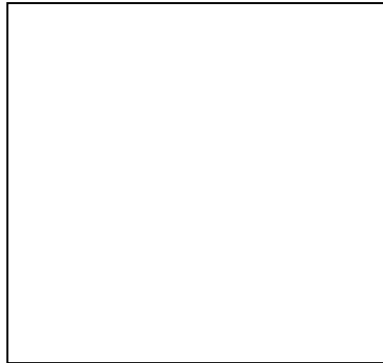


# IODINE PATCH TEST INSTRUCTIONS

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

1. Begin this test in the morning (**after showering**).
2. Use Tincture of Iodine to paint a "2 X 2" square on the inner arm.
  - Tincture of Iodine is available from any drugstore or pharmacy. Be sure it's the original orange colored solution and not the clear solution.



3. Write down your starting time: \_\_\_\_\_ : \_\_\_\_\_ am
4. Observe the coloration of the patch over the next 24 hours.
5. Record the hour of time for the following:
  - Hour patch began to lighten: \_\_\_\_\_ : \_\_\_\_\_ am / pm
  - Hour patch disappeared completely: \_\_\_\_\_ : \_\_\_\_\_ am / pm
6. Describe patch site after 24 hours: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Any other observations or comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# INTERPRETING IODINE PATCH TEST RESULTS

Overall, the faster the body draws in the iodine, the greater the iodine need is likely to be.

1. Patch begins to slightly lighten after 24 hours--NORMAL
2. Patch disappears, or almost disappears in under 24 hours:
  - Consider adding ***Iodomere***—2-3 or more tablets/dayOR
  - Consider adding ***Prolamine Iodine***—1-2 or more tablets/day
3. Patch disappears, or almost disappears in under 10 hours:
  - Consider adding ***Prolamine Iodine***—1-2 or more tablets/day

*NOTE: According to Dr. Guy Abraham, a researcher and an authority on the safe use of iodine, the daily dose of iodine should be 12.5mg to 37.5mg per day. See references on the Hypothyroid Protocol page in this notebook.*

## REPEAT TESTING

Repeat the Iodine Patch Test every 1-2 weeks to carefully monitor the need for iodine.

When the patch no longer fades or disappears within 24 hours, lower the iodine dose appropriately.

### Amounts of iodine in some SP & MH supplements

- ◆ *Prolamine Iodine*—3mg
- ◆ *Thyroid Complex (MH)*—600mcg
- ◆ *Iodomere*—200mcg
- ◆ *Trace Minerals B12*—145mcg
- ◆ *Organically Bound Minerals*—250mcg
- ◆ *Min Chex*—300mcg
- ◆ *Min Tran*—200mcg
- ◆ *Cataplex F (tablets)*—95mcg

One simple, inexpensive way to check the health of your thyroid is to do an iodine skin patch test. It should last 24 hours when painted on your wrist/forearm. If it's less than 10 hours then it's a very tired and malnourished thyroid and time to give it sufficient iodine.

Remember, when dosing single trace minerals however, it's important to keep it in balance with all the other trace minerals.

So when we prescribe an organic source of iodine we always add to that adequate doses of trace minerals. It's also good to add a good quality celtic sea salt or kelp to your diet as well.

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