

Iodine Protocol

Iodine Supplementation Protocol with Companion Nutrients

Update: from October 2007 Iodine Conference

as referenced from <http://breastcancerchoices.org>

Engtovo's comments in blue

Iodoral 50 mg minimum for breast cancer (may start at much lower dose). Take with food. Some practitioners may recommend another form of iodine such as Lugol's solution. Iodoral is the Lugol's formula in tablet form especially designed to avoid gastric irritation

Some people start with only 1/2 iodoral (6.25 mg) but most start with a whole tablet 12.5 mg. I started at 25 mg with no problems. Some people who start at a low dose and don't feel good, feel better going straight to 25 or 50 mg there is no rule on how to dose yourself.

A note on supplement timing; Some people choose to split their iodine dose as well as other supplements. It is ok to do this but some people are sensitive to the energy aspect of iodine and may not be able to sleep if they take after 2 pm. I don't split my dose I take it with breakfast but I have on occasion taken it in the afternoon with no problems. I have heard of some people taking a dose with breakfast and another before bed so it is an individual thing. Some people feel the need to take antioxidants separate from the iodine at least 2-3 hours after the iodine. Others take them together. The debate is that vitamin C can turn elemental iodine into potassium iodide. If you mix lugol's into a glass of high vitamin C juice you will notice the color disappear. Generally Iodoral is coated to go into the intestine so it may not really be an issue to take a vitamin C capsule with an iodoral pill as the vitamin C will dissolve in the stomach. I take my main mix of vitamins with a meal late afternoon or early evening so mine is split anyway but it is something to consider.

You can buy Iodoral at the Breast Cancer Choices link above or through multiple retailers at amazon.com

Vitamin C – 3,000 mg per day (more may be necessary to detox bromide).

I only take 2000 mg because I have low bowel tolerance to vitamin C

Magnesium oxide 300-600 mg or comparable magnesium supplement.

A lot of people tend to skip this one or think it is not important, there also seems to be a tendency to try and take too much calcium with this. I would recommend not using oxide as it is the most irritating. I use an aspartate, citrate combo in pill form but even more importantly a magnesium oil (magnesium chloride in water) on my skin daily as well. I take approx 525 mg in pill form. Some people are out of balance with their magnesium / calcium and it seems that people who are iodine deficient seem to commonly be magnesium deficient. I have a theory perking that magnesium may bind to fluoride and help remove it from the body thus making it even more important to get lots while doing the iodine protocol.

Selenium 200 mcg

I found this on the internet and the people in the iodine yahoo list agree with this – The form of selenomethionine that the body can use is L-selenomethionine. L-selenomethionine is better absorbed and better incorporated into body components than any other known form of selenium

ATP Co-factors

Dr. Brownstein and Dr. Abraham strongly recommend these but they are not absolutely required on the protocol.

Niacin 500 mg (B3) twice a day. (NOT niacinamide) Start lower to avoid flush.
or no flush Inositol Hexanicotinate

Vitamin B2 100 mg three times a day.

These two are also in a combo that optimox the makers of Iodoral make called ATP cofactors. I am taking 100 mg B-2 and 250 mg B-3 with my iodine in the morning in addition to my B-100 in the afternoon.

Celtic Sea Salt The Protocol as written does not address the use of salt. Dr. Brownstein recommends using 1/2 tsp unrefined salt per day plus generous use on foods as a base amount of salt. Avoid all processed salt or food with processed salt. This amount of salt is just what your body needs and is not *salt loading* for bromide detox any salt used for salt loading would be in addition to this salt. Unrefined salt is never white, it is grey or pink. Celtic salt, Redmonds Real Salt, and many Himalayan Pink salts are all unrefined. Hain sea salt is refined and should not be used.

Since I don't salt many foods, my base of salt to feel well and keep my lymph flowing is about 1 to 1 1/4 tsp a day. I take in capsules with my other supplements.

A comprehensive vitamin and nutrition program.

(Feb 2008) Dr. Guy Abraham cautions that "excess calcium supplementation (2,000-3,000 md/day) has been the most common cause of poor response to iodine supplementation." Vitamin Research News Vol. 22. Number 2.

What is a comprehensive vitamin and nutrition program?

I'll share what I take in addition to the protocol as a basic example. Each Person's needs are unique but I would say D-3 is a must have for everyone.

Vitamin A 8,000 IU

Vitamin E 800 IU Mixed Tocopherals (alpha, gamma & delta)

I had been taking 400 and was having bad night sweats and someone on the list suggest upping my E to 800 and it stopped the sweats in about a week.

B Vits B-100

B-12 1000 mcg sublingual Methylcobalamin

Vitamin D-3 5000 IU

Magnesium / Calcium

Solaray Magnesium Aspartate 400 mg

Now coral calcium plus (has 250 mg calcium, 125 magnesium, 200 iu vit d)

Transdermal magnesium oil I use generously every day after may shower

For several months I used no calcium at all I knew I had calcium deposits in my soft tissue one of several symptoms of magnesium deficiency and we have water with high calcium so I waited until I intuitively felt I should add some and then chose one that had a low dose. For years the family took a combined cal mag zinc supplement and so I never considered I could be magnesium deficient but we get a lot of calcium in the diet and the ratio needs to be correct don't allow mainstream hype to think you have to take a lot of calcium or that you should be taking it in a particular ratio. The ratio that matters is the ratio *in your body!*

Zinc 50 mg

Copper 2 mg

Potassium 198 mg watch this with your unrefined salt intake if you are salt loading you may need to eat some banana or something. (I am currently experimenting with some potassium bicarbonate)

L-Tyrosine 500 mg

This is not shown in the iodine protocol on breastcancerchoices.org but when I started the iodine I saw this listed somewhere online with the selenium

Silica 600 mg

MSM 2000 mg

C0-Q-10 100 mg

Lutein 20 mg

Bilberry 1000 mg

Flax Oil for Omega 3

Lethicin 1000 mg

Chlorella for detoxing

Primal Defense 6 per day probiotic for gut health and candida

Candex candida enzyme formula 4 per day