



# IODINE PROTOCOL



## DAILY SUPPLEMENT REGIMEN

*\*Indicates take at same time as iodine*

- Lugol's Iodine Solution 2% (Take morning or early afternoon)\*
- Iodine Activator\*
  - Selenium 200mcg • Vitamin B2 100mg • Vitamin B3 500mg

Magnesium 400-1200mg\* (Take at night)

- Unrefined salt / Celtic sea salt 1-1.5 tsp\*
- Vitamin C / Ascorbic Acid 3,000-6000mg (3 hours apart from Iodine)

## IODINE DOSAGE RECOMMENDATION

1. Add roughly 4-8oz of water, juice, or coffee to a cup. (Optional add 2-3 pinches of unrefined salt (Helps iodine absorb))
2. Start off slowly with lugols 2% iodine solution, it will take some time for your body to detox from the toxic halides, can take up to two years at 50mg a day. Start with 5 drops a day (12.5mg iodine/iodide) the first week. Progressively increasing dosage by (12.5mg) each week till you make all the way up to 20 drops a day (50mg of iodine/iodide). The recommended daily allowance (RDA) for iodine in the United States is .15mg. However, in the midland region of Japan, the daily consumption of iodine is typically 13.8mg - which is 92 times more than the RDA in the US. Studies have found that Japanese people have significantly lower rates of endometrial, ovarian, and prostate cancers. There is a potential link suggested in medical literature between these lower cancer rates and higher iodine consumption.

Week	Dosage	Drops
One	12.5mg (Iodine/Iodide)	5
Two	25mg (Iodine/Iodide)	10
Three	37.5mg (Iodine/Iodide)	15
Four	50mg (Iodine/Iodide)	20

## NOTES:

- Vitamin C helps your body process iodine. NEVER TAKE IODINE WITH VITAMIN C IN THE SAME SETTING they create a chemical reaction changing the composition of the iodine, space them out by at least three hours apart.
- Vitamin B2/B3 works well with the protocol if you are low on energy. B2/B3 are vital in creating ATP which is cellular energy. Magnesium plays a role in fueling the whole energy process.
- Throw away your fluoride toothpaste and start using fluoride-free toothpaste. Consider investing in water filtration, most city water companies add fluoride and other halides to the water.

## TESTING: Iodine 24hr Loading Test (optional)

First, you will take a 50mg iodine/iodide pill in the morning collect all of your urine in 24hr span. If urine has 90%> of the 50mg tablet your are sufficient in iodine if you are 90%< you are deficient in iodine. <https://www.hakalalabs.com>



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