

All Things Iodine

What is all the rage with Iodine? Should I take iodine supplements? Iodine is natural so it cannot hurt me right? There really is such a thing as iodine poisoning?

PLEASE GET TESTED BEFORE TAKING IODINE SUPPLEMENTS!

Overview

Iodine is a naturally-occurring chemical that is needed by the thyroid gland to produce thyroid hormones. Small amounts of iodine are needed for good health, but large doses can cause harm. More than 1,100 micrograms of iodine a day for adults can be dangerous, causing thyroid problems and other issues. Children are especially sensitive to the effects of iodine.

With so many 'influencers' talking about iodine and pushing iodine supplements, people are chasing this 'magic elixir', and it is continuing to gain traction. One thing we all need to be aware of is that there are contraindications with iodine, certain medical conditions and some medications. It is imperative that you be tested and consult with your doctor before starting iodine, and it is also responsible to consult your doctor before taking any supplements.

Before blindly following anyone please do your own research. We are seeing more and more anecdotal instances of individuals having major reactions to supplementing with iodine before being tested to see if it is needed. For anyone to make a blanket statement that EVERY person is deficient in iodine, (or any other mineral or nutrient), is not only incorrect and misleading but it can be dangerous.

Please review the links that will provide some insight and help to make responsible decisions regarding supplementing with iodine. If this can keep just one person from becoming ill or having any adverse reactions to iodine, or any supplement.....that makes this group even more invaluable than it already is!

Contraindications for iodine use include:

- Hypersensitivity to the drug or its components
- Excessive iodine intake, which can cause hypothyroidism
- Moderate to severe eye disease
- Suspicious thyroid nodules
- Pregnancy or desire to become pregnant in the next 12 months
- Need for quick control of hyperthyroidism

Iodine supplements can cause side effects such as:

- Nausea and vomiting
- Stomach pain and burning

- Runny nose
- Headache
- Diarrhea
- Metallic taste in the mouth
- Swelling of the lips and face
- Severe bleeding and bruising

Highest Iodine sources:

Iodine is an essential mineral you must get from your diet. Foods that contain iodine include dairy, seaweed, as well as certain fish, beans, and fruit.:

- Seaweed
- Cod
- Sardines
- Turkey Breast
- Iodized Salt
- Shrimp
- Tuna
- Eggs
- Yogurt
- Oysters

LINKS:

Iodine (OTC) [\(iodine\) dosing, indications, interactions, adverse effects, and more \(medscape.com\)](#)

Lugol's Side Effects [Lugol's Side Effects: Common, Severe, Long Term \(drugs.com\)](#)

Iodine - Uses, Side Effects, and More [IODINE: Overview, Uses, Side Effects, Precautions, Interactions, Dosing and Reviews \(webmd.com\)](#)

Everything You Need to Know About Iodine Poisoning [Iodine Poisoning: Symptoms, Seafood and Other Causes, Treatment \(healthline.com\)](#)

Hypothyroidism: Should I take iodine supplements? [Hypothyroidism: Should I take iodine supplements? - Mayo Clinic](#)

10 Uses for Iodine: Do Benefits Outweigh the risks? [Iodine Uses: Benefits, Side Effects, Recommendations, and More \(healthline.com\)](#)

What is iodine, and what is it used for? [Iodine: Thyroid Uses, Warnings, Side Effects, Dosage \(medicinenet.com\)](#)

How Iodine Poisoning Affects Your Body

<https://www.msn.com/en-us/health/nutrition/how-iodine-poisoning-affects-your-body/ar-AA1hlxiY?ocid=socialshare&cvid=31f24eee50604bd7f9687e267bf218fc&ei=83&sc=shoreline>