



# Iodoral®

## High Potency Iodine/Potassium Iodide Supplement

Iodoral® is a tablet form of Lugol solution. One 12.5 mg tablet of Iodoral® supplies an amount of total elemental iodine comparable to the average daily intake of this essential element by mainland Japanese.\* Iodoral® tablets are formulated to prevent gastric irritation and the unpleasant taste associated with iodine.\*

### Key Features

- Tablet form of Lugol solution
- Available in three potencies: 6.25 mg, 12.5 mg, and 50 mg
- Original Dr. Abraham formulation



SKU #01505 · 6.25 mg · 90 Tablets



SKU #01501 · 12.5 mg · 90 Tablets  
SKU #01502 · 12.5 mg · 180 Tablets



SKU #01503 · 50 mg · 30 Tablets  
SKU #01504 · 50 mg · 90 Tablets

While people once maintained iodine adequacy via consumption of iodized salt and milk, many elect to avoid these consumables in their diet, increasing the risk of iodine deficiency. The soils is depleted of this mineral in mountainous regions, locations with frequent flooding, and inland regions of central Asia, Africa, central and eastern Europe, and the Midwest region of the US.

Administration of iodine/iodide in liquid solution is not very accurate, may stain clothing, has an unpleasant taste and can cause gastric irritation. Iodoral® is a precisely quantified tablet form containing 5 mg iodine and 7.5 mg iodide as the potassium salt. To prevent gastric irritation, the iodine/iodide preparation is absorbed into a colloidal silica excipient (Micosolle®), and to eliminate the unpleasant taste of iodine, the tablets are coated with a thin film of pharmaceutical glaze.\*

Iodine is an essential element. It primarily supports the thyroid gland, but other organs in the body have a need for iodine in order to function normally.\* During the early 1900's, the iodine/iodide solution called Lugol solution was used extensively, effectively, and safely in medical practice, for both low activity and above normal activity of the thyroid gland.\*

The recommended daily intake for iodine supplementation was 2 to 6 drops of Lugol solution, providing 12.5 to 37.5 mg total iodide. That amount was mentioned as lately as 1995, in a book on pharmaceutical sciences.

Japanese women living in Japan consume a daily average of 13.8 mg total elemental iodine and some research suggests this is an important factor for their relative health.\*In the 1960's, one slice of bread in the USA contained 0.15 mg iodine, but over the last 2 decades, iodine was replaced by bromine in the bread making process. Bromine may block thyroid function and may interfere with iodine in the body.\*

## References:

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 Zimmermann MB. Iodine and iodine deficiency disorders. In: Erdman JWW, Macdonald IA, Zeisel SH, eds. Present Knowledge in Nutrition. 10th ed: John Wiley & Sons; 2012:554-567.  
 Andersson M, et al. Global iodine status in 2011 and trends over the past decade. J Nutr. 2012 Apr;142(4):744-50.  
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**Warning for all Iodoral® Formulas:** If pregnant or nursing, consult your healthcare practitioner before use. Keep out of reach of children. Do not use if you have an iodine sensitivity, or if you are taking anti-hypertension or anti-thyroid medications. Discontinue use if you develop swollen salivary glands, stomach upset, or skin rash.

## Iodoral® 6.25 mg SKU #01505 (90 tablets)

### Supplement Facts

Serving Size:	1 Tablet	
Servings per Container:	90	
		<b>% Daily Value*</b>
Total Iodine/Iodide	6.25 mg	4167%
Iodine	2.5 mg	
Iodide (as Potassium Salt)	3.75 mg	

\*Percent Daily Value based on a 2000 calorie diet

Other ingredients: Micosolle® Blend (potassium hydroxide, silicon dioxide, magnesium sulfate heptahydrate, polysorbate 80, citric acid), microcrystalline cellulose, vegetable stearins and pharmaceutical glaze.

**Suggested Use:** Take one tablet per day or as directed by a physician.

## Iodoral® 12.5 mg SKU #01501 (90 tablets) SKU #01502 (180 tablets)

### Supplement Facts

Serving Size:	1 Tablet	
Servings per Container:	(#01501) 90, (#01502) 180	
		<b>% Daily Value*</b>
Total Iodine/Iodide	12.5 mg	8333%
Iodine	5 mg	
Iodide (as Potassium Salt)	7.5 mg	

\*Percent Daily Value based on a 2000 calorie diet

Other ingredients: Micosolle® Blend (potassium hydroxide, silicon dioxide, magnesium sulfate heptahydrate, polysorbate 80, citric acid), microcrystalline cellulose, vegetable stearins and pharmaceutical glaze.

**Suggested Use:** Take one tablet per day or as directed by a physician.

## Iodoral® IOD-50 SKU #01503 (30 tablets) SKU #01504 (90 tablets)

### Supplement Facts

Serving Size:	1 Tablet	
Servings per Container:	(#01503) 30, (#01504) 90	
		<b>% Daily Value*</b>
Total Iodine/Iodide	50 mg	33333%
Iodine	20 mg	
Iodide (as Potassium Salt)	30 mg	

\*Percent Daily Value based on a 2000 calorie diet

Other ingredients: Micosolle® Blend (potassium hydroxide, silicon dioxide, magnesium sulfate heptahydrate, polysorbate 80, citric acid), microcrystalline cellulose, vegetable stearins and pharmaceutical glaze.

**Suggested Use:** Take one tablet per day or as directed by a physician.