

SSKI

Search WhyIodine...



SSKI is distilled water with as much Potassium Iodide (KI) as the water can hold. It's 'Super Saturated' due to the extra KI salt crystals that are not able to become suspended.



Potassium Iodide AKA:

- KI
- SSKI
- Pima syrup
- ThyroSage
- ThyroShield.

SSKI only contains Potassium Iodide(KI) and distilled water, and is clear/yellowish.

Because it's clear, this makes SSKI a great option for [transdermal](#)  applications.

If the dark color of [Lugols](#)  is not an issue, Lugols is a better option while attempting to reach iodine saturation, heal and purge toxins. Some parts of our body require either of the forms in Lugols.

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I had no idea how any of this worked when my health crashed about 7 years ago. I share info that helped me wrap my head

about 7 years ago. I share into that helped me wrap my head around this situation and finally move forward.



Micah Coffey



Continue reading...

I struggled with iodine and it's detox for years. I have compiled this website in hopes that my journey might make yours a little easier.

The Iodine Index

Join us in the Iodine for Beginners group on Facebook

Iodine for Beginners

Help me help you

I've been compiling information about iodine since 2016.

Due to everyone being so different, and iodine being such an important part of healing, iodine requires a lot of content from a lot of different angles.

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By using links to Amazon, Seeking Health, eBay, and others, funds may be generated that I can use to cover hosting and others expenses, and maybe take wifey out to dinner. Thanks in advance.

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