



Iodine result Dr Wells

Inbox

Admin 19 Aug
to me ▾



Good afternoon,

Discussion of result with Laura.

Her Iodine result is extremely low.

I would recommend an Iodine supplement.

If she is trying to fall pregnant - she can't take super high doses of Iodine.

I would advise

Dose 220 mcg daily. Eg. Potassium Iodide.

For at least 6 months.

Also, with this - I would recommend Selenium at about 250 mcg daily.

It is possible to get it compounded into one capsule.

If she would like a compounded script - to let me know.