

# Iodine Plus



## Clinical Applications

- Supports Thyroid Gland\*
- Supports Breast Tissue\*
- Supports Prostate Tissue\*

**Iodine Plus** combines the two iodine and selenium, to support healthy thyroid function. Iodine supports the balanced production of thyroid hormones, as well as the health of breast and prostate tissue. Selenium works together with iodine to support the normal conversion of thyroid hormones, thyroxine (T4) into triiodothyronine (T3), and supplies antioxidant protection to the thyroid gland.

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

## Discussion

Potassium iodide is a weak salt and easily splits apart in the gut, leaving free iodide ions to join forming I<sub>2</sub> iodine. The selenium in this product works synergistically with iodine to support the normal conversion of T4 into T3, and supplies antioxidant protection to the thyroid gland.

Iodine deficiency can be a major contributor to the cause of congenital hypothyroidism and goiter. Congenital hypothyroidism can lead to mental retardation, lower IQ, and stunted growth. Symptoms typical of iodine deficiency include cold extremities, fatigue, insomnia, dry eyes, frequent crying, weight gain, cracking heels, and palpable tenderness in the sternum. Over the years, sodium restriction, as directed by many health professionals to reduce hypertension and cardiovascular disease, has led to a decline in iodine intake. Many brands of salt today are not enriched with iodine. A goiter is often the result of the thyroid gland becoming enlarged to compensate for a lack of iodine. Currently, 200 million people are affected by goiters. Good sources of dietary iodine include iodized salt, seafood, kelp, seaweed, asparagus, spinach, and Swiss chard. However, the body does not store iodine for long periods of time, so regular intake through diet, and possibly supplementation, is important.

**Thyroid Gland** The thyroid gland (which is in the front of the neck) requires iodine to produce the thyroid hormones T4 and T3. These hormones stimulate vital processes in every part of the body, and have a major impact on growth, the use of energy and oxygen, heat production, the regulation of metabolism, fertility, immune regulation in the intestine, and the use of vitamins, proteins, carbohydrates, fats, electrolytes, and water. Along with iodine, the conversion of the thyroid hormone T4 into T3 requires an enzyme that is dependent on the mineral selenium. Taking high doses of iodine long-term increases, the need for selenium, which is why Iodine Plus™ includes both minerals in this formula.

**Iodine Deficiency** Over the years, many health professionals have recommended the restriction of sodium from the diet to reduce hypertension and cardiovascular disease. This restriction has led to a decline in iodine intake, since most salt on the market is "iodized salt," which is salt with added iodine. In addition, there are various brands of salt available today that are not enriched with iodine, which can also lead to an iodine deficiency.

Good sources of dietary iodine include iodized salt, seafood, kelp, seaweed, asparagus, spinach, and Swiss chard. However, the body does not store iodine for long periods of time, so regular intake through diet, as well as additional supplementation, is important.

**Breast and Prostate:** Breast tissue, like the thyroid gland, has a high concentration of iodine. Iodine Plus helps stimulate the production of enzymes in the breast tissue, as enzymes found in breast tissue reacting with iodine have been shown to exert powerful antioxidant protection. Iodine has a similar effect on prostate health as well.

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

Absolute Health  
7350 SW 60th Ave., Suite 2  
Ocala, FL 34476  
www.AbsoluteHealthOcala.com

Iodine Plus



# Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Iodine (as Potassium Iodide)	10,000 mcg	6667%
Selenium (as Selenomethionine)	40 mcg	73%

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule).

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. KEEP OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

## Directions

As a dietary supplement, take one capsule per day, or as directed by your healthcare provider.

## Does Not Contain

Free of the following common allergens: lactose, starch, milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans or other fillers that can cause digestive intolerance. Contains no artificial colors, flavors, or preservatives.



## References

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