



Iodine Testing in Dried Urine

The Iodine Challenge

Approximately 2 billion people are iodine deficient. Iodine deficiency is resurfacing in developed countries like the U.S. and Western Europe as efforts are made to reduce the consumption of iodine-containing salt and foods (eggs and dairy) to lower blood pressure and blood lipids.

Adequate iodine is essential at all stages of life

In the developing foetus, an adequate iodine supply from the mother is essential for thyroid hormone production, which is vital for proper neurological development. In children and adults, iodine deficiency can lead to lower thyroid hormone synthesis and consequent symptoms and conditions of hypothyroidism.

High iodine levels can be problematic

High iodine levels, resulting from consumption of high iodine containing foods (e.g., seaweed) or iodine medications or supplements, can also disrupt normal thyroid function.

How much iodine is needed for optimal thyroid Health?

The World Health Organisation (WHO) and other international organisations recommend consumption of 150 µg of iodine daily for non pregnant adults and have set 1,100 µg as the upper level of tolerance.

Iodine's Role in Extrathyroidal Tissues

Iodine serves many different and protective roles in the body, including those of an antioxidant, antimicrobial, anti-proliferative, and anti-carcinogen. Iodine also forms bioactive conjugates with lipids and proteins, enabling it to function as an antiproliferative and prevent abnormal benign growths as well as cancers.

Iodine helps prevent infection

Iodine's effectiveness as an antimicrobial has been known for over a hundred years as it has been used for preoperative surgical skin preparation to prevent infection. Iodine from the bloodstream concentrates in a broad spectrum of tissues that are repeatedly exposed to infectious organisms. Uptake of iodide by these tissues and enzymatic formation of reactive iodine compounds serve the role of a protective antimicrobial, working in concert with the immune system.

We are here to help

If we can help in any way just call UK 01580 201 687 or Denmark +45 33 75 1000. Our highly experienced Nordic Laboratories Practitioner Support Team will be more than happy to provide you with assistance, including ordering test kits and checking on test progress.

