

# Prolamine Iodine

## Contains 3 mg of Iodine and 20 mg of Calcium for Healthy Serum Iodine Levels

Iodine is a trace element and an essential micronutrient. Almost 80 percent of the body's iodine content resides in the thyroid gland where its sole function is to form part of the two important thyroid hormones: thyroxine and triiodothyronine. These hormones influence the rate of metabolism and are necessary for regulation of normal growth and development. During our entire lifetime, we only require a little more than a teaspoonful of iodine, but since the body does not store iodine, we need to consume it regularly to support consistent thyroid hormone production. The body is able to absorb iodine in both the organic and inorganic state, both readily available in a normal, well-balanced diet. Iodine is found in iodized salt, water, oysters, fish, beef, pork, eggs, bread, dairy products, apples, cranberries, and many vegetables. As with many other nutrients, young adults and pregnant or lactating women may require somewhat greater iodine intake to meet their unique nutritional needs.†

## How Prolamine Iodine Keeps You Healthy

### *Boosts serum iodine levels*

Failure to eat a well-balanced diet can result in loss of essential vitamins, minerals, and other vital nutrients, including iodine. Prolamine Iodine contains 3 mg of iodine per tablet to help your body maintain a healthy serum iodine level. Prolamine Iodine is most beneficial when used as a short-term mechanism to support serum iodine levels. In the long run, a well-balanced diet is the best way to maintain healthy levels of all nutrients, including iodine.†

### *Supports normal growth and development*

The sole purpose for iodine in the body is to facilitate formation of thyroxine and triiodothyronine. These hormones cannot be formed without it. Triiodothyronine is the hormone intimately involved in the regulation of normal growth and development, and it is produced from the metabolism of thyroxine, which contains four atoms of iodine per molecule. These two hormones help keep young bodies and minds growing and developing at a healthy rate.†

### *Supports a healthy metabolic rate*

The thyroid hormones boost the rate at which the body's cells use oxygen and organic molecules to produce energy and heat. They are directly and indirectly involved with the growth and maintenance of the skeletal and nervous systems. The thyroid hormones stimulate different types of cells to perform their specific functions, such as protein synthesis, water balance, and many other physiological processes. Without iodine, this would not be possible.†

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label. **V** Vegetarian (Lacto-ovo)  
 †These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introduced in 1952



**Content:**  
90 tablets

**Suggested Use:** One tablet per day, or as directed.

**Supplement Facts:**  
Serving Size: 1 tablet  
Servings per Container: 90

	Amount per Serving	%DV
Calories	1	
Calcium	20 mg	2%
Iodine	3 mg	2,000%

**Ingredients:** Calcium lactate, magnesium citrate, prolamine iodine (zein), cellulose, and calcium stearate.

**Caution:** Individuals sensitive to iodine should not consume this product.

**Sold through health care professionals.**



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# Prolamine Iodine

## What Makes Prolamine Iodine Unique

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### Product Attributes

#### A distinctive product that contains iodine

- › Prolamine iodine is bound to zein, a protein derived from corn
- › To help maintain healthy iodine levels, support thyroid hormone production, and maintain a healthy serum iodine level†

#### The calcium lactate in Prolamine Iodine is from a pure-vegetable source

- › Not derived from a dairy source

### Manufacturing and Quality-Control Processes

#### Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

#### Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Prolamine Iodine.

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