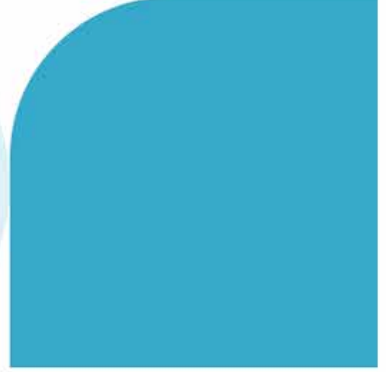
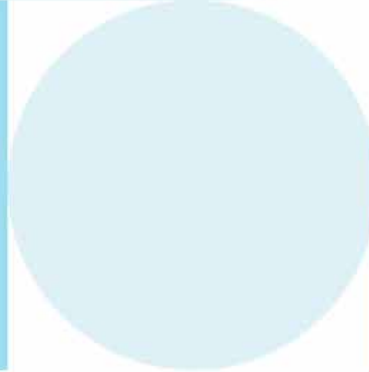
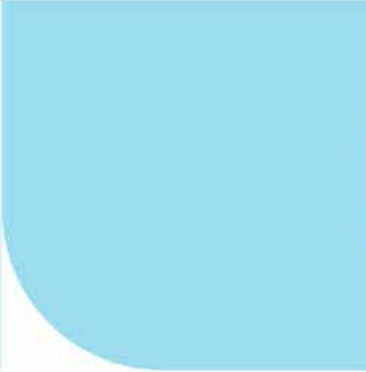
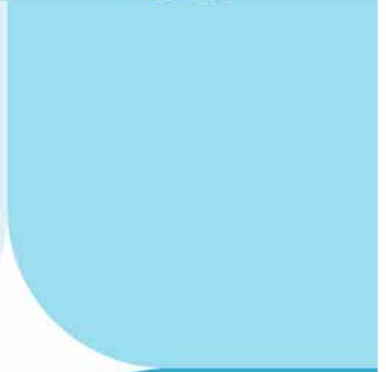
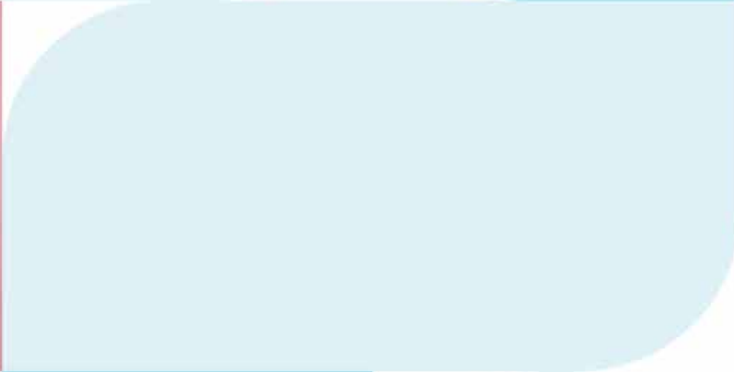




Test report



At-home test



Iodine Test

Lab test

Urine

Name: **Sample Report** Date of test: **10/26/2023** Analysis-ID: **DUMMY-47**

Lab results

Dear Sample, our lab has tested the concentration of iodine/creatinine in your urine. Below you will find your results.

Substance	Your value	Reference value
Iodine/Creatinine	● 75.80 µg	100-199 µg

Reference values

Value	Indication
● < 20 µg	Severe iodine deficiency
● 20-49 µg	Iodine deficiency
● 50-99 µg	Mild iodine deficiency
● 100-199 µg	Optimal values
● 200-299 µg	Risk of overactive thyroid caused by iodine
● > 300 µg	Risk of overactive thyroid or autoimmune thyroid reaction caused by iodine

**The reference values apply to adults. For pregnant women: 150 - 249 is the normal value, and 250 - 499 is more than enough. For breastfeeding, you should be above 100. Children should also be above 100.*

Creatinine in urine

Substance	Your value	Reference value
The concentration of creatinine in urine	● 28.80 µg	40 - 200 µg

Comment: Your iodine level is below the reference value and your creatinine level is below the reference value (the creatinine value is used to check if you have normal urine concentration and that it is not abnormally diluted or abnormally concentrated as this can affect the measurement values). For more information, see 'Your Recommendations' on the next page.

This test does not replace a medical consultation. Always seek medical attention if you are experiencing severe symptoms.

Your Recommendations

Your iodine value is low (75.88). It should be above 100 ug. Consuming more iodine-rich foods over a period is recommended, until you at least reach the recommended value (for a list of iodine-rich foods, please refer to Sources of Iodine from [our app](#)).

It can be challenging to eat a balanced diet in today's society. If you find this to be the case and wish to boost your levels, you may consider [Iodine Supplement](#) (one tablet, 1-2 times daily with a meal).

Your creatinine level is below the reference value. Creatinine levels are used to assess whether you have normal urine concentration, ensuring it is not abnormally diluted or concentrated as this could affect the measurements. A lower creatinine level indicates that your urine was more diluted, generally resulting in slightly lower iodine values than they might otherwise be.

Need extra help?



Need help interpreting your results, understanding our recommendations, or with any health issues? You can book any of our fantastic team members for 15, 30, or 45-minute consultations.

Our team has experience with hormonal issues, gut problems, burnout, mental imbalances, nutrition and more. [You can book here.](#)

*We always advocate a healthy diet and lifestyle as a first choice. Recommendations regarding dietary supplements are based solely on laboratory results and do not take into account individual symptoms, possible medical conditions, or the use of medications. Always consult a qualified therapist or doctor before changing your diet and/or starting any form of dietary supplements.

In-Depth

Iodine

Iodine is important for the thyroid gland and necessary to be able to convert thyroxine and triiodothyronine (the thyroid hormones) into active forms. Furthermore, iodine is needed for all the body's cells for the production of hormones, and for the muscles and the brain. The WHO says that iodine deficiency can cause brain damage and affect the fetus or the child's mental health. Iodine deficiency is six times more common in women than in men.

Iodine is an important component of thyroid hormones, which controls our metabolism and thus affects our health and well-being. Low levels of thyroid hormones (hypothyroidism) negatively affect metabolism, slowing it down and leading to cold extremities, weight gain, and elevated cholesterol levels. High levels of thyroid hormones (hyperthyroidism) increase metabolism, which leads to increased body temperature and weight loss. High doses of iodine can cause overproduction of thyroid hormones (hyperthyroidism) and can lead to neck goiter. It is important to keep track of whether you are at risk of suffering from a deficiency or an excess to avoid negative health effects.

Iodine deficiency

Iodine deficiency is either due to low levels of iodine or a lack of thyroid hormones. Iodine deficiency mainly affects women who are pregnant or breastfeeding, and people who eat a lot of highly refined food or eat a low-salt diet. This can lead to hyperthyroidism, a dysfunction in the thyroid gland. Hyperthyroidism means that the thyroid gland cannot produce enough of the hormone thyroxine (T4) causing the gland to become enlarged (a form of goiter). The thyroid then grows in a desperate attempt to increase its capacity and boost the production of thyroid hormones. In addition to weight gain, you are then affected by elevated cholesterol, low body temperature, and low metabolism.

Symptoms of iodine deficiency are

- Fatigue
- Cold extremities
- Depression
- Weight gain
- Dry skin
- Hair loss

These symptoms can appear without a diagnosis being made. Iodine deficiency and reduced thyroid function make themselves known in the same way. Susceptibility to infection, poor circulation, cold hands and feet, PMS, constipation, muscle cramps, and muscle weakness may be additional symptoms of deficiency. In children, iodine deficiency can lead to stunted growth and mental development. Taking iodine supplements without knowing for sure that you have an iodine deficiency can be harmful to the body and instead lead to the reverse condition, overproduction of thyroid hormones and, in the worst cases, lead to neck goiter.

A lack of iodine always manifests as a lack of thyroid hormone, but a lack of thyroid hormone does not always mean a lack of iodine.

Do you need to increase your iodine value? Sources of iodine:

Sources of iodine are eggs, dairy products, salt and seafood. In most Western countries, iodine has also been added to salt that is sold in grocery stores and used in restaurants to prevent iodine deficiency. However, if you use regular sea salt and/or other types of salt that are not iodized, it may be a good idea to test your iodine status if you suffer from symptoms that could be related to iodine deficiency.

Below you will find a table of foods that are rich in iodine.

Food	µg/100g	% RDI
Tablet salt	500	1000%
Sea salt	500	1000%
Tablet salt (1/4)	125	250%
Tablet salt	125	250%
Tablet iodized	100	200%
Iodized	75	150%
Seaweed (dried) with shells, the real	60.1	120%
Tablet iodized	100	200%
Tablet iodized	100	200%
Egg yolk (organic)	100	200%

