

Lugol's Iodine Plus & Lugol's Iodine

User Guide



Ok with Food



Take with Filtered Water



Do not take within 3 hours of bedtime



No meds 30 min before or 2 hours after taking Lugol's Iodine



Do Not take IODINE with Probiotics



Best if taken in the Morning



4 to 8 oz



Can be taken with Dr. Tennant's® RESTORE

1 Capsule a Day



Best if taken in the Morning



6 oz



Best if taken with Dr. Tennant's® RESTORE and/or Fulvic Super-Concentrate

4 Drops a Day



Information provided is suggested use only. Consult with your healthcare provider and modify as needed. Some medication can be impacted by supplements.



Visit Our Website
to learn more!

Have you tried our shaker bottle?
You'll love it!

REV 7/2023

