http://www.bloodrootproducts.com/LugolsIodineSolution5percent\_p/564.htm

|  |  |
| --- | --- |
| [**Lugol's Iodine Solution**](http://www.bloodrootproducts.com/LugolsSolutionsofIodine_s/58.htm) **>**  http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif   Lugol's 5% Iodine Solution With 10% Potassium Iodide 1 fl oz http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | |
| |  |  |  | | --- | --- | --- | | [Lugol 5% Iodine with 10% Potassium Iodide](http://a248.e.akamai.net/origin-cdn.volusion.com/bgtov.kdtng/v/vspfiles/photos/564-2.jpg) [http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/buttons/btn_largerphoto.gif](http://a248.e.akamai.net/origin-cdn.volusion.com/bgtov.kdtng/v/vspfiles/photos/564-2.jpg)   |  | | --- | | [http://passets-cdn.pinterest.com/images/about/buttons/small-p-button.png](http://www.bloodrootproducts.com/LugolsIodineSolution5percent_p/564.htm) | |  | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/PBox_Border_Left_Top.gif | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/PBox_Border_Right_Top.gif | | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Iodine is essential for a healthy thyroid and for other health body functions.   |  | | --- | | **Our Price: $21.95** |   [http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/Icon_FreeShipping.gif](javascript:void(0);) **Availability::** Usually ships in 24 to 72 hrs. Free shipping on domestic (US) orders over $100.  *Product Code: 564* | |  |  | | --- | --- | | Qty: |  |  |  | | --- | |  | | |  | | | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/PBox_Border_Left_Bottom.gif | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/PBox_Border_Right_Bottom.gif | | |
| http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | **Description** | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | |  |  |  |  |  | | --- | --- | --- | | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/DBox_Border_Left_Top.gif | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/DBox_Border_Right_Top.gif | | http://www.bloodrootproducts.com/v/vspfiles/templates/140/images/clear1x1.gif | |  | | --- | | We usually get our body's iodine requirement through diet, food intake.  However, with the depletion of iodine in the soil plants are therefore depleted of the mineral.  Iodine is essential for the immune system, be it plant or or those that consume the plant or botanical. In recent years you have been made aware about issues regarding food bacterias and microbes, there is a reason, iodine deficiency. So if plants have iodine deficiency it needs to be addressed.  Iodine is one of the best disinfectants available and the body needs the iodine. Therefore, using Lugol's iodine as a vegetable and fruit cleaner wash and disinfectant is highly recommended.  Water does not suffice, dish soap can be fine, so can bleach or hydrogen peroxide.  But the body does not need the minerals in those products, the body needs iodine. So using the Lugol's iodine solution as a fruit and vegetable cleaner is logical and highly recommended. Some people take the Lugol's iodine solution internally, by standards it is regarded toxic just as bleach and hydrogen peroxide are, so we have provided information for those that deem to take it internally.  The reason we provide the information is that, information, and it is better to provide the customary practiced guide than to have you take toxic levels of the Lugol's iodine solution. If you have questions regarding taking Lugol's iodine or any iodine supplement internally consult with your health care practitioner.  As a food wash or disinfectant add 1-4 drops to 1 liter of water and soak vegetables and fruit for 3-5 minutes. Shake of solution and process for consumption. Fruits and vegetables are potential sources for food-borene illness.  It is essential to take extra care in washing and cleaning your organic fruit that is often fertilized with manure and people eat fruits and vegetables raw, so think about what you are consuming if you do not clean them appropriately. Lugol's iodine solution ahs been used by travelers to foreign lands to wash and clean their fruits and vegetables foe decades.  Iodine is an essential mineral required by the body. We usually get our iodine from the food we eat. However, with the depletion of iodine in the soil over recent years, a supplement is needed. The iodine used in our Lugol's solution is derived from mined crystals, not from shellfish or kelp. Iodine is essential to support normal thyroid, pituitary and pancreatic health. Lugol's iodine solution is available in two strengths, 2.2% and 5%. Our Lugol's iodine solution utilizes potassium iodide, not sodium iodide. Sodium iodide is not recommended for people with heart or blood issues. Iodide is different from iodine, iodine is an atom and iodide is an ion.     **Methodology** One drop if body weight is 150 lbs. (68 kg.) or less; two drops for body weight of more than 150 lbs. Each drop vertical contains 6.25 mg. of iodine. Our iodine is derived from mined iodine crystals.   **Fruit/Vegetable Wash** In a clean sink or bowel, add one to two drops of 5% Lugol's per quart of water. If using 2.2% Lugols iodine add two to four drops per liter of water. Dip leafy such as lettuce or spinach for 2-3 minutes and rinse with water. For fruits or vegetables with think skin use a vegetable bush and then submerge in Lugol's iodine solution wash for 3 to 7 minutes.  Always clean your counter area with the Lugols iodine solution wash before you process the fruits and vegetables. Also use the solution to rinse your utensils.   **Usage** Take two to three times per week such as on Monday Wednesday and Saturday. Take on an empty stomach about 20 minutes before eating in an 8 oz. (236 ml.) glass of distilled or purified water with one tsp. of apple cider vinegar. You can also apply the iodine externally by painting a small area the size of a quarter on the inside of the elbow using the dropper. If you are using the iodine externally it is recommended you apply it daily.   **Ingredients** 5% Iodine and 10% Potassium Iodide and 85% Distilled Water.   **Servings** 600 vertical drops   **Contraindications and Warnings:**   Not to be used during pregnancy or while breast-feeding.   All iodine products can be toxic, or even deadly, if taken in excessive amounts.   Drug Interactions: Check back for updates in this section.   Other Practitioner Observations: Check back for updates in this section.   This section of Contraindications and Warnings will continually be updated. | |  | |

|  |
| --- |
|  |
|  |
|  |

Amazon.com 10-2012

Top of Form

|  |
| --- |
| Quantity:  **$29.95** + Free Shipping  In Stock. Sold by **Miss Lizzy**    **or**  [Sign in](https://www.amazon.com/gp/product/utility/edit-one-click-pref.html?ie=UTF8&query=*entries*%3D0%2C*Version*%3D1&returnPath=%2Fgp%2Fproduct%2FB001PN3BUW) to turn on 1-Click ordering. |
|  |
|  |
| [Share](http://www.amazon.com/gp/pdp/taf/ref=cm_sw_l_view_dp_IoMAqb0TSRZTD?ie=UTF8&contentID=B001PN3BUW&contentName=item&contentType=asin&contentURI=%2Fdp%2FB001PN3BUW&emailCaptionStrID=&emailCustomMsgStrID=&emailDescStrID=&emailImageURL=&emailSubjectStrID=&emailTemplate=%2Fgp%2Fpdp%2Fcommon%2Femail%2Fshare-product&eventID=&imageURL=&isDynamicSWF=0&itemInfo=B001PN3BUW&learnMoreButton=&merchantID=&params=&parentASIN=B001PN3BUW&placementID=dp_IoMAqb0TSRZTD&referer=http%253A%252F%252Fwww.amazon.com%252Fgp%252Fproduct%252FB001PN3BUW%252Fref%253D&relatedAccounts=amazondeals%2Camazonmp3&suppressPurchaseReqLogin=&titleText=&type=SH&viaAccount=amazon) |

|  |
| --- |
|  |
| |  | | --- | | [J.CROW'S® Lugol's Solution of Iodine 5% - FREE SHIPPING US and Canada](http://www.amazon.com/gp/product/images/B001PN3BUW/ref=dp_image_0?ie=UTF8&n=3760901&s=hpc) | | [See larger image](http://www.amazon.com/gp/product/images/B001PN3BUW/ref=dp_image_text_0?ie=UTF8&n=3760901&s=hpc) |   [Share your own customer images](http://www.amazon.com/gp/customer-media/upload/B001PN3BUW/ref=cm_ciu_pdp_add?ie=UTF8&rnd=1349149602) |
|  |
|  |

# J.CROW'S® Lugol's Solution of Iodine 5% - FREE SHIPPING US and Canada

by [J.Crow's](http://www.amazon.com/s/ref=bl_sr_hpc?_encoding=UTF8&field-brandtextbin=J.Crow%27s&node=3760901)

[4.7 out of 5 stars](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-5/product-reviews/B001PN3BUW/ref=dp_top_cm_cr_acr_img?ie=UTF8&showViewpoints=1) [See all reviews](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-5/product-reviews/B001PN3BUW/ref=dp_top_cm_cr_acr_img?ie=UTF8&showViewpoints=1)([26 customer reviews](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-5/product-reviews/B001PN3BUW/ref=dp_top_cm_cr_acr_txt?ie=UTF8&showViewpoints=1)) | [Like](http://www.amazon.com/gp/like/external/submit.html/ref=pd_like_submit_like_unrec_nojs_dp?ie=UTF8&action=like&context=dp&itemId=B001PN3BUW&itemType=asin&redirect=1&redirectPath=%2Fgp%2Fproduct%2FB001PN3BUW) (14)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | Price: | **$29.95** | |  |  | |
| In Stock. Ships from and sold by [**Miss Lizzy**](http://www.amazon.com/gp/help/seller/at-a-glance.html?ie=UTF8&seller=AW3KEQJT5KM03). |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

Bottom of Form

|  |
| --- |
| Product Features  * FREE SHIPPING (USA and Canada)! We ship internationally. * Calculating Number of MG's of Iodine and Potassium Iodide per Drop of Lugol's Solution: LUGOL'S 5%: Each VERTICAL drop is about 6.25 mg's of iodine/potassium iodide (2.5 mg iodine, 3.75 mg potassium iodide) and 2 drops is about 12.50 mg's of iodine/potassium iodide (5.0 mg iodine, 7.50 mg potassium iodide). Compared to other's, J.CROW'S® Lugol's Solution offers big savings. LUGOL'S 2%: Slightly less than 1/2 half the above measurements. * Approximately 600 vertical drops per 1 oz. container. To use as a water purifier add 2-3 drops per liter of water. * The iodine used in J.CROW'S® Lugol's Solution is derived from mined crystals, not from shellfish or kelp. Always fresh. Does not expire. Store at room temperature. Keep out of direct sunlight. No need to refrigerate. |

## Frequently Bought Together

Top of Form

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| J.CROW'S® Lugol's Solution of Iodine 5% - FREE SHIPPING US and Canada | + | [Optimox Iodoral 180 tabs](http://www.amazon.com/Optimox-Iodoral-180-tabs/dp/B000X843VG/ref=pd_bxgy_hpc_img_y) | + | [J.CROW'S® Lugol's Solution of Iodine 2%](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-2/dp/B001AEFM9Y/ref=pd_bxgy_hpc_img_z) |

Price For All Three: $73.47   


These items are shipped from and sold by different sellers. [Show details](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-5/dp/B001PN3BUW)

Buy the selected items together

* **This item:** J.CROW'S® Lugol's Solution of Iodine 5% - FREE SHIPPING US and Canada by J.Crow's $29.95
* [Optimox Iodoral 180 tabs](http://www.amazon.com/Optimox-Iodoral-180-tabs/dp/B000X843VG/ref=pd_bxgy_hpc_text_y) by Optimox $33.74 ($1.92 / oz)
* [J.CROW'S® Lugol's Solution of Iodine 2%](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-2/dp/B001AEFM9Y/ref=pd_bxgy_hpc_text_z) by J.Crow's $9.78 ($4.89 / oz)

Bottom of Form

## Customers Who Bought This Item Also Bought

  Page 1 of 20

[Back](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-5/dp/B001PN3BUW#Back)

[[](http://www.amazon.com/Iodine-need-cant-live-without/dp/B001URN3UG/ref=pd_sim_hpc_1)](http://www.amazon.com/Iodine-need-cant-live-without/dp/B001URN3UG/ref=pd_sim_hpc_1)

[Iodine: Why you need it, Why you can't live without …](http://www.amazon.com/Iodine-need-cant-live-without/dp/B001URN3UG/ref=pd_sim_hpc_1)

David Brownstein

[4.5 out of 5 stars](http://www.amazon.com/Iodine-need-cant-live-without/product-reviews/B001URN3UG/ref=pd_sim_hpc_cm_cr_acr_img_1?ie=UTF8&showViewpoints=1) ([28](http://www.amazon.com/Iodine-need-cant-live-without/product-reviews/B001URN3UG/ref=pd_sim_hpc_cm_cr_acr_txt_1?ie=UTF8&showViewpoints=1))

Paperback

[[](http://www.amazon.com/Optimox-Iodoral-180-tabs/dp/B000X843VG/ref=pd_sim_hpc_2)](http://www.amazon.com/Optimox-Iodoral-180-tabs/dp/B000X843VG/ref=pd_sim_hpc_2)

[Optimox Iodoral 180 tabs](http://www.amazon.com/Optimox-Iodoral-180-tabs/dp/B000X843VG/ref=pd_sim_hpc_2)

[4.2 out of 5 stars](http://www.amazon.com/Optimox-Iodoral-180-tabs/product-reviews/B000X843VG/ref=pd_sim_hpc_cm_cr_acr_img_2?ie=UTF8&showViewpoints=1) ([127](http://www.amazon.com/Optimox-Iodoral-180-tabs/product-reviews/B000X843VG/ref=pd_sim_hpc_cm_cr_acr_txt_2?ie=UTF8&showViewpoints=1))

$33.74

[[](http://www.amazon.com/Lugols-Iodine-Solution-oz-Twin/dp/B001RRH814/ref=pd_sim_hpc_3)](http://www.amazon.com/Lugols-Iodine-Solution-oz-Twin/dp/B001RRH814/ref=pd_sim_hpc_3)

[Lugol's Iodine Solution(2 oz.) Twin Pack(2 bot.)](http://www.amazon.com/Lugols-Iodine-Solution-oz-Twin/dp/B001RRH814/ref=pd_sim_hpc_3)

[4.3 out of 5 stars](http://www.amazon.com/Lugols-Iodine-Solution-oz-Twin/product-reviews/B001RRH814/ref=pd_sim_hpc_cm_cr_acr_img_3?ie=UTF8&showViewpoints=1) ([34](http://www.amazon.com/Lugols-Iodine-Solution-oz-Twin/product-reviews/B001RRH814/ref=pd_sim_hpc_cm_cr_acr_txt_3?ie=UTF8&showViewpoints=1))

$19.09

**J.CROW'S® Lugol's Solution of Iodine 2%**

by [J.Crow's](http://www.amazon.com/s/ref=bl_sr_hpc?_encoding=UTF8&field-brandtextbin=J.Crow%27s&node=3760901)

[4.2 out of 5 stars](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-2/product-reviews/B001AEFM9Y/ref=dp_top_cm_cr_acr_img?ie=UTF8&showViewpoints=1) [See all reviews](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-2/product-reviews/B001AEFM9Y/ref=dp_top_cm_cr_acr_img?ie=UTF8&showViewpoints=1)([88 customer reviews](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-2/product-reviews/B001AEFM9Y/ref=dp_top_cm_cr_acr_txt?ie=UTF8&showViewpoints=1)) | [Like](http://www.amazon.com/gp/like/external/submit.html/ref=pd_like_submit_like_unrec_nojs_dp?ie=UTF8&action=like&context=dp&itemId=B001AEFM9Y&itemType=asin&redirect=1&redirectPath=%2Fgp%2Fproduct%2FB001AEFM9Y) (38)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | Price: | [See price in cart](http://www.amazon.com/J-CROWS%C2%AE-Lugols-Solution-Iodine-2/dp/B001AEFM9Y)([Why don't we show the price?](http://www.amazon.com/gp/help/customer/display.html/ref=map_popup?ie=UTF8&nodeId=200339100&pop-up=1))  ($4.95 / oz) | |  | Eligible for **FREE Super Saver Shipping** on orders over $25. [Details](http://www.amazon.com/gp/help/customer/display.html/ref=mk_sss_dp_1?ie=UTF8&nodeId=527692&pop-up=1) | |  |  | |
| In Stock. Sold by [**Discount Infomercial Products**](http://www.amazon.com/gp/help/seller/at-a-glance.html?ie=UTF8&isAmazonFulfilled=1&seller=AOUT97QIB451U) and [**Fulfilled by Amazon**](http://www.amazon.com/gp/help/customer/display.html?ie=UTF8&nodeId=106096011&ref=dp_fulfillment). Gift-wrap available. |
| **Want it delivered Tuesday, October 2?**  Order it in the next 0 hours and 56 minutes, and choose **One-Day Shipping** at checkout.  [Details](http://www.amazon.com/gp/help/customer/display.html/ref=ftinfo_dp_?ie=UTF8&nodeId=3510241&pop-up=1) |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
| [10 new](http://www.amazon.com/gp/offer-listing/B001AEFM9Y/ref=dp_olp_new_map?ie=UTF8&condition=new) |

Amazon.com 10-2012

# Iodine

[Voice of Eden](http://www.voiceofeden.org) » [Products Page](http://www.voiceofeden.org/products-page/) » [Survival/Emergency](http://www.voiceofeden.org/products-page/survivalemergency/) » [Iodine](http://www.voiceofeden.org/products-page/iodine-survivalemergency/)

* [Books](http://www.voiceofeden.org/products-page/books/)
* [Equipment](http://www.voiceofeden.org/products-page/equipment/)
* [Freebies](http://www.voiceofeden.org/products-page/freebies/)
* [Programs](http://www.voiceofeden.org/products-page/programs/)
* [Supplements](http://www.voiceofeden.org/products-page/supplements/)
  + [Moringa](http://www.voiceofeden.org/products-page/moringa-supplements/)
* [Survival/Emergency](http://www.voiceofeden.org/products-page/survivalemergency/)
  + [Iodine](http://www.voiceofeden.org/products-page/iodine-survivalemergency/)
* [Wholesale](http://www.voiceofeden.org/products-page/wholesale-2/)

[](http://www.voiceofeden.org/products-page/iodine-survivalemergency/2-oz-j-crows-lugols-solution-2/)

## [2 oz. J.CROW’S® Lugol’s Solution 2% “1/2 Strength”](http://www.voiceofeden.org/products-page/iodine-survivalemergency/2-oz-j-crows-lugols-solution-2/)

Price:$19.95

[More Details](http://www.voiceofeden.org/products-page/iodine-survivalemergency/2-oz-j-crows-lugols-solution-2/)

Top of Form

Loading

Bottom of Form

[](http://www.voiceofeden.org/products-page/iodine-survivalemergency/16-oz-j-crows-lugols-solution-2-12/)

## [J.CROW’S® Lugol’s Solution of Iodine 2% 16 oz.+ Free Dropper Bottle](http://www.voiceofeden.org/products-page/iodine-survivalemergency/16-oz-j-crows-lugols-solution-2-12/)

Price:$89.95

[More Details](http://www.voiceofeden.org/products-page/iodine-survivalemergency/16-oz-j-crows-lugols-solution-2-12/)

Top of Form

Loading

Bottom of Form

s

Lugols test:  
  
One drop of Iodine on inside arm

Watch the clock

Fades under 4 hours – need more iodine  
  
Fades in 6-8 hours – iodine levels ok in body

Take 1-4 drops a day initially

Then 1-2 drops a day for a month

Do the patch test – if it sits there for 8 hours then just do 1-2 drops twice a week

Top of Form

* Also can make coconut oil & Lugals for dropping body fat.

His recipe makes 5% solution – 2% is the most common sold commercially

Bottom of Form

* Did you say up to 50 mg. or 15 mg per day??? Did you﻿ say Potassium Iodide?

[tubertwee](http://www.youtube.com/user/tubertwee) 1 week ago

* well now you know---look at the mcg strength .225 mcg ( micrograms--not milligram)

or .625 mcg ( not mgs) so figure 500 drops per﻿ 1 oz- .225/500=0.0045---.625/500=0.0­036...1 mg = 1000mgs lugols 15% is around 12-13 mgs sooo you can see the difffernce

From Voice of Eden  
**Recommended dosage**

When used to maintain the iodine content of the body the dose is small and is taken

only on certain days of the week. When the mineral content of the body is analyzed,

only a trace of iodine is found. Ten drops of iodine represent more iodine than is found

in the entire body. For this reason, the dose of Lugol's solution of iodine is one or two

drops (In this article Dr. Jarvis is speaking about Lugol's Solution 5%. When using

Lugol's Solution 2% use 2-3 single drops to get the equivalent), depending on your body

weight. If you weigh 150 pounds or less, for example, your dose to maintain the normal

iodine content of the body is one drop, taken at one meal on Tuesday and Friday of

each week. If you weigh more than 150 pounds, the dose should be two drops instead

of one. It is useful to remember that the human body works on the minimum of anything

it needs. If there should be a rise in sickness in the area where you live, it would be well

MMS Plus+

Voice of Eden Publishing | 2012! 70

to take the Lugol's solution three times a week instead of two, on Monday, Wednesday,

and Friday, for the purpose of storing up reserve.40

The dose of this medicine will be different for different patients. Follow your doctor's

orders or the directions on the label. The following information includes only the average

doses of this medicine. If your dose is different, do not change it unless your doctor tells

you to do so.

The amount of medicine that you take depends on the strength of the medicine. Also,

the number of doses you take each day, the time allowed between doses, and the

length of time you take the medicine depend on the medical problem for which you are

using the medicine.

**For solution dosage form:**

**To treat overactive thyroid (hyperthyroidism):**

Adults and teenagers—250 milligrams (mg) (0.25 milliliters [mL]) three times a day.

Children—Use and dose must be determined by your doctor.

! !

**To protect the thyroid gland against radiation exposure:**

Adults or teenagers approaching adult weight (greater than 70 kg or 154 lbs of body

weight)—130 mg once a day, until significant risk of exposure to radioiodines no longer

exists.

Children through 1 month of age—16 mg once a day, until significant risk of exposure to

radioiodines no longer exists.

Children over 1 month through 3 years of age—32 mg once a day, until significant risk

of exposure to radioiodines no longer exists.

Children and teenagers over 3 years through 18 years of age (less than 70 kg or 154

lbs of body weight) —65 mg once a day, until significant risk of exposure to radioiodines

no longer exists.

! !

**For syrup dosage form:**

! !

**To protect the thyroid gland against radiation exposure:**

Adults or teenagers approaching adult weight (70 kg or 154 lbs of body weight) greater)

—130 mg once a day, until significant risk of exposure to radioiodines no longer exists.

Children through 1 month of age—16 mg once a day, until significant risk of exposure to

radioiodines no longer exists.

MMS Plus+

Voice of Eden Publishing | 2012! 71

40 http://www.jcrows.com/iodine.html

Children over 1 month through 3 years of age—32 mg once a day, until significant risk

of exposure to radioiodines no longer exists.

Children and teenagers over 3 years through 18 years of age (less than 70 kg or 154

lbs of body weight)—65 mg once a day, until significant risk of exposure to radioiodines

no longer exists.

**For tablet dosage form:**

! !

**To protect the thyroid gland against radiation exposure:**

Adults or teenagers approaching adult weight (70 kg or 154 lbs of body weight)—130

mg once a day, until significant risk of exposure to radioiodines no longer exists.

Children through 1 month of age—16 mg once a day, until significant risk of exposure to

radioiodines no longer exists.

Children over 1 month through 3 years of age—32 mg once a day, until significant risk

of exposure to radioiodines no longer exists.

Children and teenagers over 3 years through 18 years of age (less than 70 kg or 154

lbs of body weight)—65 mg once a day, until significant risk of exposure to radioiodines

no longer exists.

**Missed Dose**

If you miss a dose of this medicine, take it as soon as possible. However, if it is almost

time for your next dose, skip the missed dose and go back to your regular dosing

schedule. Do not double doses.41

**Ways it helps the body**

• **Metabolic rates:** Iodine influences the functioning of thyroid glands by assisting

in production of hormones, which are directly responsible for controlling the basic

metabolic rate. The hormones, like thyroxin and triodothyronine, influence heart

rate, blood pressure, body weight and temperature. The body maintains the BMR

(Basic Metabolic Rate) with the help of these hormones, which also helps in

protein synthesis.

• **Energy level:** It also plays an important role in maintaining optimum energy

levels of the body by ensuring optimum utilization of calories, without allowing

them to be deposited as excess fats.

• **Healthy nails, hair and teeth:** The health benefits of iodine include formation of

healthy and shiny skin, teeth and hair. Iodine is an important element for haircare

as lack of this mineral can result in hair loss. Moreover, it also aids hair growth.

MMS Plus+

Voice of Eden Publishing | 2012! 72

41 http://www.mayoclinic.com/health/drug-information/DR601129/DSECTION=proper%2Duse

• **Reproductive system:** Iodine helps in the normal growth and maturity of

reproductive organs. Sufficient quantity of iodine in pregnant women is essential

to prevent still births or neurocognitive conditions like cretinism in the babies. It

also ensures proper movement and growth, along with speech and hearing in

babies.

• **Fibrocystic disease:** Iodine can significantly reduce conditions like fibrosis,

turgidity and breast tenderness. Iodine acts as a relief for fibrocystic diseases

and is widely used even in therapies.

• **Iodine programmed cell death:** Iodine ensures the apoptosis or the

programmed cell death which is essential in the formation of new organs as well

as in the removal of malignant cells like cancer cells or diseased cells, which

might prove harmful to the individual.

• **Anti-cancer properties:** Probably, the most important health benefits of iodine

apart from thyroidal influence are its anti-cancer properties. Studies have shown

that cancer cells when administered with iodine shrink.

• **Iodine removes toxic chemicals:** Iodine can flush out chemical toxins like

fluoride, lead, mercury etc., apart from biological toxins and can strengthen

immune system. It also prevents the proliferation of harmful bacteria in the

stomach.

• **Thyroid and Goitre disorders:** Iodine deficiency is the basic cause of Goitre as

widely known. You can have eggs, salt, sea food, dairy products to facilitate the

reduction of iodine deficiency which works as a cure for enlarged thyroid gland.”42

43

MMS Plus+

Voice of Eden Publishing | 2012! 73

42 http://www.organicfacts.net/health-benefits/minerals/health-benefits-of-iodine.html

43 http://www.ewg.org/node/8610

**How it's made**

The iodine used in J.CROW'S® Lugol's Solution is derived from mined crystals, not

from shellfish or kelp.44

Potassium iodide is ionic, K+I−. It crystallises in the sodium chloride structure. It is

produced industrially by treating KOH with iodine.45

**Benefits**

Iodine is necessary for the thyroid gland's proper performance of its work. The human

thyroid gland is located in the front of the lower part of the neck. All the blood in the

body passes through the thyroid gland every 17 minutes. Because the cells making up

this gland have an affinity for iodine, during this 17-minute passage the gland's

secretion of iodine kills weak germs that may have gained entry into the blood through

an injury to the skin, the lining of nose or throat, or through absorption of food from the

digestive tract. Strong, virulent germs are rendered weaker during their passage

through the thyroid gland. With each 17 minutes that rolls around they are made still

weaker until finally they are killed if the gland has its normal supply of iodine. If it does

not, it cannot kill harmful germs circulating in the blood as Nature intended it should.

It is well established that the iodine content of the thyroid gland is dependent upon the

iodine available in the food and water intake of the individual. If the iodine intake is low

the gland is deprived of an element it needs to do its work.

We learn in Vermont folk medicine, however, that this gland performs other functions

besides killing harmful germs in the blood. The first is the rebuilding of energy with

which to do the day's work. There is a definite relationship be-tween the amount of

energy you have and your iodine intake. The first question in the presence of a

condition of depleted energy is, Is the soil of the state in which one lives iodine-poor?

Second, is the deficiency being made up by supplementary means? All soils containing

granite are iodine-poor and Vermont is one of them. This fact is very important to people

living in Vermont and well may be important to those living elsewhere. When energy and

endurance run low in relation to doing the day's work, then the taking of iodine needs to

be considered.

A second function of iodine is to calm the body and relieve nervous tension. When

nervous tension runs high there is irritability and difficulty in sleeping well at night, and

the body is continually on a combat basis, organized for fight and flight. All these points

stress a body's need for iodine to lessen nervous tension, relax the body and enable it

to organize for peace and quiet, by the building and storing of body reserves against

time of need. I have learned through Vermont folk medicine that it is possible to

MMS Plus+

Voice of Eden Publishing | 2012! 74

44 http://www.jcrowsmarketplace.com/1ozlugolssolution5valuepriceincludesshipping.aspx

45 Phyllis A. Lyday (2005), "Iodine and Iodine Compounds", Ullmann's Encyclopedia of Industrial

repeatedly change an irritable, impatient, and restless child under ten years of age into

a calm, patient individual within two hours' time by giving one drop of Lugol's solution of

iodine by mouth in a vegetable or fruit juice or in a glass of water made acid in reaction

by adding a teaspoonful of apple cider vinegar. I have repeatedly prescribed this in

order to make it possible for a mother of a racehorse-type little boy or girl to be able to

live comfortably with the child. I have never seen it fail to calm down a nervous child.

A third function of iodine in the human body relates to clear thinking. The mind simply

works better when the body is supplied the iodine it needs.

Then there is the matter of the storing of unwanted fat. Iodine is one of the best

oxidizing catalysts we have. A catalyst is the match which touches off in the body the

fire that burns up the food we take in each day. If this food is not properly burned off, it

may be stored as unwanted fat.46

**Warning/Tips**

In general, medical men prescribe iodine to be taken on an empty stomach, preferably

20 minutes before food is taken. During the passing years Vermont folk medicine has

worked out a different plan and it is one I like to follow. It has been referred to in another

connection elsewhere in this book. To repeat, adding one teaspoonful of apple cider

vinegar to a glass of water to make the water acid in reaction, holding the medicine

dropper horizontal in order to get a maximum drop, one drop of the Lugol's solution is

added to the mixture. The contents are stirred with a spoon and sipped through the

course of the meal, as one would drink a cup of coffee or tea.47

Iodine overdose of more than 2,000 mg could be dangerous especially in people

suffering from kidney ailments or tuberculosis. When taken in excess it might result in

thyroid papillary cancer. Pregnant women and nursing mothers should be cautious not

to take iodine more than the prescribed dosage.48

**Drug Interactions**

Although certain medicines should not be used together at all, in other cases two

different medicines may be used together even if an interaction might occur. In these

cases, your doctor may want to change the dose, or other precautions may be

necessary. When you are taking this medicine, it is especially important that your

healthcare professional know if you are taking any of the medicines listed below. The

following interactions have been selected on the basis of their potential significance and

are not necessarily all-inclusive.

MMS Plus+

Voice of Eden Publishing | 2012! 75

46 http://www.jcrows.com/iodine.html

47 http://www.jcrows.com/iodine.html

48 http://www.organicfacts.net/health-benefits/minerals/health-benefits-of-iodine.html

Using this medicine with any of the following medicines may cause an increased risk of

certain side effects, but using both drugs may be the best treatment for you. If both

medicines are prescribed together, your doctor may change the dose or how often you

use one or both of the medicines.

• Acenocoumarol

• Anisindione

• Dicumarol

• Phenindione

• Phenprocoumon

• Warfarin

**Other Interactions**

Certain medicines should not be used at or around the time of eating food or eating

certain types of food since interactions may occur. Using alcohol or tobacco with certain

medicines may also cause interactions to occur. Discuss with your healthcare

professional the use of your medicine with food, alcohol, or tobacco.

**Other Medical Problems**

The presence of other medical problems may affect the use of this medicine. Make sure

you tell your doctor if you have any other medical problems, especially:

• High blood levels of potassium (hyperkalemia) or

• Myotonia congenita or

• Tuberculosis—Potassium iodine may make these conditions worse

• Kidney disease—May cause an increase of potassium in the blood

• Overactive thyroid (unless you are taking this medicine for this medical problem)

—Prolonged use of potassium iodine may be harmful to the thyroid gland

If potassium iodide upsets your stomach, take it after meals or with food or milk unless

otherwise directed by your doctor. If stomach upset (nausea, vomiting, stomach pain, or

diarrhea) continues, check with your doctor.

**For patients taking this medicine for radiation exposure:**

Take this medicine only when directed to do so by state or local public health

authorities.

Take this medicine once daily until the risk of significant exposure to radiation no longer

exists.Do not take more of it and do not take it more often than directed. Taking more of

MMS Plus+

Voice of Eden Publishing | 2012! 76

the medicine will not protect you better and may result in a greater chance of side

effects.

**For patients taking the oral solution form of this medicine:**

This medicine is to be taken by mouth even if it comes in a dropper bottle.

Do not use if solution turns brownish yellow.

! !

Take potassium iodide in a full glass (8 ounces) of water or in fruit juice, milk, or broth to

improve the taste and lessen stomach upset. Be sure to drink all of the liquid to get the

full dose of medicine.

If crystals form in potassium iodide solution, they may be dissolved by warming the

closed container of solution in warm water and then gently shaking the container.

**For patients taking the uncoated tablet form of this medicine:**

Before taking, dissolve each tablet in ½ glass (4 ounces) of water or milk. Be sure to

drink all of the liquid to get the full dose of medicine.”49

**Recommended Brands**

1 oz. J.CROW'S® Lugol's Solution 5%

http://www.voiceofeden.org/products-page/supplements/1-oz-j-crows-lugols-solution-5/

MMS Plus+

Voice of Eden Publishing | 2012!