

Recommended Co-Supplements

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Introduction to Supplements

Disclaimer: ALWAYS CONSULT YOUR DOCTOR OR LICENSED HEALTHCARE PROFESSIONAL BEFORE TAKING ANY SUPPLEMENTS.

Check all of your supplements against each other for [adverse interactions](#).

Recommended minimum daily dosage for those in good health with minimal detox.

If you decide to supplement with iodine, you should take these **co-supplements**:

STTM explains [WHY we need to take co-supplements](#)

- - ½ tsp Natural Celtic Salt, Himalayan Pink Salt, Redmonds Salt or Hawaiiin black salt
 - - - If the sea salt is pure white, it is unacceptable - minerals have been stripped out
 - - 200mcg selenium (L-selenomethionine or Methylselenocystine preferred)
 - - 400 mg Magnesium - Glycinate preferred
 - - 2,000mg Vitamin C - Ester-C preferred -
 - - ATP Cofactors caplet contains both 100mg B2 & 500mg B3 (Niacinimide) non-flushing in the correct ratio. Take 1/2 caplet with iodine up to 25mg, then one caplet for each 50 mg iodine. Lynne Farrow, "If a person is iodine sufficient and has no deficiency/detox symptoms after a year they could drop the ATP Cofactors companion nutrients. Selenium, Vitamin C and magnesium should be maintained. It's important **not to** supplement calcium because that purges the magnesium."
 - - - Don't drink Fluoridated water, it poisons the thyroid
 - - - Cost Per Day for co-supplements = 75 cents/day, 12.5mg iodoral = 25 cents/day
 - - - All prices from Amazon.com (Free shipping > \$25)
- * Complete Details at <http://tinyurl.com/iodine-references>

Supplement Details

Expert Advice on Iodine Co-Supplementation

Here are the sources for all information on this page, provided so you can do further research into what is right for you. "No protocol can be perfect for everyone and each person must find their own comfort zone."

- Brownstein's book, "Iodine why you need it, why you can't do without it"
- [BreastCancerChoices Iodine Protocol](#)
- Dr. Buist [The Guide to Supplementing with Iodine](#)
- [Curezone Q&A Files](#)
- [Update: from October 2007 Iodine Conference](#)
- [2007 Iodine Conference](#)

* The following companion supplements **are recommended daily** to assist in detoxing nasty Hallogen Chemicals and to prevent damage to the thyroid.

- - - NOTE ON DOSAGES: The range of doses are intended for the amount of Detox problems people have. Smaller dosage is for those with minimal detox symptoms and in good health. Larger dosage is for people with severe detox symptoms, disease or who have trouble absorbing iodine. See also the chapter, "Iodine - Absorption Problems-Iodide Symporter Problems" located in [Recommended Reading](#).
approx cost per day = 75 cents for co-supplements
[Excellent overview of supplements](#) by Wombat

Fluoridated Water poisons the thyroid

- - - [Fluoride Poisoning Q&A](#)
- - - [Fluoride devastates the thyroid](#)
- - - [Fluoride Destroys the Thyroid](#) 7:22

½ tsp Unrefined salt (NOT table salt) in a glass of liquid daily

- - - [Why the salt ? ?](#) - - [Why the salt-2](#) - [About your water](#)
- - - Salt – - - such as Celtic Sea Salt, Himalayan Salt or Redmonds Salt
- - - contains chloride – binds to the bromide in the blood stream and carries it out through the kidneys.
- - - [Detox with real salt details](#)
- - - If the sea salt is pure white, it is unacceptable (minerals have been stripped out)
- - - If you can't tolerate salt, then mix it into Lemonade
- - - Cost = \$8 for 26 ozs = 1 penny per day - [Amazon.com](#)

Selenium 200mcg L-selenomethionine or Methylselenocystine Tablets

- - - [Why Selenium](#) - [Selenium Prevent Hashimotos Disease](#)
- - - Up to 400mcg may be recommended in cases of [Hashi or hyperthyroid](#)
- - - [Safe Upper Limit for selenomethionine](#)
- - - [How much Selenium to take ?](#)
- - - [Why Selenium#1](#) [Why Selenium #2](#)
- - - [Best food sources for Selenium](#)
- - - See the chapter, "Selenium Related" in "[Recommended Reading](#)"
- - - L-selenomethionine is recommended none other
- - - [Brazil Nut Nutrition](#) (set the size to 2 nuts) not a reliable source of selenium
- - - [Brazil Nut Research](#) - 2 Lg Brazil Nuts may be as effective as 100mcg of Selenium
- - - [Selenite is unacceptable](#) - Vitamin C neutralizes selenite
- - - Cost \$9 for 120 days = 7 cents/day - [Amazon.com](#)

Magnesium 400mg best=glycinate, citrate or malate

- - - Why? Magnesium is necessary for the proper absorption of iodine.
- * [Vitamin C and magnesium](#) are integral nutrients in an iodine treatment plan as they

help to improve the transport mechanism for iodine - to get toxins out & iodine in.

- - - Up to 600+mg may be recommended in cases of disease
- - - [Why Magnesium](#), helps to [prevent strokes](#)
- - - [Miracle of Magnesium Part 2](#)
- - - [Magnesium the Miracle Helper](#)
- - - [Protect Arteries More](#)
- - - Chelated minerals are widely regarded as the most assimilable
- - - Avoid magnesium carbonate, sulfate, gluconate, and oxide. They are poorly absorbed (and the cheapest and most common forms found in supplements)
- - - Higher dosage in cases of severe detox or disease
- - - [Magnesium Oil](#) can also be used externally
- - - [Ionic Magnesium](#) for those who have problems absorbing magnesium
- - - [Best Magnesium Alternatives](#)
- - - Ginagirl thinks [Magnesium Chloride is the best](#)
- - - Cost \$15 for 240 days = 4 cents/day - [Amazon.com](#)
- - - [Magnesium Deficiency Testimonial](#) - mumnz - CZ

Vitamin C - 2,000+mg

Why? Vitamin C improves a defective cellular transport mechanism for iodine

http://www.optimox.com/pics/Iodine/IOD-11/IOD_11.htm

* [Vitamin C and magnesium](#) are integral nutrients in an iodine treatment plan as they help to improve the transport mechanism for iodine - to get toxins out & iodine in.

- - - Why Vitamin C - Aid the detoxification pathways, supports the symporters
- - - up to 5,000+mg in cases of severe detox/disease. Dose up to bowel tolerance
- - - <http://www.livestrong.com/article/549473-vitamin-c-make-body-acidic/>
- - - supports the symporters and assists as an antioxidant to detoxing.
- - - [Slow Release is recommended](#) to help defective cellular transport mechanism
- - - Ester C (Calcium ascorbate) is also available
- - - Ascorbic acid may upset the stomach, least bioavailable, sold everywhere
- - - Sodium ascorbate more bioavailable, easier on stomach
- - - Magnesium ascorbate is easiest on stomach most bioavailable.
- - - Too much Vitamin C will cause loose stools/diarrhea - back off dosage
- - - Range 2,000 to 5,000mg/day, higher amount to help detox excess bromide
- - - [Why take Vitamin C](#) by Trapper
- - - [Importance of Vitamin C](#) Also see [this link](#).

For those interested in researching more on Vitamin C, Google Doctors Cathcart, Levy & Klenner.

Vitamin C can transform Lugols

- - - [vitamin C can transform lugols iodine into iodide](#) when they mix in the stomach, so take one in the AM and the other in the PM.

- - - does not affect Iodoral capsules
- - - Vitamin C helps us sleep

ATP Cofactors tablets

- - - Why take the ATP Cofactors ? [Details #1 Here](#) [Details #2 Here](#)
- - - Why: http://www.optimox.com/pics/Iodine/IOD-21/IOD_21.htm
- - - Lynne Farrow, "If a person is iodine sufficient and has no symptoms after a year they could drop the ATP Cofactors companion nutrients. Selenium, Vitamin C and magnesium should be maintained. It's important not to supplement calcium because that purges the magnesium."
- - - **Is it optional or required ?** Experts have conflicting opinions, see next line
- - - [contain both 100mg B2 & 500mg B3](#)
- - - [Take ½ tablet up to the 1st 25mg of Iodoral & 1 for each 50mg, max 3](#)
- - - Complete Description of ATP Cofactors in Dr. Brownsteins book, chapter 8
- - - Makes urine a bright yellow color
- - - B3 flushing is avoided by using a non-flushing derivative of Niacin
- - - Cost \$24 for 90 days 26 cents per day - [Amazon.com](#)
- - - [ATP Cofactors do not cause liver damage](#) False accusation

*** If you are unable to get ATP Cofactors then substitute the following:**

- - - Vitamin B3, **Flush Free**, [Niacin Inositol Hexanicotinate](#), 500 mg
- - - Alternative to ATP Cofactors: [B-2 100mg](#) [B-3 500mg as inositol hexanicotinate](#)
- - - [Vitamin B2 Riboflavin 100mg](#)
- - - or equivalents
- - - If [flushing is intolerable](#), take an aspirin & ½ cup of applesauce ½ hr before.

*** CAUTION IF YOU ARE TAKING CALCIUM SUPPLEMENTS**

Dr. Guy Abraham cautions that "**excess calcium supplementation** (2,000-3,000 mg/day) has been the most common cause of poor response to iodine supplementation." [Vitamin Research News Vol. 22. Number 2.](#)

Experienced Members discuss supplements

Advice and tips for the recommended supplements. "No protocol can be perfect for everyone and each person must find their comfort zone." Here are their thoughts.

[Advice on dosage](#) - [Part 2 Advice](#) from BreastCancerChoices

[Advice on Dosage](#) from Ginagirl

Candida Complications

We have discovered that Candida Symptoms & Iodine Deficiency symptoms are the same in

many cases.

Dr, Jeff McCombs said, "If you have ever taken antibiotics at any time in your life, then you have systemic fungal Candida."

Vitamin D3 plays a major role

in curing Candida and to prevent health problems.

<http://curezone.com/forums/fm.asp?i=2200914>

Also for disease prevention: <http://www.solar-facts-and-advice.com/vitamin-d-and-diseases.html>

Candida Reference

<http://tinyurl.com/Iodine-Candida>

Optional Supplements to Help with Detox

- * **Boron** - [Helps with severe Fluoride Detox, Candida & Fungus](#)
- - - [Health Effects of Boron](#) - - - [More on Boron](#)
- * **Milk Thistle** [Milk Thistle is unique in its ability to protect the liver](#)
- * **NAC** - [Article about NAC](#)
- * **ALA** - [Alpha Lipolic Acid](#) Antioxidant protects against damage to your body's cells.
- * Tip from our membership [Yogi Detox Tea](#)
- * **Chlorella** is excellent to [help with detox](#)
- * **dandelion root** + drink more water
- * veggie juices, such as carrot/apple, and beet, and green juices.
- * A good **multi-vitamin** to supply traces minerals

Send your suggestions to Grizz at the [Curezone](#)

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