



<b>Iodine</b>	
<b>Description</b>	Iodine is a trace element - only small amounts are needed to maintain good health.
<b>Function</b>	Iodine is used to form thyroid hormones (thyroxine and tri-iodothyronine), which regulate metabolic rate.
<b>Human Requirements</b>	EU RDA: 150µg
<b>Dietary Intake<sup>1</sup></b>	In the UK, the average adult diet provides: for men, 220µg daily; for women, 159µg.
<b>Food Sources</b>	Saltwater fish and shellfish, kelp, seaweed, sea salt, iodised salt, dairy products.
<b>Deficiency Symptoms</b>	Tiredness, muscle weakness, breast pain and tenderness, sudden or unexplained weight gain. A classic deficiency sign is goitre (enlargement of the thyroid gland in the neck). Infants born to severely deficient mothers are likely to suffer from cretinism.
<b>Precautions / Contra-Indications</b>	Supplements usually only necessary on medical advice. Safe Upper Level: 500mcg <sup>2</sup>
<b>Pregnancy &amp; Breastfeeding</b>	Doses exceeding the RDA should not be used during pregnancy or breastfeeding (they may result in abnormal thyroid function in the infant).
<b>Adverse Effects<sup>1</sup></b>	High iodine intake may induce hyperthyroidism (particularly in those over the age of 40 years) or hypothyroidism in autoimmune thyroid disease. Toxicity is rare with intakes below 5000µg daily and extremely rare at intakes below 1000µg daily. Hypersensitivity reactions including headache, rashes, symptoms of head cold, swelling of lips, throat and tongue, and joint pain have been reported.
<b>Interactions<sup>1</sup></b>	Iodine may interact with thyroid medication
<b>References</b>	<ol style="list-style-type: none"> <li>1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001.</li> <li>2. Expert Group on Vitamins and Minerals, 2003.</li> </ol>