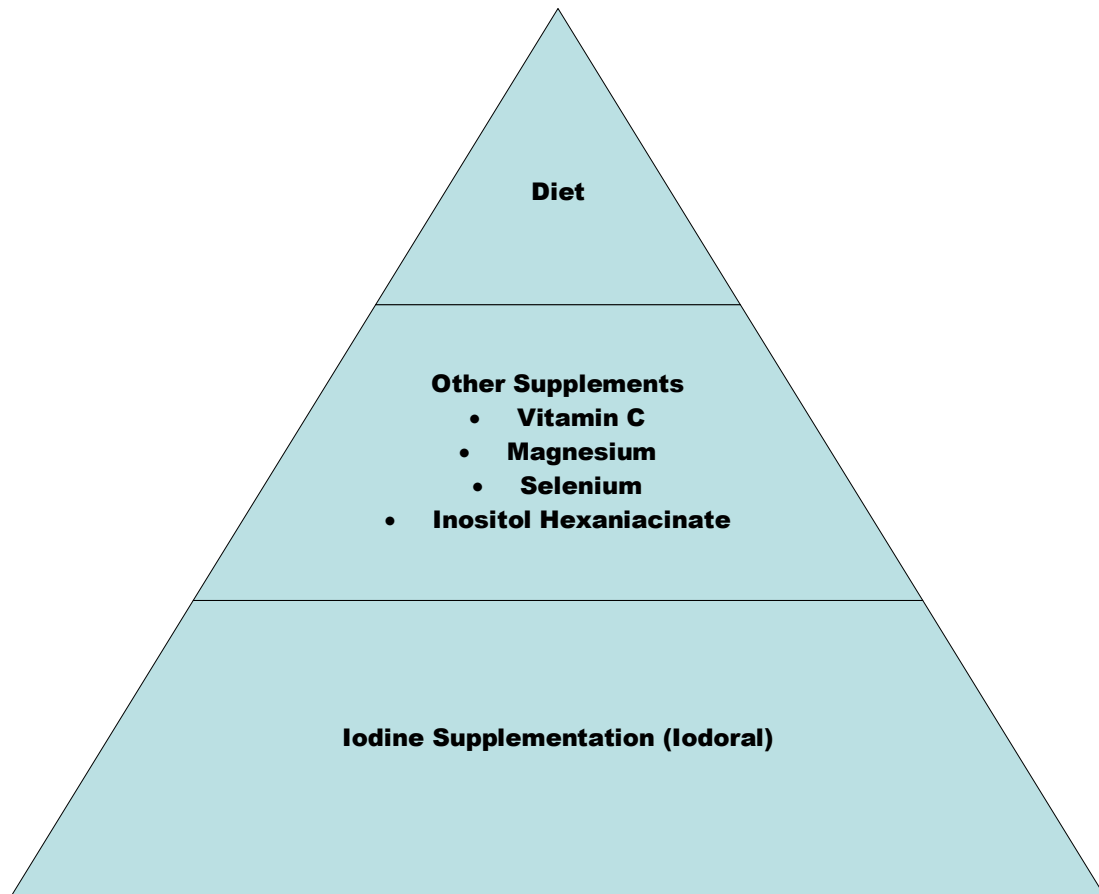


Iodine Supplementation Protocol



Basic Protocol

1. 50-100 mg. Iodoral or Lugol's solution (Iodoral is the Logol's formula in tablet form.)
 - a. Note: This may be too much for some people with fibromyalgia. You are urged to start with 12.5 mg (one tablet) and work your way up gradually. If bromide detox symptoms are severe, use the salt loading protocol. Patients report that detox symptoms greatly subside or disappear after a few weeks.
2. 2000-3000 mg. Vitamin C per day. (More may be necessary to detox bromide.)
3. 400-800 mg. magnesium oxide per day
4. 200 mcg selenium (found in Twinlab Daily One multiple vitamins)
5. 625 mg. inositol hexaniacinate. This is non-flushing niacin. DO NOT use the other form of niacin as it may cause severe flushing! Note: If itching occurs, reduce the dosage.
6. Riboflavin (B2) – 300 mg in the morning.

Salt Loading Protocol for possible bromide detoxification side effects (frontal headaches, mouth sores, etc.):

¼ teaspoon Celtic sea salt dissolved in warm water, followed by 12-16 oz. filtered water. Repeat in 30-45 minutes until copious urination begins. Some patients find it is necessary to load as much as 1 tsp. Celtic sea salt/day to control the bromide detoxification symptoms.

Additional Items of Importance:

1. Take a daily probiotic or drink unsweetened Lifeway kefir each day.

Iodine Supplementation Protocol

2. Reduce or eliminate refined sugar and flour from your diet.
3. Add at least 825 mg. malic acid if suffering from fatigue.