**WARNING: IODINE IN LUGOL'S SOLUTION**

**by Walter Last**

After MMS (acidified sodium chlorite) I regard Lugol's solution as the most effective broad-spectrum microbicide, and being specific for Candida and other fungi. I am not aware of a medical drug with equal effectiveness. Therefore health authorities in most or all developed countries are presently trying to make it unavailable for natural therapists and self-healing under the pretext that it might be used to produce illegal drugs. It is now difficult to obtain and I have become aware of deceptive methods being used by chemists or pharmacists (probably under instruction from health authorities).

In New Zealand, for instance, a product is being sold as 4% Lugol's solution with 250 mcg of total iodine per drop (from iodine and potassium iodine). People used this product for Candida treatment without realizing that the iodine content is only 4% of what it should be for Candida treatment. Therefore, instead of 8 drops per dose of regular Lugol's solution one would need to take 8 ml per dose of this product. Not realizing this, those who try this low-potency product will conclude that Lugol's solution does not work and (as hoped for by health authorities) may return to medical drugs.

I suspect that similar tactics are also being used in other countries, especially in the EU. In Germany Lugol’s solution has been sold with a concentration of 0.7% total iodine, again without individuals realizing that this requires 15 times more drops than regular Lugol’s iodine. If you cannot obtain enough Lugol’s solution to last for 3 weeks then try to use a full dose for at least 5 days.

In the US regular Lugol's solution with 10% total iodine (from 10% potassium iodide and 5% iodine in water) is now outlawed. The highest total amount of iodine allowed is 2.2%. In the US you are still able to buy Iodoral tablets with have the same iodine content as 2 drops of Lugol's solution, or 13 mg per standard tablet, but even 50 mg tablets are available.

Therefore, when buying Lugol's solution, always compare the stated iodine values on the bottle with standard or regular Lugol's solution. This has a total iodine concentration of 10% from 10g of potassium iodide and 5g of elemental iodine per 100 ml, and nominal 6.5 mg of iodine per drop.

If nothing else is available you may experiment with medical iodine preparations, which may be in alcohol or other solvents. I believe that these are less effective and more dangerous than Lugol's solution. I have had communications from individuals who believed that they were allergic to iodine because they reacted to medical preparations while subsequently they had no problems with Lugol's solution.

Here are some iodine-related links. Presently you can still buy genuine Lugol's solution from [www.strideintohealth.com](http://www.strideintohealth.com). To use Lugol's solution for Candida elimination and anti-microbial therapy see [The Ultimate Cleanse](http://www.health-science-spirit.com/ultimatecleanse.html). For more detailed information on using iodine in maintaining health and treating diseases see [Iodine: Bring Back the Universal Nutrient Medicine](http://www.health-science-spirit.com/iodine.html). Another excellent article is [Iodine for Health](http://www.lewrockwell.com/miller/miller20.html) byDonald W. Miller.

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