

# The Essential Mineral You Didn't Realize You Were Missing!



Non-GMO



Gluten &  
Soy Free



Vegan  
Friendly



Satisfaction  
Guaranteed

**Up to 90% of Americans may be deficient in iodine!<sup>1</sup>**  
**Are you one of them?**

## Common Symptoms of Iodine Deficiency:

- Fatigue and weakness
- Lack of weight control or difficulty losing weight
- Swelling in the neck (goiter)
- Hair loss and dry, cracked skin
- Sensitivity to cold
- Sparse outer third of the eyebrows
- Lower than normal body temperature (especially when measured upon waking)

The current recommended daily amount (RDA) of iodine is 150-220 mcg per day and was determined in 1924 based on goiter prevention studies. But, while this amount may prevent goiter, that doesn't mean it's enough to cover the needs of the entire body.

## Did You Know...

*Our bodies need 100 times the iodine RDA to produce iodolactone - a substance required for normal cell apoptosis?*

*Our thyroids require 5,000-7,000 mcg each day to produce and regulate thyroid hormones?*

<sup>1</sup>Based on clinical findings and national studies (NHANES I, 1974, AND NHANES II, 2000) by the Centers for Disease Control and Prevention (CDC) designed to assess the ongoing health and nutritional status of adults and children in the U.S. Experts - Drs. Abraham, Brownstein, and Flechas - tested iodine levels in over 35,000 patients.

# How Iodine Supports Whole Body Health:

## Energy Production & Metabolism

Iodine is required to synthesize thyroid hormones that regulate metabolism, oxygenation, and energy production.

## Fetal & Childhood Development

Low maternal iodine levels in fetal development has been associated with higher levels of cretinism, mental retardation, autism, ADD, Sudden Infant Death Syndrome, ALS, and other Myelin disorders.

Iodine also supports the development of speech, hearing, and brain function.

## Reproductive Health

In addition to promoting healthy hormone balance, iodine is also used in the prevention and treatment of endometriosis, uterine fibroids, and ovarian cysts.

## Cardiovascular Health

Iodine may help reduce the amount of circulating cholesterol by supporting the production of calcitonin.

## Hormone Balance & Cancer

Iodine supports the balance and regulation of all hormones including estrogen production in female ovaries and male adrenal tissues. When unregulated, these hormones can stimulate the development of hormone-related cancers (breast, ovarian, uterine, and prostate cancers).

## Weight Management

Iodine is a vital nutrient used in making thyroid hormones. These hormones are responsible for weight management and metabolism.



Supplement Facts		
Serving Size: About 20 Drops		
Servings per container: 60		
	Amtt/Serv	% DV
<b>Lugol's Iodine Solution</b>	12.5mg	8333%
(as elemental iodine and potassium iodide)		
<b>Black Fulvic Acid</b>	70mg	†
Including Fulvic Macro, Micro and Trace Minerals and Elements, Vitamins, and Amino Acids.		
<b>Other ingredients:</b> Purified water		
†Daily Value not established.		



Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 90		
	Amount Per Serving	% DV*
<b>Lugol's Iodine</b>	12.5 mg	8,333%
(as elemental iodine and potassium iodide)		
<b>OTHER INGREDIENTS:</b> Green (Chlorophyll) Vegetable Capsules, Microcrystalline Cellulose		
†Daily Value not established.		

Check with your healthcare practitioner or supplement provider to purchase.

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