



Lab ID 684059569

DOB 24/06/1983 (42 Yrs FEMALE)

Referrer Dr Sairaah Govindan Haridas

Your ref.

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Copy to Dr Jonathan D Last (0754433768)

Requested 03/07/2025

Clinical Notes Not Provided

Collected 07/07/2025 08:28

Received 07/07/2025 08:33

24 Hr Urine Iodine

Test Name	Result	Reference Interval	Units
Dates of collection	07/07/2025		
to	08/07/2025		
● Urine Volume (L)	3.63 H	0.5 - 2.0	L
U-Creatinine	2.3		mmol/L
U-Creatinine Excretion	8.3	5.3 - 16.0	mmol/d
U-Iodine/L	41		ug/L
Urine Iodine Excretion	149		ug/day

Comments

WHO classification of iodine deficiency: Urine Iodine levels

Not Iodine deficient: >100 ug/L
Mild Iodine deficiency: 50 - 100 ug/L
Moderate Iodine deficiency: 20 - 49 ug/L
Severe Iodine deficiency: <20 ug/L

To convert Iodine ug/L to Iodine nmol/L

ug/L x 7.88 = nmol/L

NHMRC recommends supplementation of 150ug/day of Iodine to ensure that all women who are pregnant, breastfeeding or considering pregnancy have adequate iodine status. Women should not take kelp (seaweed) supplements or kelp based products because they may contain varying levels of iodine and may be contaminated with heavy metals such as mercury.

JH

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Reported on 09-Jul-25 15:58