

## Role of Iodine in the Body

### Thyroid Health

Iodine is an essential component of the thyroid hormones thyroxine (T4) and triiodothyronine (T3). These hormones are responsible for nerve development, basic cellular processes and basic metabolic activity.

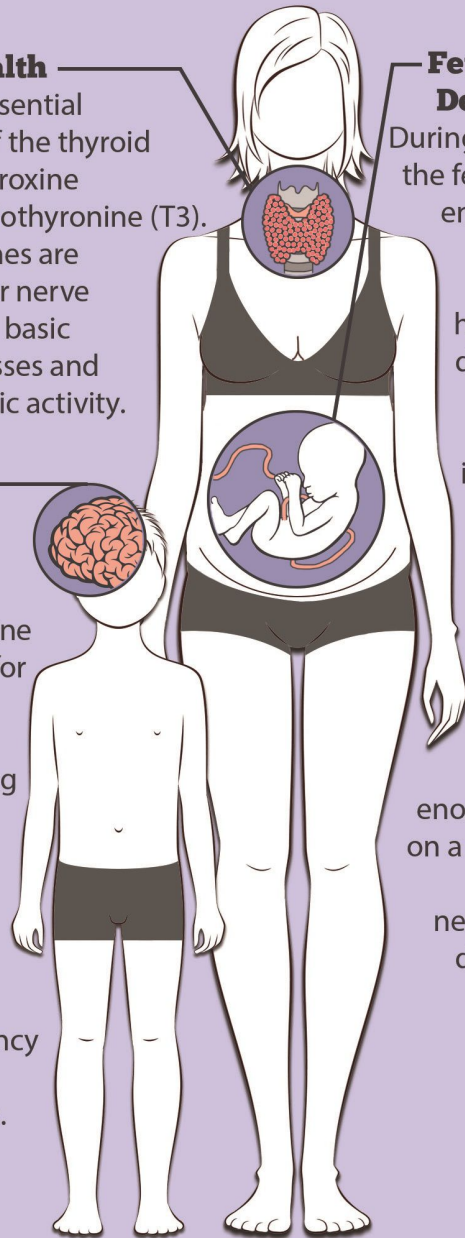
### Cognitive Function During Childhood

Adequate iodine intake is vital for neuro-development not only during infancy, but also during childhood. Studies suggest moderate to severe deficiency reduces IQ by 12-13.5 points.

### Fetal & Infant Development

During pregnancy, the fetus depends entirely on the mother's thyroid hormones for development, making the mother's iodine intake of critical importance.












Even a slight deficiency can have an enormous effect on a child's brain, skeletal and nervous system development.



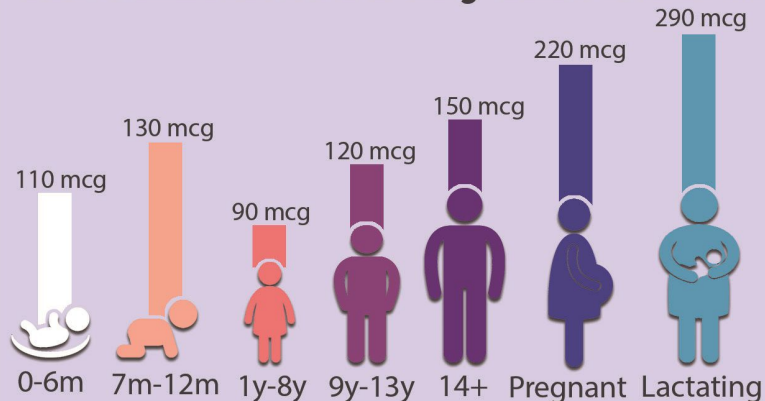
# IODINE (I)

Iodine (I) is a trace element present in some foods. Commonly consumed in iodized salt, iodine rarely occurs alone as a single element. Iodine plays a critical role in thyroid health and neurodevelopment.

## Sources of Iodine

Fruits & Vegetables		Protein		Sea Vegetables	
1 medium <b>Baked Potato</b>	1 cup <b>Strawberries</b>	3 oz. <b>Cod</b>	3 oz. <b>Shrimp</b>	2 tbsp <b>Wakame</b>	1 tbsp <b>Kelp</b>
					
60 mcg I 161 calories	13 mcg I 49 calories	63 mcg I 189 calories	35 mcg I 99 calories	160 mcg I 5 calories	2,000 mcg I 2 calories
Legumes		Dairy		1/4 tsp <b>Iodized Salt</b>	
1/2 cup <b>Navy Beans</b>	1/2 cup <b>Lima Beans</b>	1 cup <b>Milk</b>	1 cup <b>yogurt</b>		
					
32 mcg I 35 calories	16 mcg I 108 calories	88 mcg I 103 calories	75 mcg I 100 calories	71 mcg I 0 calories	

## Recommended Daily Allowances



In studies, **56.9%** of pregnant women were found to be iodine deficient



And only **51%** of prenatal vitamins on the market contained iodine.

