

Iodine Paint Screening

Name		Date	
Phone No.		Age	

DO NOT DO THIS TEST IF YOU ARE ALLERGIC TO IODINE

This test is to determine if you demonstrate a need for iodine supplementation. It is a known fact that the American public consumes less dietary iodine than other cultures. The thyroid gland furnishes energy to every cell in your body. To perform this function, the thyroid depends on manganese, selenium, zinc and most importantly, iodine. Two-thirds of the body's iodine is found in the thyroid gland and is a necessary mineral for proper thyroid function. An underactive thyroid (hypothyroidism) may be due, in part to an iodine deficiency. You should also ask to do our Zinc Taste Test to evaluate your need for zinc.

Follow these simple directions and report these findings to our office.

1. Observe the color of the square frequently over the next 24 hours.
2. The goal - and the sign of well-balanced iodine - is for the color to remain visible for at least 24 hours. If the color disappears in less than 24 hours, your body may be deficient in iodine.
3. Use the following chart to post your results.

I.	Date	Application Time	Time Completely Gone	Number of Hours
II.	Date	Application Time	Time Completely Gone	Number of Hours
		am or pm	am or pm	
III.	Date	Application Time	Time Completely Gone	Number of Hours
		am or pm	am or pm	

4. Describe any changes in symptoms or behaviors during this test: _____

5. **Notify our staff via email, fax or telephone of the results for customized supplement and testing recommendations.**

6. Ask for a copy of our Iodine Information Sheets.

Email the results to nutrition@flourishrx.com for supplement recommendations.
