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Lugol's Solution (7% Iodine) - Information Sheet

Suggested Use: Adults:

Minimum maintenance use 3 drops daily = 12 mg (This is the daily amount of Iodine in the average Japanese diet)
Typical Suggested use: 12-50mg daily (3 to 12 drops). Some people may require up to 100 mg daily (25 drops for optimum effect). We suggest this as the upper level dose. Experiment with dose to find the right level for you. See the online article for more details.

For chronically sick individuals:

It is generally suggested to start at 3 drops daily, and gradually build up to 12 drops daily over a few weeks. Continue at 12 drops daily for 3 months (or longer if found to be appropriate for best response) and then reduce over a few weeks to 3 drops daily. However, some people may need to remain at higher dose levels. Factors requiring higher doses are the consumption of chlorinated, and also fluorinated water, and foods containing bromine, such as bread.

If you suffer from thyroid problems (Iodine is the main agent in therapy for over and under-active thyroid conditions) it is suggested you monitor temperature on rising (see Barn's Basal metabolic test in the online Iodine article). If you have a low thyroid and are taking thyroid medications, the use of Iodine will almost invariably increase your metabolic rate, necessitating, in most cases a reduction of your thyroid medications such as thyroxin. Monitoring Basal metabolic rate will give a more accurate overview of metabolic rate and thyroid function than blood tests for thyroid hormones.

For Chronic Infections, including Candida:

24 drops daily for one week, thereafter 12 drops daily until cleared. However, take into account considerations such as basal metabolic rate referred to above if continuing 12 drops or more daily for more than two weeks. For support during infections and detoxification reactions the companion product is **Zell Immunocomplex**. Acute infections may be resolved in shorter periods of time. See also the online article "Infections of all types. Effective solutions for their elimination".

For Pregnancy:

Iodine sufficiency is very important for pregnancy (also Zinc and for folic acid, Barley Grass Juice Powder) and helps foetal development, fertility, reduces miscarriage and developmental problems of the baby. Iodine sufficiency of the baby can help protect against vaccination damage to some extent and is also good for immunity, brain and intelligence development. See online article for more details. Some people will require Selenium supplementation for utilisation of Iodine and occasionally B vitamins also. Companion products are therefore **Zell Immunocomplex** (contains metabolic enzymes, full spectrum food state B vitamins, food state Selenium etc) and Food state **Selenium** tablets.

For Children:

Amounts suggested are as per adult instructions but relative to body weight. Example: a child weighing four stone i.e. 25 kilos is 1/3 the weight of a typical adult weighing 12 stone or 75 kilos, so divide the adult dose by 3, i.e. maintenance use 1 drop daily. A baby weighing 7 kilos relates to 1/10th the adult use i.e. one third of a drop daily, to accomplish this give one drop in feed every 3 days. For infections follow the same math's as for adults e.g. 30 drops a day for adult relates to 3 drops a day for an 8 kilo baby.

For best results:

Take at least 1 hour apart from anti-oxidant supplements including vitamin C. Take anytime except on a full stomach, e.g. anytime before meals or on rising or retiring. For relaxing effect take with fruit or vegetable juice. Otherwise take with water.

" If it should happen that your body becomes saturated with iodine, you will find that there is an increase of moisture in the nose. If this occurs, omit the iodine until the nose is normal." **J.C. Jarvis, M.D. - Folk Medicine** This does not mean that if you have general symptoms of a cold you should stop taking Iodine, as a detoxification reaction is common.

Disclaimer: Regenerative Nutrition advocates a holistic approach to natural health and wellbeing. The body's ability and power to heal depends upon the totality of diet, nutrition, lifestyle and environmental factors. Always consult a health care practitioner when combating disease states. No claim for the cure of any disease is intended, or implied nor do we claim that our products will treat, cure or prevent any disease.