

Iodine-HP



Clinical Applications

- Supports normal thyroid function
- Helps Maintain Healthy Breast Tissue*

Iodine-HP is a high potency iodine supplement, supplying both iodine and iodide. As a result of decreased iodine status, due to the typical Western diet, sufficient thyroxine cannot be produced, thus negatively impacting thyroid function. The use of oral iodine/iodide can aid in circumventing this issue. Although approximately 80% of the dietary intake of iodine is sequestered by the thyroid gland, other tissues concentrate iodine as well. These tissues include the salivary glands, the gastric mucosa, the choroid plexus, the mammary glands and the ovaries. Published information suggests iodine/iodide helps to maintain healthy hydroxyl estrogen ratios as well.

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Discussion

Iodine is an essential trace element, recognized for its traditional role in thyroid hormone synthesis. Iodine is directly incorporated into thyroxine (T4) and the biologically active form of the thyroid hormone triiodothyronine (T3). Thyroid hormones regulate metabolism and energy production throughout the body and, in turn, affect core body temperature, growth, reproduction, protein synthesis (including the formation of hair and skin), and neuromuscular function.^[1,2]

In addition to its well-known role in thyroid health, iodine has antioxidant activity, and it plays a critical role in intellectual development, endocrine function, and breast and reproductive system health.^[2-8] Approximately 15-20 mg of iodine is concentrated in the thyroid and thyroid hormones, while 70% of the body's iodine is distributed in other tissues, including the mammary glands, ovaries, eyes, gastric mucosa, cervix, and salivary glands.^[3,8,9]

The US RDI for iodine is 150 mcg/d for adults, which governing bodies consider to be adequate. The tolerable upper limit is set at 1 mg/d. Among functional medicine practitioners, there is no consensus on the actual human requirement for iodine sufficiency. Some believe that individual iodine requirements hinge upon the exposure to or consumption of goitrogens—substances in food or the environment that interfere with iodine utilization or thyroid hormone production. Examples of goitrogens include toxic halides (fluoride and bromide), organochlorides, perchlorates, cabbage, Brussels sprouts, soybean isoflavones, and several other foods.^[1]

According to some iodine experts, the requirement of the whole human body for iodine is about 14 mg/d or more (6 mg/d needed for the thyroid gland, the rest for extra-thyroidal tissues).^[12] Although there is not a consensus, many experts agree that the focus of sufficiency cannot reside solely with the thyroid, but rather it must address whole body sufficiency.^[2] Doses ranging from 3 mg/d up to 50 mg/d have been used successfully in clinical practice.^[2,11,13] It is postulated that intakes that reflect those of seaweed-consuming Japanese would come closer to meeting whole body sufficiency. Furthermore, it is a little-known fact that under certain circumstances, high doses of potassium iodide (up to 130 mg) can be used to saturate the thyroid and protect it in the event of a nuclear accident.^[14]

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**



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Next to the thyroid gland, the breasts and ovaries concentrate the most iodine^[3,9] The relationship between breast health and iodine levels has been reported on for decades, and it has been proposed that inadequate iodine prohibits normal breast architecture to develop^[11] Moderately high doses of supplemental iodine have been used to promote breast comfort after animal and human studies suggested that such a protocol would have positive effects. A randomized, double-blind, placebo-controlled, multicenter clinical trial (N = 111) investigated the effect of suprathysiologic doses of iodine on breast health in women with normal thyroid function. The 3 and 6 mg/d doses resulted in significant improvement in breast comfort.^[5] According to Ghent et al, certain breast tissue “reacts differently to sodium iodide, protein-bound iodide and molecular iodine. Molecular iodine is nonthyrotropic and was the most beneficial.”^[4] It is important to note that individuals with a history of autoimmune thyroid pathologies were excluded from the study.*

Iodine-HP provides 12.5 mg of iodine per capsule, with a breakdown of 5 mg of molecular iodine and 7.5 mg of potassium iodide. The provision of 12.5 mg of iodine per capsule allows healthcare practitioners to easily titrate iodine dosage as required. Due to the “high-potency” dose of iodine in Iodine-HP, individuals should consult their healthcare practitioner prior to use regarding any medical conditions, including thyroid conditions, and any possible interactions with medications.

Supplement Facts	
Serving Size 1 Capsule	
Servings Per Container 90	
Amount Per Capsule	% Daily Value
Iodine (5 mg as molecular iodine, 5 mg as sodium iodide, and 2.5 mg as potassium iodide)	12.5 mg 8333%
*Daily Value not established.	

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Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, coconut oil powder, and silicon dioxide.

Suggested Use

1 capsule daily with food or as directed by a healthcare professional.

Warning

This product is not intended for long-term daily use. Use only as directed under the supervision of a doctor. Do not use this product if you are pregnant or nursing. This product is not intended for children below the age of 18 years. If you have a thyroid or other medical condition, or are taking prescription medications, consult your doctor before using this product. Thyroid function should be closely monitored by your doctor while using this product.

KEEP OUT OF REACH OF CHILDREN.

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