

Iodine Plus



Distributed by: Adaptogen Research
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Iodine Plus

Clinical Applications



- Support thyroid gland*
- Support breast tissue*
- Support prostate tissue*

Iodine Plus combines the two minerals iodine and selenium, in order to support healthy thyroid function. Iodine supports the balanced production of thyroid hormones, as well as the health of breast and prostate tissue. Selenium works together with iodine to support the normal conversion of thyroid hormones, thyroxine (T4) into triiodothyronine (T3), and supplies antioxidant protection to the thyroid gland.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

Iodine Plus contains potassium iodide for supporting normal thyroid function, including balanced production of thyroid hormones and the health of breast and prostate tissue.*

*Potassium iodide is a weak salt and easily splits apart in the gut, leaving free iodide ions to join together forming I2 iodine. The selenium in this product works synergistically with iodine to support the normal conversion of T4 into T3, and supplies antioxidant protection to the thyroid gland.***

Thyroid Gland

The thyroid gland (which is located in the front of the neck) requires iodine for the production of the thyroid hormones T4 and T3. These hormones stimulate vital processes in every part of the body, and have a major impact on growth, the use of energy and oxygen, heat production, the regulation of metabolism, fertility, immune regulation in the intestine, and the use of vitamins, proteins, carbohydrates, fats, electrolytes and water. Along with iodine, the conversion of the thyroid hormone T4 into T3 requires an enzyme that is dependent on the mineral selenium. Taking high doses of iodine long-term increases the need for selenium, which is why Iodine Plus includes both of these minerals in this formula.

Iodine Deficiency

Over the years, many health professionals have recommended the restriction of sodium from the diet in an attempt to reduce hypertension and cardiovascular disease. This restriction has led to a decline in iodine intake, since most salt on the market is "iodized salt," which is salt with added iodine. In addition, there are various brands of salt available today that are not enriched with iodine, which can also lead to an iodine deficiency.

Good sources of dietary iodine include iodized salt, seafood, kelp, seaweed, asparagus, spinach and Swiss chard. However, the body does not store iodine for long periods of time, so regular intake through diet, as well as additional supplementation, is important.

Breast and Prostate

Breast tissue, like the thyroid gland, has a high concentration of iodine. Iodine Plus helps stimulate the production of enzymes in the breast tissue, as enzymes found in breast tissue reacting with iodine have been shown to exert powerful antioxidant protection. Iodine has a similar effect on prostate health as well.

Supplement Facts		
Serving Size 1 capsule		
Amount Per Serving	% Daily Value	
Iodine (as Potassium Iodide)	10,000 mcg	6667%
Selenium (as Selenomethionine)	40 mcg	73%

Other Ingredients: Microcrystalline cellulose, cellulose (capsule).

Suggested Use: As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

Caution: If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product.

Keep out of reach of children.



***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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