

# ALL ABOUT IODINE

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Iodine is a mineral essential for proper functioning of the thyroid gland and synthesizing its hormones. It helps to support and regulate many of the body's processes such as growth, development, metabolism and reproduction. Iodine deficiency, however, is a growing yet preventable global health issue. Deficiency manifests in disorders including breast cancer, fibrocystic body tissue, brain damage, mental health issues, hypothyroidism, goiter (enlarged thyroid glands) and the painful Raynaud's Phenomenon (lack of circulation to the fingers and toes)\*\*.

The role of adequate intake of iodine in fibrocystic breast disease and the development of breast and stomach cancer is an area of active research\*\*. It is especially important for pregnant women to consume the proper amount of iodine for growth and development of their child. Lack of iodine may lead to cretinism, which results in mental and/or physical retardation of the fetus and possibly infant mortality\*.

The best delivery system to our body, of any type of supplement, is through our diet. Foods that contain iodine include; seaweed such as kelp, seafood (cod, shrimp, tuna), potatoes, eggs and certain dairy products (cow's milk).

But as important as iodine foods in the diet may be, it is equally beneficial to be aware of foods that counteract the absorption of iodine. These include coffee, tea, cola, and chocolate, broccoli, soybeans and soy products such as tofu, soybean oil, soy flour, soy lecithin, brussels sprouts, strawberries, peanuts, cauliflower and cabbage as well as many prescription medications\*\*. These foods and meds that interfere with iodine uptake by our bodies are called goitrogens. For a longer list of goitrogenic foods and medications see reference \*\*\* below.



If it isn't possible to get an adequate amount of iodine through food, another convenient and effective way is to supplement this mineral through multivitamins or therapeutic doses of liquid iodine, taken on a daily basis. There is of course, a limit to everything that we put in our body, so it is just as important to take doses as directed and not to overdo it. The following are some easy to follow guidelines on the proper amount of iodine to maintain healthy thyroid functioning\*.

**Cambridge Naturals now carries a 2 fl oz Liquid Iodine Supplement** (Potassium Iodide) made by for us by *Vitality Works*. Liquid Iodine may be taken at 2 or 3 drops daily and **Liquid Iodine with Kelp** at 10 or 12 drops/day as a great way to supplement iodine in your daily routine.

## Recommended Dietary Allowance

Infants 0-6 months	110 mcg/day
Infants 7-12months	130 mcg/day
Children 1-3 years	90 mcg/day
Children 4-8	90 mcg/day
Children 9-13	120 mcg/day
Teens 14-18 years	150 mcg/day
Adults 19+years	150 mcg/day
Pregnant Women	220 mcg/day
Breast-Feeding Moms	290 mcg/day

## Maximum (Upper Limit)

Infants 0-6 months	*Not Est.
Children 1-3	200 mcg/day
Children 4-8	300 mcg/day
Children 9-13	600 mcg/day
Teens 14-18 years	900 mcg/day
Adults 19+years	1,000 mcg/day

\* <http://lpi.oregonstate.edu/infocenter/minerals/iodine>,

\*\* <http://en.wikipedia.org/wiki/Iodine>

\*\*\* <http://en.wikipedia.org/wiki/Goitrogen>