

Opti-Nutrient Formulas by Dr. Brimhall

# OPTI-IODINE™

## Whole Food Iodine and Iodide Blend for Thyroid Support

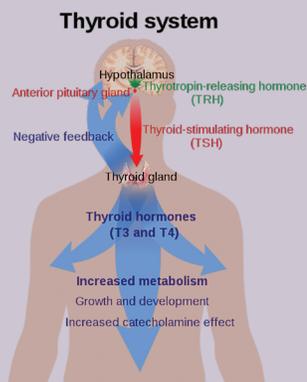


**Opti Iodine™ Provides whole food iodine support for thyroid hormone synthesis, helping to maintain healthy cellular and full body metabolism.**

The health and function of the thyroid gland depend on a number of micronutrients as well as sufficient antioxidant protection and activity.

**Opti-Iodine™ combines iodine from whole foods and also iodide from potassium salt.**

This exact combination has been shown to be more beneficial than other single forms of iodine. The formula also contains patented selenium, and molybdenum in a distinctive formula designed to support thyroid, breast, and endocrine system health.\*



Iodine is an essential trace element, recognized for its traditional role in thyroid hormone synthesis. Iodine is directly incorporated into thyroxine (T4) and the biologically active form of the thyroid hormone triiodothyronine (T3).

Thyroid hormones regulate metabolism and energy production throughout the body and, in turn, affect core body temperature, growth, reproduction, protein synthesis (including hair and skin) and neuromuscular function.

Iodine plays a role in overall endocrine health, intellectual development, breast and reproductive system health, and the maintenance of a healthy balance of microorganisms in the body.

Oral and gastric mucosa, salivary and thymus glands, skin, and the choroid plexus of the brain are also believed to rely on iodine for their optimal functions.

Iodine must be obtained daily in diet or supplement form. Dietary intake can and does vary widely.

David Brownstein, MD, in his book "IODINE Why You need it, Why You can't live without it", relates his research that over ninety percent of Americans are deficient in iodine.



**Opti-Iodine™ provides 12.5 mg of iodine per capsule in the blend of whole food iodine from Kelp and our cultured media along with potassium iodide.\***



Please feel free to contact us at:  
**800-890-4547**

Please see reverse for supplement facts

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



# OPTI-IODINE™

## Whole Food Iodine and Iodide Blend for Thyroid Support



The trace element selenium is present to support the conversion of the inactive thyroid hormone T4 to the active T3 form as well as the overall regulation of thyroid hormone metabolism.

Selenium plays a significant role in antioxidant activity because it is an integral component of several glutathione peroxidases as well as the enzyme thioredoxin reductase. Iodine and selenium are believed to work synergistically in supporting breast health.



Molybdenum, another essential trace element, is a cofactor for the metabolic enzymes sulfite oxidase, xanthine oxidase, and aldehyde oxidase. Sulfite oxidase is instrumental in converting sulfite to sulfate.

Xanthine oxidase converts nucleotides to uric acid.

Both xanthine oxidase and aldehyde oxidase facilitate the metabolism of drugs and toxins.\*

Iodine is absorbed in the thyroid gland and works to support the formation of thyroid hormones. Thyroid hormones cross cell membranes and support all cells of the body. When inside the cell membranes, they promote metabolic function by enhancing mitochondrial activity and enzyme synthesis, especially in tissues and organs such as muscle and the liver.

## OPTI-IODINE™

The Nutrients in Opti-Iodine help keep your thyroid gland healthy, and helps support an optimal metabolism.

Forms Thyroid Hormones • Eliminates Heavy Metals • Essential During Pregnancy  
Lowers Risk of Diabetes • Helps Control Weight • Lowers Blood Pressure  
and Can Assist in Detoxification.\*

### Supplement Facts

Amount Per Serving	Servings Per Container: 90	
		% Daily Value
Total Iodine/Iodide	12.5 mg	3333%
Iodine (Kelp & Cultured media)††	5 mg	
Iodide (as potassium salt)††	7.5 mg	
Selenium (Glycinate Complex)†	25 mcg	36%
Molybdenum (Glycinate Chelate)†	25 mcg	*
Opti-blend™††	5 mg	*
Culture Media††	15 mg	*

\*Daily Value not established.

Other ingredients; Rice flour, Purple beet fiber, plant based magnesium stearate.

### ††PROPRIETARY WHOLE FOOD CULTURED MEDIA BLEND & OPTI-BLEND™ DELIVERY SYSTEM

#### ORGANIC VEGETABLE BLEND:

Yeast, Pea, Alfalfa Leaf, Non-Gluten Wheat & Barley Grass, Oat Grass, Spirulina, Chlorella, Broccoli, Kelp, Cabbage, Parsley, Kale, Dandelion Leaf, Dulse.

#### PLANT ENZYMES:

Amylase, Protease Blend, Peptizyme, Lipase, Invertase, Cellulase, Lactase, Maltase, HemiSEB.

#### ORGANIC FRUIT BLEND:

Apple, Prune, Black Currant, Pomegranate, Mango, Blueberry, Strawberry, Acai, Raspberry, Cranberry.

#### PROBIOTICS:

L. Plantarum, Lactobacillus Acidophilus, Bacillus Coagulans, Bifidobacterium Bifidus, B. Lactis, L. Bulgaricus, L. Salivarius, Enterococcus Faecium, Streptococcus Thermophilus.

For more information please feel free to contact us at:

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