



## Healing Iodine

*Indicated for Metabolic Health*

Healing Iodine contains kelp. It is a rich source of natural iodine, which is essential for thyroid function. It should be considered by those not using iodized salt. Kelp is a natural source of vitamins and minerals, including trace minerals.

### Suggested Use

Take 1 with breakfast or as directed by a qualified health professional.

### Other Ingredients

Beet powder, microcrystalline cellulose, and gelatin capsule.



### Kelp

A good source of vitamins, minerals, and trace elements that **provide support to metabolism and regulating organs.**

Kelp is one of the best sources of iodine which is an essential component of thyroid hormone production and functioning. Low levels of this substance can lower energy levels, slow brain functioning, and disrupt normal metabolic processes.

Kelp also contains other essential vitamins and minerals including Folate, Vitamin K, Magnesium, Iron, Vitamin A, Pantothenic Acid, and Calcium. These play a crucial role in total body health and can lead to disruptions in normal body processing if not obtained in proper quantities from the diet.

## Iodoral

*Indicated for Breast & Thyroid Health*

### Suggested Use

12.5 mg. Take one tablet per day or as directed by a physician.

### High Potency Iodine Potassium Iodide Supplement

One 12.5 mg tablet supplies an amount of total elemental iodine comparable to the average daily intake of this essential element. They are formulated to prevent gastric irritation and the unpleasant taste associated with iodine.

Iodine is an essential element. It primarily supports the thyroid gland, but other organs in the body have a need for iodine in order to function normally.

The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



# Iodine

## *Maintaining Iodine Levels*

### **Preventing Future Thyroid Problems and Keeping Balanced Health**

#### Key Role in both Thyroid and Breast Health

Iodine is a mineral found in the greatest concentration in the thyroid gland (the next most common gland is the breast). Therefore, iodine plays a key role in both thyroid and breast health. People who are deficient in iodine can improve intelligence, hearing, and poor thyroid function by taking supplements of iodine. It has also been found to benefit women with fibrocystic tender breasts by possibly decreasing breast cysts, breast pain, breast infections, and breast cancer while improving lactation for nursing mothers.

#### Iodine Deficiency in Pregnancy

Severe iodine deficiency in pregnancy can result in mental and neurological impairment in the infant known as cretinism. Those who are deficient in iodine are more likely to have abnormal thyroid function and thus more fatigue, tiredness, and weakness.

Just like most anything in life, too little iodine can cause problems, but also too much can cause problems. Therefore it is important to have a good grasp on a person's iodine level if there are indications of deficiencies.

#### **Natural Sources of Iodine**



The most common natural source of iodine is found in seafood or sea vegetables like seaweed, kelp, ocean fish, etc. Salt is iodized for the benefit of decreasing the side effects of iodine deficiency, but taking salt to replenish ones low levels is not recommended because of the high sodium level in salt.

#### Recommended Daily Amount

For breast health: 12.5 mg daily

For pregnant women: 0.15mg-1.1mg/day

Those extremely low in iodine may benefit from a short-term increase in doses of 3-6mg/day.

*Common side effects of too much iodine include acne, nausea, diarrhea, headaches, and irregular thyroid function.*

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