

Lugol's Solution 5% by Creative Alternatives

Thank you for your purchase. To make the appropriate strength solution, place a small amount of water into the bottle (preferably distilled) to allow the contents to partially dissolve. Gently agitate, after a few minutes add further water to reach a point level with the bottom of the bottle's shoulder. It is sometimes easier to dissolve the contents if the water is first warmed.

Please allow up to 24 hours for the Iodine to fully dissolve. Once the Iodine has dissolved it will be ready for use. The dropper has been included to facilitate dosing. Please be advised that Iodine will easily cause staining, therefore keep the bottle upright at all times as a precaution. If any staining should occur, then an internet search for 'remove Iodine stains' will provide useful advice.

Do not expose the solution to excessive temperatures (keeping in the fridge can sometimes cause the Iodine to partially crystallise out of solution – if this should happen then allow the solution to warm up and wait for the crystals to re-dissolve)

Dosage: This can vary depending upon the body's requirements. It is generally accepted that a maintenance dose is two drops per day taken in half a tumbler of water or fruit juice if preferred.

Please be warned that in some instances an allergic reaction may occur, it is therefore advisable to first apply a small amount to the skin so as to test for any adverse reaction. (This solution will temporarily stain the skin a brown colour.) If you haven't experienced any problems with the topical application then proceed to one drop a day for a week and then increase to two drops a day. If at any time you notice a 'runny' nose shortly after drinking the solution then you are advised to stop taking it as this is an indication that your body now has sufficient Iodine.

It is also advised that if you are considering using this at higher doses than recommended then you are strongly urged to carry out your own research and seek professional advice e.g. Doctor.

Contraindications: Avoid taking Lugol's solution with the following:

Captopril, Enalapril or Lisinopril as well as some Diuretics, Lithium or Sodium Iodide.