



Zen Haus®



# Guide To Supplementing With Iodine

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This will provide a basis for learning how to use iodine. It is intended for correcting iodine levels in the body and not for treating any specific disease or illness.

For your convenience we have gathered and summarized methods of effective iodine supplementation for adults.

Our understanding of iodine therapy is still unfolding. We encourage you to do some of your own research to better understand your needs and gauge what works best for you.

Online communities are also a great resource and we have provided some suggestions at the end of the guide.



## When To Take Iodine Supplements?



## When To Take Iodine Supplements?

Food in the digestive tract it will oxidize iodine to iodide which is not corrosive to the gastrointestinal tract.

The ZHIS contains mostly the iodide form of iodine. However we still recommend taking it with food.

Taking high amounts of Vitamin C will help repair the IODIDE Symporters.

There are no issues with taking Vitamin C along with the ZHIS.





# When To Take Iodine Supplements?

The ZHIS pills contain iodide which the body recognizes and easily converts it to a usable form.

The pills are coated with a thin pharmaceutical glaze that will allow the iodine to reach further into the digestive tract before interacting with other stomach contents.

All of the other supporting nutrients can be taken along with the iodine and food.

Iodine should be taken earlier in the day. Perhaps before 2 pm.

If taken later in the day the increase in energy may cause you to have difficulty falling asleep at night.



# When To Take Iodine Supplements?

If you are taking more than 1 pill per day it is better to take them at different times. Here are some suggestions for different amounts of daily iodine.

No. of Pills	Early Morning	Mid Morning	Lunch
1		•	
2	•		•
3	•	•	•

If you miss a day there is no need to take a higher dosage the following day. Only increase the dosage if you intend to stay at the high amount for some time.

Consistency is preferred because it will allow you to better gauge your response to a given level of iodine over a longer period of time.





## How Much Iodine To Take



# How Much Iodine To Take?

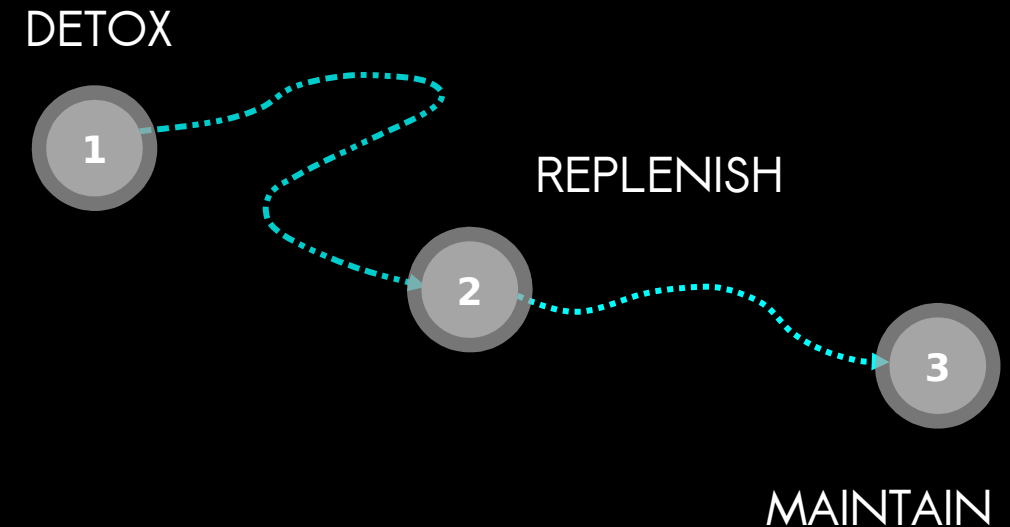
Studies generally had subjects start with lower amounts then gradually build up to higher dosages.

We believe this is a good approach. Iodine affects many systems in the body and it may be a good idea to let the body adjust to the higher levels of iodine being made available to it on a regular basis.

1 pill or 12.5 mg per day is generally considered a safe amount to start with. If you do not notice any detox symptoms or other differences after 1 - 2 weeks you can try increasing the dosage to 2 pills or 25 mg per day.

There are 3 phases: detox, replenishment, and maintenance. It is not always easy to tell which phase you are in but trying to be aware of it will help inform you about how much iodine to take.

Consistent daily dosages are also recommended.



# How Much Iodine To Take?

## Detox Phase

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During the detox phase the iodine and selenium will be displacing bromide, fluoride, chloride and toxic heavy metals from your body. Here you may experience one or more detox symptoms temporarily.

Do not increase the dosage while experiencing detox symptoms. Maintain the same dosage. If the detox symptoms are too uncomfortable or worry some then reduce to an amount that you feel comfortable with.

Drinking water that contains dissolved Himalayan Rock Salt will help the detox process along. Add enough salt to soften the water by taste. This is the most important detox aid. More can be done to aid with detox. Additional information is provided in the Detox Support section.

## Symptoms

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Bursts of Energy  
Vivid Dreams  
Pimples, Headache, Anxiety  
Mood Swings & Irritability  
Dark Thoughts & Depression  
More Saliva, Body Odour  
Bloating & Temporary Weight Gain  
Cherry Angiomas (Skin Growths)  
Eyelid or Foot Twitches

**Maintain or decrease dosage to an amount you feel comfortable taking while coping with any detox symptoms.**



# How Much Iodine To Take?

## Replenishment Phase

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This phase starts when your body has removed much of the excess halides. The body holds about 1500 mg of iodine with up to about 50 mg stored in the thyroid gland.

It may take months, even years, to restore healthy iodine levels throughout the body. During this phase you may want to experiment with different amounts of iodine and see how you feel.

You can be tested for iodine retention and if the retention levels are very slow it may indicate you have reached the end of the replenishment phase.

Increase or decrease dosage to an amount you feel comfortable taking on a long-term basis.





# How Much Iodine To Take?

## Maintenance Phase

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This phase starts when you have fully restored the healthy levels of iodine in your body.

Studies on iodine therapy have indicated that the maintenance amount of iodine for adults is 12.5 mg. This amount is confirmed by traditional Japanese diets where it has been linked to lower incidence of breast and prostate cancer.

Some may want to maintain a higher dosage accordingly. For example women with large breasts require more iodine.

Another reason more iodine maybe required is that we now live in an environment where we are surrounded by amounts of halides.

Maintain or decrease dosage to an amount you feel comfortable taking on a permanent basis.



# How Much Iodine To Take?

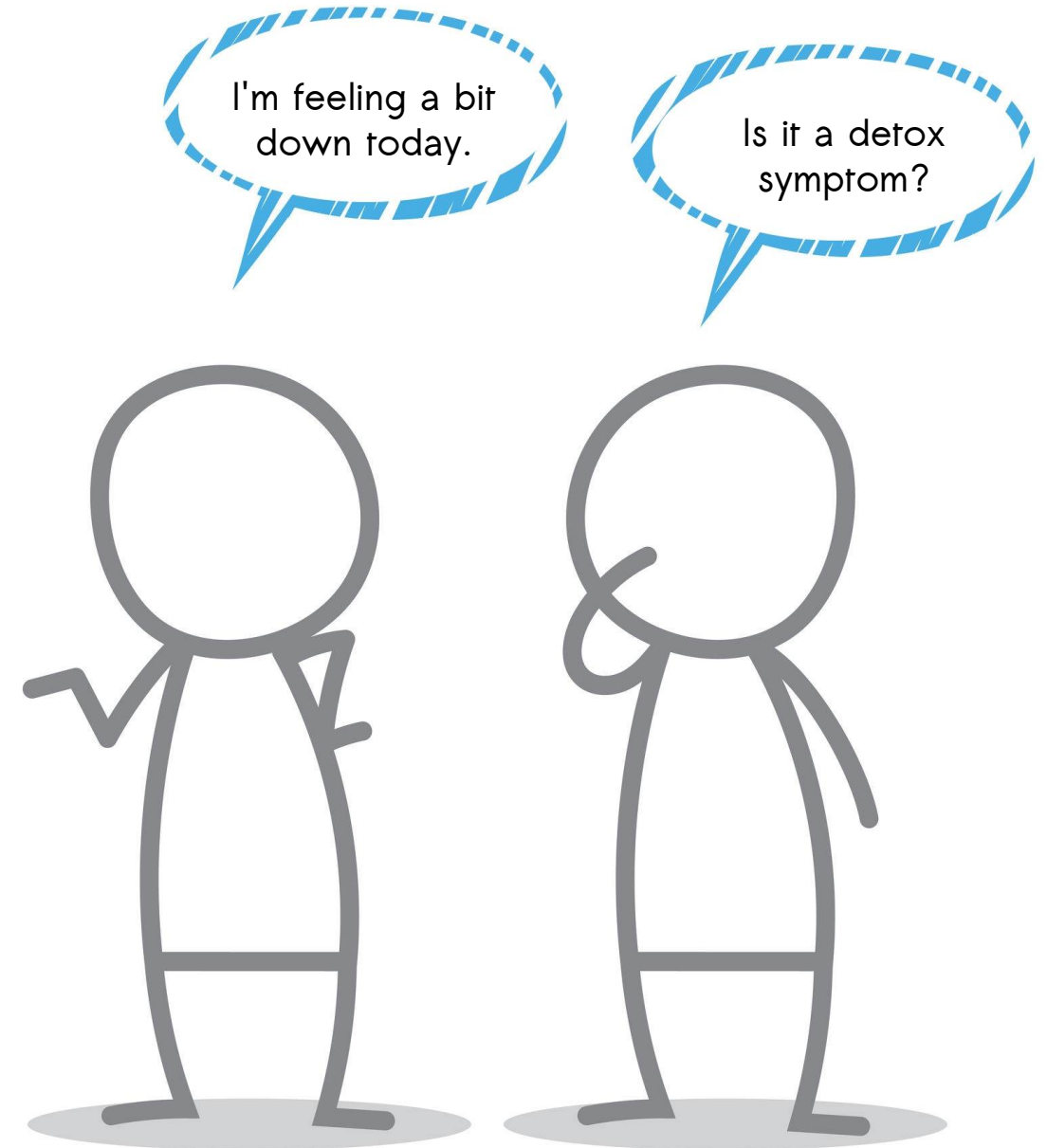
## Awareness and Safety

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Mood changes can take away your presence of mind. Be mindful of the times you increase the daily dosage so that you can observe any changes and easily detect any negative side effects as they are happening. Be ready to reduce your dosage.

Iodine and selenium, being essential elements, affect many systems in the body. Stay on the safe side and try to navigate these changes carefully and comfortably.

You can start with 1 pill (12.5 mg) per day and slowly increase it to a maximum of 3 pills (37.5 mg), over a 2 month period until you experience detox symptoms. You may also want to consider increasing dosages with careful monitoring during the replenishment phase.



# How Much Iodine To Take?

## Pregnant and Lactating Women

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Iodine is important for both the mother and the baby. Women tend to have depleted iodine levels after pregnancy because much of it goes to the baby. Children who do not get enough iodine in the womb may have underdeveloped brains.

Iodine will displace toxins in the body and it is possible for it to have a negative effect on the fetus. It would be best for pregnant women to begin the iodine protocol beforehand and get past the detox phase.

The dosage for pregnant women was discussed in the 2007 Iodine Conference and it was deemed safe to take 12.5 mg or 1 pill per day.







## Supporting Nutrients



## Supporting Nutrients

The key supporting nutrients are Selenium, Magnesium, Vitamin C, and Sodium in the natural form such as Himalayan Rock Salt.

In some cases Vitamin B2 and Vitamin B3 may also be required.



# Supplement Facts

**Serving Size:** 1 Tablet

**Servings Per Container:** 200

	Amount Per Serving	%DV†
Riboflavin (Vitamin B2)	1.3 mg	100%
Potassium Iodide	12.7 mg	8467%
Molecular Iodine	3 mg	2000%
Selenium (as L-Selenomethionine)	50 mcg	91%
Chromium (as Chromium Picolinate)	25 mcg	71%
L-Theanine	20 mg	**

† Percent Daily Values (DV) are based on a 2000 calorie diet.

\*\* % Daily Value not established.

## Supporting Nutrients

### Selenium

Recommended Amount: 50 to 200 mcg per day.

Supporting Function: Selenium helps your body recycle the iodine making more of it available for you.

You are in luck! The Zen Haus Iodine Supplement already includes this supporting nutrient. The synergistic qualities of selenium and iodine make the ZHIS a more effective supplement.

Learn more about selenium's role at [MyZenHaus.com](https://MyZenHaus.com).





# Supporting Nutrients

## Vitamin C

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Recommended Amount: 1500 - 4000 mg per day.

Supporting Function: Improves transportation of iodine into the cells.

It's no secret that Vitamin C is a powerful antioxidant. It is also very important for repairing the Sodium-IODIDE symporters (NIS). This allows for more iodine to make it into the cells.

We emphasize the importance of ensuring functioning NIS when taking iodine. Especially when it comes to treating specific diseases such as breast, stomach or prostate cancer. Read more about this in our article entitled [Why KI?](#) at [MyZenHaus.com](#).





This naturally occurring salt contains trace amounts of 80+ minerals.

It binds to bromide and other toxic elements displaced by the iodine, and assists in its removal from the body.

Natural salts supports the adrenal glands and the sodium-IODIDE symporters.



## Supporting Nutrients

### Sodium as Himalayan Rock Salt

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Supporting Function: Helps the detox process while also supporting the NIS and adrenals.

Recommended Amount: Dissolve enough salt in your drinking water to taste. Before the taste becomes salty you will notice the water getting softer. You can also add a teaspoon of 'Sole' to your water. Drink on an on going basis.



# Supporting Nutrients

## Magnesium

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Recommended Amount: 200 - 400 mg per day.

Supporting Function: Minimizes oxidative stress on the cells.

Magnesium is another critical mineral nutrient, not only for supporting iodine, but also for the various other functions in the body.

Chocolate cravings are not to be ignored.





## Supporting Nutrients

### Vitamins B2 & B3

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Recommended Amount: 100 to 500 mg respectively if the body cannot retain iodine.

Supporting Function: Helps the body make the iodide bio-available

These amounts are recommended only as required. If no effect is noticed while taking iodine, especially at higher dosages, then considering getting your iodine retention abilities tested.

If testing indicates that you are not holding on to the extra iodine, then supplement with Vitamins B2 and B3 as well.



## Detox Support

# Detox Support

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Taking iodine will likely trigger a detox response at some stage.

When supplementing with iodine it is very beneficial to use natural salts and drink lots of water to give your body what it needs to expel toxic elements.

Here are more things you can do to further support the detox process. They are worth doing as part of any detox program.

- Exercise
- Supplement with Milk Thistle & Probiotics
- Relax with Baths & Saunas
- Help remove toxins through the skin with Dry Brushing and Exfoliating
- Minimize exposure to bromide and fluoride



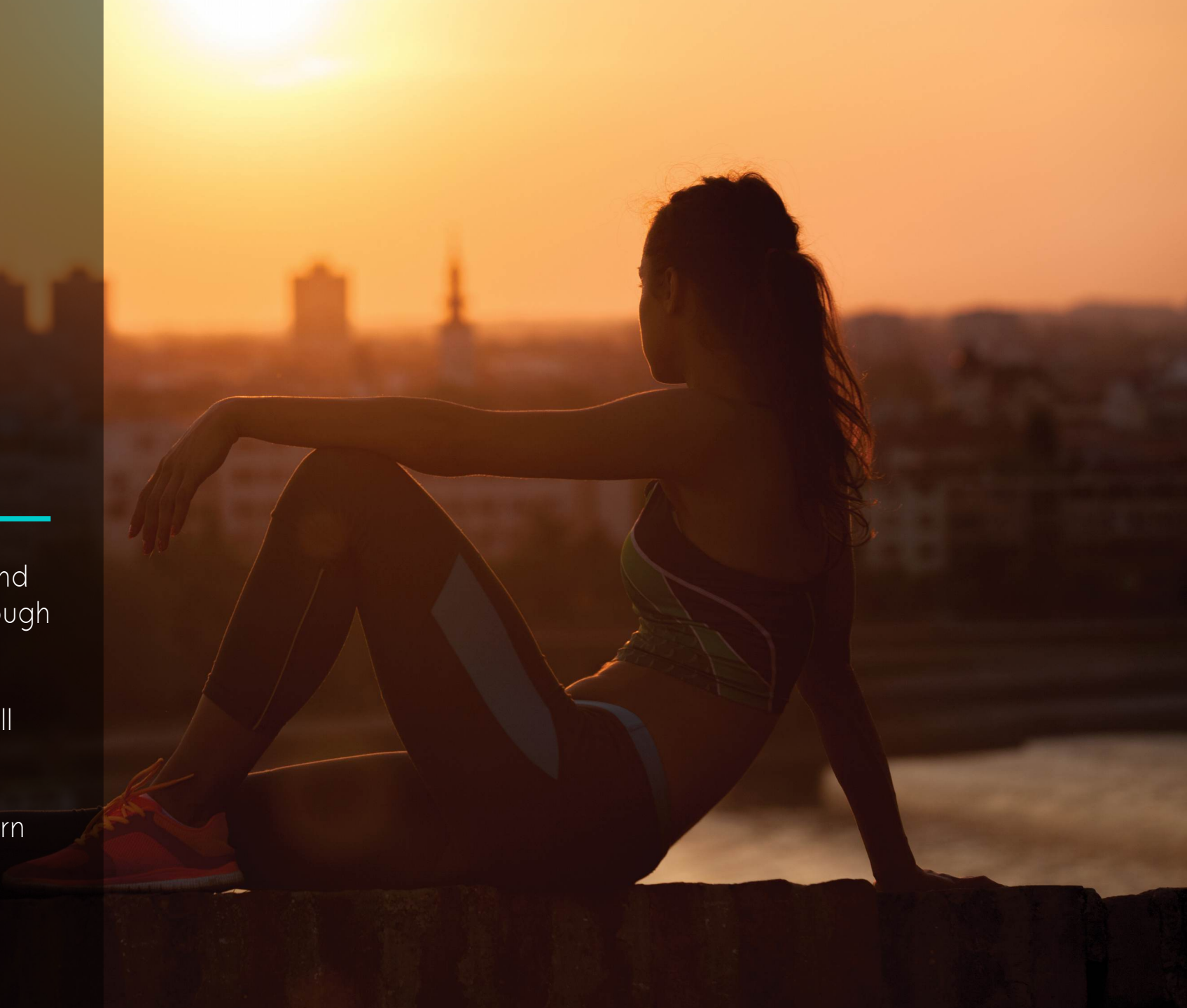
# Detox Support

## Exercise

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Exercising will help you to sweat more and push toxic elements out of the body through the skin.

It will improve blood circulation which will help the iodine and supporting nutrients reach all parts of the body. It will also improve the lymphatic system which in turn will help with detox.



# Detox Support

## Milk Thistle & Probiotics

### Milk Thistle.

This herb supports the liver which is the body's main detox centre. As iodine displaces elements you do not want, such as bromide, the liver may take on some extra burden. Milk thistle is great for reinforcing the liver during the detox phase.



### Probiotics.

These friendly bacteria can restore balance in the intestines and improve the absorption of minerals. They also help detoxify the body of heavy metals, free radicals and dangerous bacteria.

# Detox Support

## Baths & Saunas

### Baths.

Great for detox by aiding the lymphatic system and helping remove toxins from the skin. Its also an opportunity to soak up other minerals like magnesium and sodium, especially if you include Epsom Salts and Himalayan Rock Salt. Its also a way to treat yourself. Take one. You deserve it!



### Saunas.

Saunas are also great for the detoxification process. The skin is the largest detoxifying organ in the body. Saunas also improve circulation so the iodine will move well throughout the body. Better circulation will also help move toxic elements out of the body.





# Detox Support

## Dry Brushing & Exfoliating

Dry Brushing & Exfoliating.

Boosts circulation and stimulates the lymphatic system. Removing dead skin that can clog pores so that toxins can be released more easily.



# Detox Support

## Reduce Bromide & Fluoride Exposure

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Bromide.

Bakery Goods

Soft Drinks

Fire Retardants in Carpets, Drapes, Mattresses

Hot Tub & Swimming Pool Treatments

Pesticides and Non-Organic Produce

Fluoride.

Fluoridated Drinking Water

Toothpaste with Fluoride

Also avoiding deodorants with aluminum





## Summary & Resources



# ReCap

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12.5 mg (or 1 pill) is a good amount to start with

Take before 2pm and at separate times if taking more than 1 pill

Incorporate natural salts and Vitamin C into your diet

Drink lots of water

Be prepared to observe changes in your mood and/or energy



# Resources Online

Read Informative articles

[Iodine As Medicine](#)

[Why KI?](#)

[Iodine & Iodides In Seaweeds](#)

[Radiation Health Risks](#)

[Blog Posts](#)

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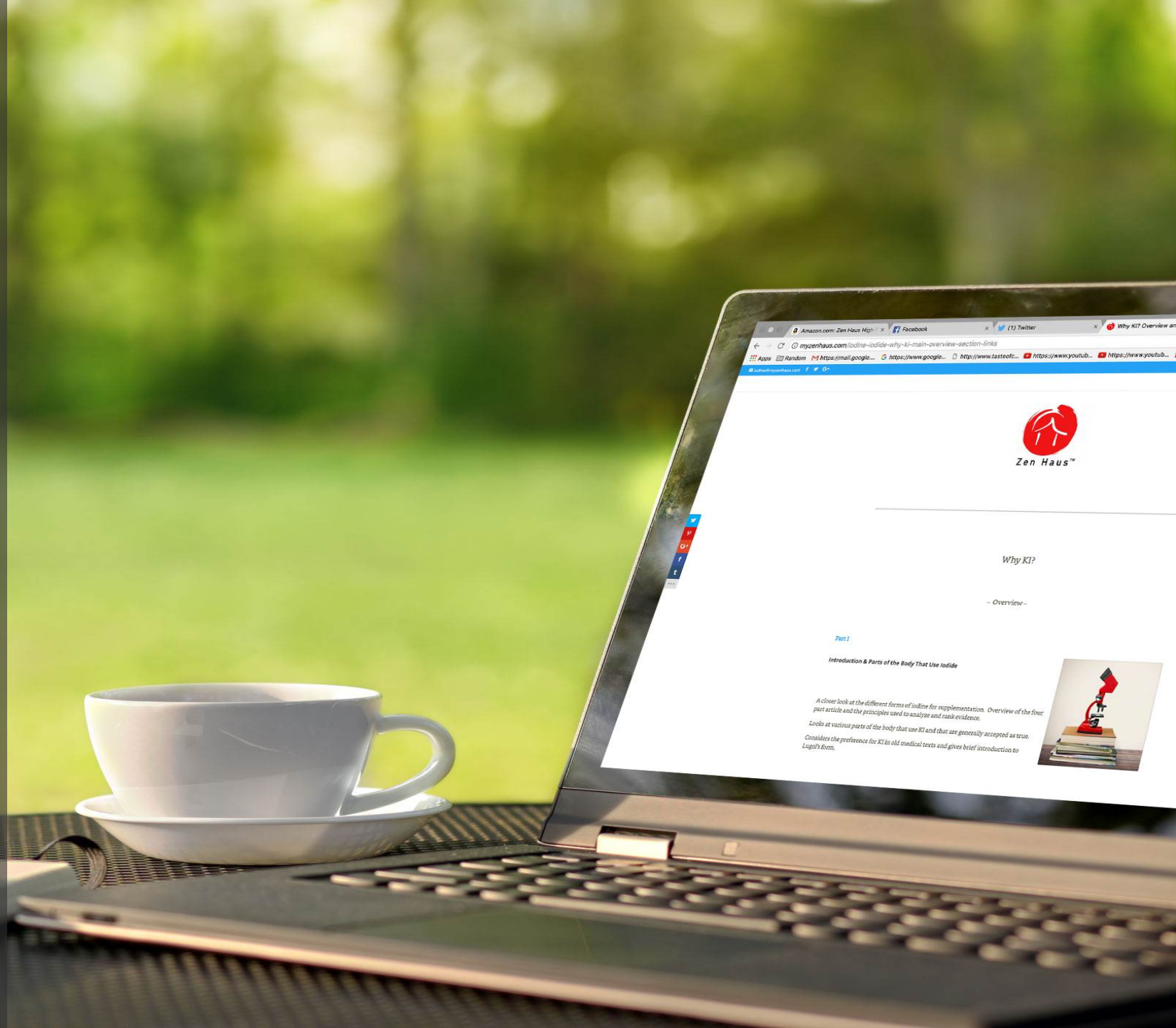
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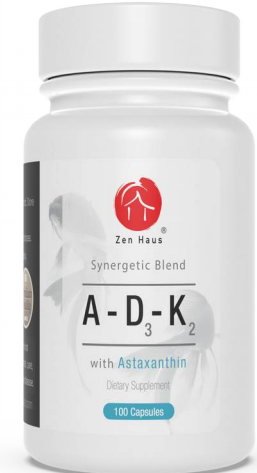
[Iodine For Beginners](#)

[Iodine Protocols](#)





## Available Products



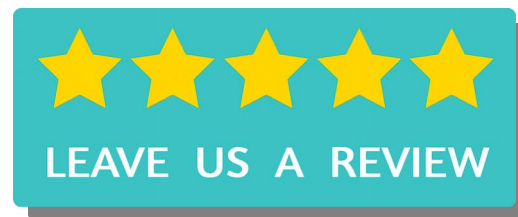
We are developing a limited and complementary product line to provide a system which provides simple and effective supplement strategies.





## Product Review

If you approve of this product and found the information useful please take a moment to leave a product review on Amazon.



Your support is greatly appreciated.

Write to us at [iodine@myzenhaus.com](mailto:iodine@myzenhaus.com)

- Thank You -



Zen Haus®