

# Iodine (potassium iodide)

Supports healthy thyroid function<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Thyroid health and function support<sup>†</sup>

## BENEFITS

- Supports the formation of thyroid hormones<sup>†</sup>
- Promotes metabolic function<sup>†</sup>
- Enhances mitochondrial activity and enzyme synthesis<sup>†</sup>

## FEATURES

- Small, easy-to-swallow capsules
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones.<sup>1,2</sup> Thyroid hormones have the ability to cross cell membranes, thereby supporting all cells of the body.<sup>3</sup> In the cell, they promote metabolic function by enhancing mitochondrial activity and enzyme synthesis, especially in tissues and organs such as muscle and the liver.<sup>4†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Pure Encapsulations Iodine is from potassium iodide
- Iodide is derived from salt brine
- Hypo-allergenic plant fiber is derived from pine cellulose
- Each capsule typically contains 74 mcg potassium

## NOTES

Size 3 caps

Bottle count 120

Order code IO1

Bottle size 120 cc

## REFERENCES

1. Gardner DF, et al. *Clin Endocrinol (Oxf)*. 1988 Mar;28(3):283-8.
2. Pedersen KM, et al. *J Clin Endocrinol Metab*. 1993 Oct;77(4):1078-83.
3. DeMartino GN, Goldberg AL. *Proc Natl Acad Sci U S A*. 1978 Mar;75(3):1369-73.
4. DeMartino GN, et al. *Proc Natl Acad Sci U S A*. 1978 Mar;75(3):1369-73.

## SUPPLEMENT FACTS

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Iodine (as potassium iodide) 225 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)



Iodine (potassium iodide)	Quantity	Order Code
	120	IO1

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