

Iodoral®

by Optimox Future Formulations

One 12.5 mg. tablet of Iodoral supplies an amount of total elemental iodine, comparable to the average daily intake of this essential element by mainland Japanese, a population with a very low prevalence of fibrocystic disease of the breast and breast cancer.

Iodine is an essential element. Although its main function is in the production of thyroid hormones by the thyroid gland, other organs in the body have a need for iodine in order to function normally. Adequate iodine levels are necessary for proper immune function. Iodine contains potent antibacterial, antiparasitic, antiviral and anticancer properties. Several studies have demonstrated a relationship between low iodine intake and fibrocystic disease of the breast (FDB), both in women and laboratory animals. During the early 1900's, the iodine/iodide solution called Lugol solution was used extensively, effectively and safely in medical practice, for both low activity and above normal activity of the thyroid gland.

Several investigators have shown convincing evidence connecting inadequate iodine intake and breast cancer ⁽⁶⁾. Japanese women living in Japan consumed a daily average of 13.8 mg total elemental iodine and they experience one of the lowest prevalence (risk) for breast, ovarian and uterine cancer ⁽⁶⁾. In the 1960's, one slice of bread in the USA contained the full RDA of 0.15 mg iodine. The risk for breast cancer was then 1 in 20 ⁽⁷⁾. Over the last 2 decades, iodine was replaced by bromine in the bread making process. Bromine blocks thyroid function and may interfere with the anticancer effect of iodine on the breast ⁽⁴⁾. Now, the risk for breast cancer is 1 in 8 and increasing 1% per year.

Administration of iodine/iodide in liquid solution (e.g. Lugol) is not very accurate, may stain clothing, has an unpleasant taste and causes gastric irritation. **Iodoral®** is a precisely quantified tablet form containing 5 mg iodine and 7.5 mg iodide as the potassium salt. To prevent gastric irritation, the iodine/iodide preparation was absorbed unto a colloidal silica excipient; and to eliminate the unpleasant taste of iodine, the tablets were coated with a thin film of pharmaceutical glaze.

Ingredients: 5 mg iodine and 7.5 mg iodide as the potassium salt

Directions for Use: Take 1 tablet daily. Report to your physician any history of thyroid surgery and/or radiation, chronic lymphocytic thyroiditis (Hashimoto), and any previous problem with your thyroid. If you are taking thyroid hormones, let your physician know about it. Be aware that **Iodoral®** enhances the response of your body to thyroid hormones. You may need to cut down the amount of thyroid hormones if you experience palpitation, anxiety, increased sweating and intolerance to heat. That is because **Iodoral®** decreases your need for thyroid hormones. Your physician will guide you in titrating downward the amount of thyroid hormones.

Potential Side Effects: Ingestion of iodine and/or iodide has been associated with certain complaints. If you experience any of the following, stop ingesting **Iodoral®** and contact your physician: acne-like skin lesions in certain areas of your body, headache in the frontal sinus, unpleasant brassy taste, increased salivation and sneezing. If you experience any unusual symptom since starting on **Iodoral®**, contact your physician.