iodine supplement
C	Med	Med	Light	Increase seafood, Celtic Salt, Selenium & 6-12mg Iodine
D	Med	Light	No trace	Same as above, increase iodine supplement to 12-24mg
F	Light	No trace	n/a	Same as above, increase iodine supplement to 24-50mg

Note: Although this test is quite accurate in many people, it is NOT accurate with all. Variables such as temperature, sweat, skin depth/texture can vary the results. So always remember-- it is just a simple test offering only a **guideline** as to iodine levels. For a more accurate test of iodine levels a 24 hour urine test may be ordered (by your doctor).

Thyroid Lab Tests: TSH (poor indicator of **true** thyroid status) *may* increase during the initial 3-6 months of taking iodine, this alone does NOT mean your thyroid is suppressed. So *always* be sure to include a **free T3** (NOT a total or uptake).

Do More Rsearch: [IODINE Why You Need It; Why You Can't Live Without It](#) by David Brownstein, MD
www.drbrownstein.com & www.iodine4health.com

IODINE Supplements & Dosing Guide

Do NOT take IODINE if: 1) you are allergic to iodine 2) you take any of the following medications: **Methimazole/Tapazole, Amiodarone, Pacerone, Cardarone.** 3) you have been diagnosed with **Hashimoto's Disease.**
CAUTION: if you have **Graves Disease or Hyperthyroid** start at a **very low dose, preferably Prolamine or Iodomere (vs. Lugols or IodoRx) & consult with a knowledgeable practitioner.**

	Fulfillment 24-50mg/day	Maintenance 1-12mg/day	All iodine supplements are best taken on an empty stomach in AM
Lugols 2% liq (3mg/drop)	8-16 drops	1-4 drops	Mix into a little water or any liquid
IodoRx (12.5mg/tab)	2-4 tabs	1/2-1 tab	Same formula as Lugol's
Prolamine (3mg/tab)	n/a	1-4 tabs	Optimal formula for absorption
Iodomere (200mcg/tab)	n/a	1mg=5tabs	Best for children & sensitive adults

IODINE "fulfillment" typically takes 3-12+ months. Keep re-doing patch test every **2-3 months**. It should improve (stay on longer) with each test. Some people do not "absorb" iodine very well due to a variety of reasons such as poor mineral status, heavy metals blocking absorption, etc. Possible "reactions": acne like rash---rarely a true allergic reaction- but more **likely** a temporary result of bromine or other "debris" eliminating from body through the skin. It will pass! You could apply a topical salt water wash to assist in elimination &/or **Zeolite** (internal whole body detox)

Disclaimer: A Healthy Horizon does NOT diagnose or prescribe. This information is based on extensive research and is for your information only. You are advised to consult with your doctor &/or a knowledgeable health practioner prior to taking any iodine supplements.

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