



Iodine-Skin Patch Test Thyroid Test

Paint a small (2 inch square) patch of 2% iodine solution (available from any chemist — cheaply) on inside of thigh at bedtime. If the brown stain disappears in 24 hours it may indicate your are Iodine deficient and as such may indicate an under-functioning of the thyroid which relies on adequate levels of this mineral to produce the spectrum of thyroid hormones, as well as other minerals and amino acids.

If the result is positive (i.e. the patch disappears), you should consult a nutritionist and/or your GP in respect of the result for further recommendations regarding thyroid function tests and /or possible supplementation.

WARNING: rarely some people are mild-strongly allergic to Iodine, if you notice any adverse reaction, you should attempt to wash the patch away and consult a medical service for further advice.