

Product Description

Lugol's is more than an iodine supplement to support thyroid function and overall good health.

Named after French physician Jean Lugol who first made the solution in 1829, Lugol's iodine has become a staple for natural healthcare and first aid. Lugol's simple formula of elemental iodine, potassium iodide, and water has been featured in the World Health Organization's Model List of Essential Medicines, which recognizes the most effective and safe medicines that meet the most important needs in a healthcare system.

The Many Uses Of Lugol's Iodine



Lugol's Iodine Veggie Wash

It's paramount to eat clean produce. Rinsing with water alone is not enough when it comes to washing the fruits and vegetables you buy at the market. Fruits and vegetables are potential sources of illness. Take extra care in washing organic food that is often fertilized with manure and especially fruits and vegetables that are eaten raw.

Veggie Wash Directions: Place 2 quarts (2L) of water in a bowl and add 1 dropper full of Lugol's to make an approximately 12 ½ ppm iodine solution. Add 2 droppers full of Lugol's to make an approximately 25 ppm iodine solution.

Completely submerge produce for 1 minute or more. Agitate food well. Rinsing is optional. DO NOT SAVE the water for later use. It will lose its potency and color. Add more Lugol's once the water turns clear.

The CA Health Code states that the 25 ppm concentration qualifies as a sanitation solution for restaurants and is as strong as a 100 ppm chlorine solution.*



Lugol's Iodine for Upset Stomachs

Foods prepared in unsanitary conditions can make you sick. Always keep in mind that Lugol's iodine offers digestive support and defense against foodborne pathogens. At the first sign of digestive trouble, mix 12 drops of Lugol's iodine in ¼ cup of water. After 1 hour drink another dose if needed. Take up to 4 doses per day. You may start to feel better within minutes!*

If upset stomach or discomfort becomes severe or persists for more than 24 hours, consult your healthcare professional.

Don't let an upset stomach caused by questionable food run its course. Don't let *H. pylori* bacteria and other unwelcome guests cause more damage.

= 30 mg/dose! = 120 mg/day



Common Uses of Lugol's Iodine

- Treatment of iodine deficiency. Low iodine contributes to goiter, cretinism, and underactive thyroid (hypothyroidism).
- Treatment of overactive thyroid (hyperthyroidism). Iodine shrinks the thyroid gland to normal size and regulates the production of thyroid hormones.
- After exposure to radiation supplemental iodine blocks the thyroid from absorbing radioactive iodine. This protects the thyroid from damage and reduces the risk of thyroid cancer caused by radiation.
- Disinfects wounds to the skin when applied topically.
- Emergency disinfection of drinking water.