

break
through
to the
real you



Bio-vitality.com

by Alyssa Burns-Hill, MSc, FRSPH, MIHPE

Client Information

Iodine Support (90 vcaps)

£19.90

Iodine Support contains inorganic iodine in three beneficial forms: molecular iodine; potassium iodide and sodium iodide in a vegetarian capsule.

Iodine deficiency is a worldwide problem that has been recognised by the World Health Organisation. Amongst other things, deficiency will increase risk of breast, ovarian, endometrial and prostate cancer.

Iodine is essential for the formation of thyroid hormones and the thyroid gland contains the highest concentration of iodine in the body. But iodine is found in every cell in the body.

Iodine is well absorbed from the stomach into the blood. The body will not store iodine so it must receive iodine regularly from the diet.

What is iodine used for?

Iodine has anti-bacterial, anti-parasitic and anti-cancer actions and can be safely supplemented for improved health and well-being. It is actually essential for all hormone production in the body and to support proper immune system function.

Studies have shown that it is effective and helpful for:

- Lumpy, cystic breasts
- Cystic ovaries
- Excess mucous
- Fatigue
- Diabetes
- Haemorrhoids (piles)
- Migraines.....and more.

In addition, because of thyroid's role in fat and cholesterol metabolism, iodine and normal thyroid hormone levels are also thought to reduce the risk of arterial plaque.

It is best to adopt an iodine supplementation approach that includes vitamin and mineral supplementation as well as detoxification support. This is because iodine aids in the elimination of competing elements such as bromine, chlorine and fluoride, which have negative impacts on health. You, therefore, need to have functional detoxification pathways. (Please see our Liver Support and Calcium d-Glucarate for support with detoxification).

Food sources of iodine are fish (cod, seabass, haddock), shellfish and seaweed (kelp).

Suggested Use: 1 capsule daily. (This can be increased to 2 capsules daily if desired after 1 month).

Supplement Facts			
Serving Size Per Capsule			
Amount 1 Capsule	% Daily Value		
Iodine (2.5 mg as molecular iodine, 2.5 mg as sodium iodide, and 1.25 mg as potassium iodide)	6.25 mg	4167%	

This information service is not intended to make any claims or provide medical advice. Please www.bio-vitality.com for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at www.bio-vitality.com (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.



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Iodine Support (continued)

Caution: Dr Guy Abraham is a leading expert on iodine supplementation, he estimates that 1% of people taking supplements of 6.25 - 50mg/day may experience:

- Acne
- Headache
- Unpleasant brassy taste
- Increased salivation and sneezing

These levels of supplementation will induce a detoxification reaction in people with high bromide levels. (Symptoms include increased body odour and cloudy urine.)

This product was made in a GMP and ISO 9001:2000 registered facility.

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