

# 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/day
  - OR
  - 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***—50mcg
- ◆ ***Cataplex F (tablets)***—95mcg