

## IODINE PATCH TEST

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Iodine Patch Test is an excellent test for assessing for iodine deficiency. Despite the fortification of our salt and food with iodine many people are iodine deficient. Iodine is essential for the proper synthesis of thyroid hormone in the body. Unfortunately iodine deficiency is widespread because of the prevalence of chemicals such as chlorine, bromine and fluoride in our environment and water supply. These chemicals will quickly deplete iodine from the body and interfere with iodine metabolism leading to a number of problems including hypothyroidism, lowered vitality, cognitive dysfunction, lowered immunity, and obesity. The iodine patch test is an easy method of assessing your iodine levels.

### **Instructions:**

1. You will use the bottle of topical iodine supplied by your physician or in the test kit. Remember this is to be used topically and not orally.
2. Paint the skin of the inside of your forearm or abdomen with a 2 inch square patch of 2% iodine solution, being careful not to get the solution on your clothes as it will stain. Note the time you put the iodine onto the skin on the form below.
3. Air dry the patch before putting clothes on.
4. You will need to monitor how quickly the patch fades.
5. Avoid soaking in hot tubs or baths for 24 hours, as the chlorine or bromine in the water will cause the iodine to patch to come off.
6. Note on the form below how soon after application the iodine patch has disappeared.

<b>Time Iodine Put on Skin</b>	<b>Time Color Disappears</b>	<b># of hours it took to completely disappear</b>