

# Test kit: Iodine

ORY ANALYSIS – URINE TEST

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## Elementar component iodine

Iodine is an essential and naturally occurring trace element that the body cannot produce itself. It is one of the many important components that ensure that everything is maintained in our organism. As a basic building block of thyroid hormones, it is involved in the body's heat production as well as in growth and maturation, especially of the brain and bones. It also has an influence on our energy metabolism and contributes to the maintenance of normal skin and the function of the nervous system.

### What are the effects of iodine deficiency?

Since the thyroid gland is responsible for a large number of biological processes in the body, as described above, iodine deficiency has correspondingly severe consequences. The digestive system becomes sluggish, the pulse slows down and the susceptibility to infections increases. The growth of nails and hair is negatively affected, as is the appearance of the skin. Concentration, memory and performance also decline. Recent research also suggests a connection between iodine deficiency and attention deficit hyperactivity disorder (ADHD/ADS).

### Iodine requirements and intake

The German Nutrition Society (DGE) recommends a daily iodine intake of 180 to 200 µg iodine for adults, up to 230 µg for pregnant and breastfeeding women and 40 to 200 µg for children and adolescents.

## TEST INSTRUCTIONS:



### CHECK

- Requirement sheet
- Instructions for use
- 1 urine monovette + 1 collection tip
- 1 transport tube
- mailing box + adhesive tape for secure sealing



### TEST INSTRUCTION

- **Morning urine** is required for the test
- Please use midstream urine (The urine is collected without interrupting the urine flow by having the patient hold the collection cup into the urine stream. This should be filled about halfway). The first and last part of the urine is not collected.
- Fill the enclosed urine maneuvering tube.
- The tube does not need to be labeled because it already has a barcode that contains your information.



### PACKING AND SHIPPING

Please put the sample tubes into the transport tubes and together with the completed request form into the shipping envelope and bring it to the mailbox or post office. Shipping envelope does not need to have postage added.

*Important note: Please do not send on Friday (weekend) or before holidays!*



*Done! You will receive an e-mail when your results are in.*

*"Health is not everything, but without health everything is nothing!"*

Arthur Schopenhauer