

Iodine Absorption Test

Applying **2% Tincture of Iodine** to your skin is an efficient and economical method of determining a metabolic deficiency of iodine. **If the "brown" stain fades in 24 hours or less**, it indicates that iodine is likely not sufficient to normalize thyroid hormone production. Even if you are taking thyroid hormone orally, low iodine can prevent your thyroid from functioning properly.

Directions

- In the office, apply a 3" spot of 2% Tincture of Iodine to inner forearm.
- Expose to air until dry, so that it will not stain clothing.
Examine the spot every 2 hours.
- Determine how many hours it took for the iodine spot to disappear completely.
Record results below.
- **Do not use if you have a known allergy to iodine.**

Optimum:

24 Hours or more

Iodine Disappeared in _____ hours.