

## Q. Is iodine safe?

**A.** Iodine is not only a natural, necessary nutrient, it has been *proven* safe.

Unfortunately, like many healthy nutrients, the recommended daily intake is only enough to prevent a nutrient deficiency.

Did you know that in Japan, people eating traditional, iodine-rich foods can consume between 50-80 mg of iodine each day. Even in parts of Japan without access to iodine-rich sea vegetables, intake is still in the 12-15 mg range. Nearby, on the island of Okinawa, a higher percentage of people live to be over age 100 than anywhere else in the world. It has been reported that they ingest, through their diet, 80-100 mg of iodine daily. While there are certainly other contributors, including physical activity and diet, many practitioners believe that high iodine intake plays a key role in supporting health.

## Q. How much iodine should I take?

**A.** Common dosage levels are 3.0, 6.25, 12.5 and 25 mg daily thereafter for optimal health.\* Some integrative practitioners may recommend up to 50 mg a day for 3 months as an initial detox dose. However, when working with higher doses of iodine, we encourage you to consult with your healthcare practitioner to find a dose that is right for you.

## Q. Which iodine supplement is right for me?

**A.** If you are looking to boost your overall iodine levels, or are looking to support detoxification, energy levels, or immune function, we suggest Tri-Iodine™. However, if you are looking for targeted support for your thyroid gland, Thyroid Care™ would be a great choice. And of course, Iodine Co-factors™ can be used with either of these products to help your body utilize iodine more efficiently.\*



## The Forgotten Mineral

Chances are that you need iodine, but may not even realize it. Adding iodine can make a dramatic difference.

- Increased metabolism\*
- Better weight management\*†
- Higher energy levels and less fatigue\*
- Libido\*
- Breast health\*
- Prostate health\*
- Immune function\*
- Healthy circulation\*
- Lustrous hair\*

## Multiple Forms of Iodine Are Best!

These supplements provide multiple forms of iodine to ensure optimal absorption and use throughout the body. For example, your thyroid gland prefers potassium iodide, while breast tissue utilizes molecular iodine more efficiently. Additionally, there is preliminary evidence that using sodium iodide enhances absorption of other forms of iodine.\* Multiple forms of iodine provide a wider spectrum of activity than a single source.

For more on iodine look for:  
***IODINE—Why You Need It, Why You Can't Live Without It***  
By Dr. David Brownstein, M.D.

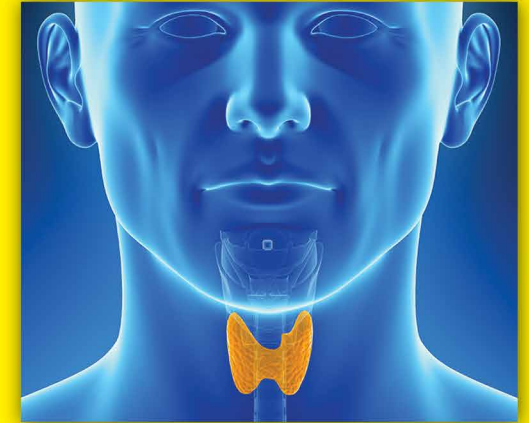
EuroPharma Inc., Green Bay, WI 54311  
EuroPharmaUSA.com 866-807-2731



†In conjunction with a healthy diet and exercise  
\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.  
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# HEALTHY THYROID FUNCTION\*



- ✓ **Healthy Hormone Levels\***
- ✓ **Weight Management\*\***
- ✓ **Immune System Support\***
- ✓ **Revives Metabolism\***
- ✓ **Restores Energy\***
- ✓ **Supports Cellular Health:  
Breast, Uterine, Ovary and Prostate\***
- ✓ **Enhances Detoxification\***

## Why You Need Iodine!

## Why You Need Iodine!



Iodine is one of nature's most amazing minerals—every cell in your body requires iodine to keep it functioning properly. Iodine is especially critical in the thyroid gland but also in breast, ovary, uterus and prostate tissue. After researchers discovered that iodine deficiency caused goiters, iodine was added to table salt in the 1920s and became common in the American diet. However, iodine in the diet has decreased almost 50% in the last 30 years.

At the same time, our intake of chlorine, fluoride, and bromide have all increased. They all compete with iodine in our bodies by blocking iodine receptor sites. Chlorine is now used to purify water instead of iodine. Fluoride is almost universally found in toothpaste and drinking water. Bromide replaced iodine in baked goods. From 1960 to 1980, one slice of bread would fulfill the RDA requirements for iodine. Sadly, that iodine in bread was replaced with brominated flour. Soft drinks also may contain brominated oils.

Chances are that you need iodine, but may not even realize it. Adding iodine can make a dramatic difference in your health.

### Supports Strong Cellular Defense and Hormone Balance\*

Iodine is one of the most important minerals required for healthy cellular and metabolic function. Yet it's unlikely that you're getting the optimal amount of iodine you need. Researchers have found that all cells in the body have a receptor site for iodine. While the thyroid is the only gland in the body to store iodine, the breasts, ovaries, uterus and prostate require especially large quantities of this important mineral.

### Tri-Iodine™ contains three beneficial forms of iodine to nourish multiple body systems.

It is ideal for supporting breast, prostate and thyroid health, as well as immune function and detoxification.\*

- We use three different forms of iodine in Tri-Iodine because different tissues in the body prefer iodine in slightly different forms.
- We offer Tri-Iodine at four commonly recommended dosage levels (3.0, 6.25, 12.5 and 25 mg); each contains an optimized blend of potassium iodide, sodium iodide, and molecular iodine.
- Not everyone's body can utilize iodine efficiently. If you suspect that this is true for you, then adding **Iodine Co-Factors™** to your iodine regimen can have a tremendous impact.



### Iodine with L-Tyrosine, Supports Thyroid and Complete Metabolic Function\*

#### The thyroid—it's about a lot more than just metabolism!

You may not be aware of it, but a healthy thyroid is important for much more than just metabolism (although that's important, too). When your thyroid functions properly, it supports your immune system and hormonal balance. Considering how important the immune system is and how much physical well-being and mental outlook is affected by our hormones, maintaining a healthy thyroid is extremely important.\*

The thyroid has two nutrient requirements for making thyroid hormones: iodine and the amino acid, L-Tyrosine.

You've probably heard of iodine, but maybe not **L-Tyrosine**. An important amino acid, L-Tyrosine helps produce thyroid hormones plus noradrenaline and dopamine, the body's own "feel good" neurotransmitters. It's an absolute must to keep your thyroid gland healthy, and it can be tough to get through diet alone in quantities that can really make a difference.\*

**Thyroid Care™** provides optimal amounts of both of them. In fact, you really can't have a well-functioning thyroid without these all-important components.

