

IODINE DEFICIENCY TEST

1. Using liquid iodine from the drugstore, paint a 2" square on your inner arm.
2. Check it after 8 hours, 16 hours and 24 hours.
3. If gone at 8 hours, consider yourself highly iodine deficient. Gradually work up to 10 Prolamine Iodine tablets daily and retest weekly.
4. If gone at 16 hours, consider yourself moderately deficient. Gradually work up to 5 Prolamine Iodine tablets daily and retest bi-weekly.
5. If gone at 24 hours, consider yourself mildly deficient. Gradually work up to 2 Prolamine Iodine tablets daily and retest monthly.

Click [here](#) for consultation regarding ordering Prolamine Iodine.