

The Differences and Similarities Between The Guaifenesin and The Iodine Protocols

<u>Similarities</u>	<u>Guaifenesin</u>	<u>Iodine</u>
Used to treat gout	Yes	Yes
Antifungal	Yes	Yes
Mucolytic agent	Yes	Yes
Reduces “lumps and bumps”	Yes	Yes
Detoxification reaction	Yes (“cycling”)	Yes (“bromism”)
Double blind study	No	No
Side effects	“Cycling”	“Bromism”
Principal researcher(s)	UCLA Asst. Prof. Endo. (Paul St. Amand, MD)	UCLA Prof. Endo. (Guy E. Abraham, MD)
<u>Differences</u>	<u>Guaifenesin</u>	<u>Iodine</u>
“Retention” theory based (phosphates)	Yes	No
“Deficiency” theory based (iodine)	No	Yes
Natural element	No	Yes
Alkalinizing agent	?	Yes
Antibacterial	?	Yes
Anticancer	No	Yes
Antiparasitic	?	Yes
Antiviral	?	Yes
Detoxifies Bromide	No	Yes
Detoxifies Fluoride	No	Yes
Detoxifies Mercury	No	Yes
Detoxifies Aluminum	No	Yes
Detoxifies Lead	No	Yes
Increased energy	Long term	Yes
Improved feeling of well-being	Long term	Yes
Improved sleep	Long term	Yes
Regular bowel movements	No	Yes
Improved skin complexion	Long term	Yes
Treats candida infections	No	Yes
Treats Fibrocystic Breast Disease	No	Yes
Treats Polycystic Ovarian Syndrome	No	Yes
Improves thyroid function	No	Yes
Requires avoidance of Salicylates	Yes	No
Requires a special diet	Yes	No
Improves utilization of insulin	No	Yes
Improves hypoglycemia	Not without diet	Yes
Improves hormonal balance	No	Yes
Instructions for reducing detox reactions?	No	Yes
Other vitamins & minerals suggested	No	Yes
Cost per tablet	.45 (Mucinex)	.21 (Iodoral)
Usual dosage	1-4 tablets/day	1-4 tablets/day
Urine test available for analysis of results?	No	Yes
Supporting research on PubMed?	No	Yes
Receptors involved	Kidney	NIS (Sodium Iodine Symp)
Time before results	Years	Months
Length of treatment	Life	Until sufficiency
Other researchers in support	No	Yes (numerous)