



## Iodine Patch Test

Low thyroid, or hypothyroidism, is one of the leading causes of weight gain and obesity in the United States today. The thyroid stores 3–4 months supply of iodine. Iodine is crucial to thyroid health. Many people have slight hypothyroidism and not even aware of it. To make sure you are getting adequate iodine so you can boost your thyroid thus boosting your metabolism, try this easy at home patch test to see if you are deficient in iodine.

1. Purchase a 1 oz. tincture of iodine from your local pharmacy or online. Be sure to get the iodine tincture and not iodine solution. This should be around \$1–2 at your local CVS or pharmacy. Make sure to get the brown iodine and not the clear.  
\*This iodine cannot be taken orally. It is only for a topical use. If you are deficient in iodine you will need an edible iodine to supplement your diet.
2. Using a Q-tip, paint a quarter-sized circle of iodine from the vial on the inside portion of your arm, your stomach, or another soft area of the skin where it is not likely to rub off.
3. Watch the spot over the next 24 hours and take note of how quickly it fades.
4. If the iodine fades within 24 hours this could be an indication that it's being absorbed by your body due to an iodine deficiency. Many doctors feel that if it fades within 12 hours that you are very iodine deficient.
5. If it fades within 24 hours it may be a good idea to supplement with an ingestible form of iodine (not the type of iodine that you used to do the patch test). If it fads within 12 hours that could mean that you are very iodine deficient. It is said that the faster that it fads, the more iodine deficient you are.

It's a good idea to talk about your findings with your health care practitioner before starting you iodine supplement.

My favorite place to order Iodine Supplements is from [www.TryVrp.com](http://www.TryVrp.com).

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.