

IODINE PATCH TEST

Client: _____ **Test Date:** _____

Please contact Dr. Smith if you have any questions regarding the instructions below. With the Tincture of Iodine you have purchased, please follow the steps 1-4. Plan to bathe or shower before you apply the Iodine; however, if you must shower, do not wash the area with the Iodine patch; water can run over it but do not scrub.

1. At night, one hour before going to bed, paint on your skin, a 3" X 3" square, filled in, with the tincture of Iodine. The patch is applied to the inside of either thigh.

2. At bedtime, i.e., one hour after applying iodine patch to inner thigh, check the color of the Iodine patch and check which answer applies:
 - No change in color, it is still bright reddish-yellow-orange
 - Pale Yellow
 - Grayish Colored
 - No color left at all
 - Other: (describe) _____

3. Upon rising in the morning, note the color and check of the box below that best describes the color of the patch of Iodine:
 - Bright reddish-yellow-orange as it was the night before.
 - Pale Yellow
 - Grayish Colored
 - No color left at all
 - Other: (describe) _____

NOTE: IF THERE IS NO COLOR LEFT, YOUR TEST IS DONE. OR IF THERE IS ANY COLOR REMAINING, GO TO STEP 4 BELOW:

4. For the remainder of the day, check the patch every HOUR until 12 NOON. After 12 noon, check patch every four (4) hours. Note the time that all the color disappears. If the color still remains at bedtime, you may consider the test completed.
 - Color was gone by _____ o'clock before 12 noon.
 - Color was gone by 12 noon.
 - Color was gone by 4 p.m.
 - Color was gone by 8 p.m.
 - Color was gone by bedtime.
 - Some color still remained at bedtime.
 - Other: (describe) _____

INTERNET/MAIL ORDER CLIENTS: Please Mail this Completed Test by the next Upcoming Date on Your "Schedule - Internet/mail Order" Sheet To prevent delays, you may email your results by the Scheduled Date, and then mail this completed Iodine Patch Test sheet so that we may have the original test on file in your clinical nutrition chart.

TO ALL CLIENTS: After completing Iodine Patch Test, refer to the reverse side for instructions on supplements and dosages.

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Iodine Test Results

The faster your body absorbs the iodine patch or swab applied to the skin, the more deficient in Iodine you are. The thyroid metabolism is lower at night thus the absorption is going to be slower. Any movement in the a.m. immediately activates the thyroid. So the greater absorption is going to be seen within one hour of application the night before, upon rising (if it took all night to absorb) or by noon the next day.

Test Result Conditions:

- II If Iodine has been absorbed one hour after applying it - very deficient in Iodine
- II No color left upon rising or by Noon next day - very deficient
- II Pale Yellow or Gray color still there at Noon next day - insufficient in Iodine
- II Bright yellow, red or orange (i.e., no change in color) still there at Noon next day or later- sufficient Iodine

Circle which one applies to you, so Dr. Smith will know which supplement recommendation you followed:

Test Result: Supplement/Dosage/and when to retest:

Deficient: Take 1 tablet of Organic Prolamine Iodine daily for 14 days and then retest.

Insufficient: 3 tablets of Iodomere daily and 1 tablet of Organic Prolamine Iodine once a week for 30 days and retest.

Sufficient: If Sufficient at first test, take 1 tablet of Organic Prolamine Iodine and 1 tablet of Iodomere twice a month until you finish one bottle each, unless otherwise instructed by Dr. Smith.

If now Sufficient after having improved from the original Deficient or Insufficient test results, reduce Iodomere to 1 tablet a week, then finish bottle and discontinue Iodomere. However, you will not take 1 Organic Prolamine Iodine tablet a week for the rest of your life to maintain iodine sufficiency and thyroid function.

Special Instructions:

If your test does not result as explained in the Iodine Patch Test and Iodine Test Results sheet, contact Dr. Smith right away for further instructions before starting supplements or taking your next dosage.

You have been given two copies of the Iodine Patch Test - one to use for your first test and the second one to make copies of for all future tests. You have 14 days after your first test to make copies before you will need to use one of them for the second test.

Once the Iodine Patch Test has been completed, mail the original test sheet completed by you to **Advanced Clinical Nutrition**. Be sure to circle Deficient, Insufficient or Sufficient above before mailing, so Dr. Smith will know which stage you are in as you progress towards sufficiency or when you attained it; and will also know which supplement/dosage recommendation you are currently following.

It is very important to follow the information on this Test sheet precisely and record what you observe accurately or the results in thyroid improvement may not be attained. Therefore, be sure you understand the instructions before you begin.