

# IODINE "Patch Test"

Do **NOT** perform this test if you are allergic to iodine. Buy some **2% Tincture of Iodine** (not the colorless one), 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
<b>A</b>	Dark	Dark	Dark	Eat seafood &/or <b>1-3mg</b> of Iodine supplement
<b>B</b>	Dark	Dark	Med	increase seafood &/or <b>3-6mg</b> of an Iodine supplement
<b>C</b>	Med	Med	Light	Increase seafood, Celtic Salt, Selenium & <b>6-12mg</b> Iodine
<b>D</b>	Med	Light	No trace	Same as above, increase iodine supplement to <b>12-24mg</b>
<b>F</b>	Light	No trace	n/a	Same as above, increase iodine supplement to <b>24-50mg</b>

**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](http://www.drbrownstein.com) & [www.iodine4health.com](http://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 & 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
Iodorol (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 "toxins" eliminating from body through the skin. It will pass! You could apply a topical salt water wash to assist in elimination &/or take **Zeolite** (internal whole body detox)

**Disclaimer:** 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.

**NOTE:** the above information is generalized & given here for your information only. Specific advice regarding which supplement/dose that would be the best for YOU will be given to you at time of your appointment.

**HEALTHY HORIZONS** 30 E. Washington St. Ste. E, Kalispell, MT 59901  
 406-885-3387 \* [www.MetabolicRepair.net](http://www.MetabolicRepair.net) \* e-mail: [Lynn@MetabolicRepair.net](mailto:Lynn@MetabolicRepair.net)