



## IODINE PATCH TEST

*Warning: Do not do if you are allergic to iodine.*

Use a bottle of “Iodine Tincture” (2% iodine) from a local drug store. After a shower, paint a 3” x 3” patch on your fore arm or abdomen where you can see it clearly. Fill in the patch with iodine 3 – 4 times until the color is a golden orange. Make note of the approximate times that the patch fades away:

**Dark Orange -> Medium Orange -> Light Orange -> Barely Visible or Grayish -> No Trace**

Start time: \_\_\_\_\_ am    pm    Color at 4 hours: \_\_\_\_\_

Color at 8 hours: \_\_\_\_\_    Color at 12 hours: \_\_\_\_\_

Color at 24 hours: \_\_\_\_\_

(No need to wake up in the middle of the night, just document before you go to bed and first thing in the morning.)

If your patch is still medium to dark orange at the 24-hour mark, you probably do not have an iodine deficiency. If your patch is pale orange, you may have a mild iodine deficiency. If your patch is patch barely visible or grayish in color, you may have a moderate iodine deficiency. If there is no trace of your patch, it is most likely that you have a severe iodine deficiency.

**Note:** The iodine patch test is only a general guideline to iodine levels. Although this test is accurate for most people, it is not accurate for everyone. Variables such as temperature, sweat, skin depth and skin texture can vary results. For a more accurate test of iodine levels, a 24-hour urine test can be ordered from your doctor.