

IODORAL®

Lugol solution in tablet form

Available in tablets of 12.5 mg packaged
in bottles of 90 tablets and 180 tablets

Now available also in tablets of 50 mg
packaged in bottles of 30 and 90 tablets



Based on the collective experience of U.S. physicians who used Lugol solution extensively in their practice for iodine supplementation over the past century, the recommended daily intake for iodine supplementation was 0.1 to 0.3 ml containing 12.5 to 37.5 mg elemental iodine ⁽¹⁻³⁾. We recently confirmed the keen observation of our medical predecessors: this is exactly the range of iodine/iodide intake required for whole body sufficiency, based on a recently developed iodine/iodide loading test ⁽³⁾. For non obese subjects, whole body sufficiency for iodine can be achieved within 3 months with daily intake of 12.5 to 50 mg ^(4,5).

- 1) Abraham, G.E., Flechas, J.D., Hakala, J.C., *Orthoiodosupplementation: Iodine sufficiency of the whole human body*. The Original Internist, 9:30-41, 2002.
- 2) Gennaro, A.R., Remington: *The Science and Practice of Pharmacy, 19th Edition, 1995*, Mack Publishing Co., 976 & 1267.
- 3) Abraham, G.E., *The safe and effective implementation of orthoiodosupplementation in medical practice*. The Original Internist, 11:17-33, 2004.
- 4) Abraham, G.E., *The concept of orthoiodosupplementation and its clinical implications*. The Original Internist, 11:29-38, 2004.
- 5) Abraham, G.E., *The historical background of the iodine project*. The Original Internist, 12(2):57-66, 2005.

For further information on:

- IODORAL®
- Reprints of relevant articles
- How to implement orthoiodosupplementation in your practice
- How to request kits for the iodine/iodide loading test

Vist our website at www.optimox.com

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