



Report: Provider: Brian N. Hardy, DC, LAc, CCN 301 N 200 E Ste 1C St George, UT 84770	Patient Info: Age: 48 Gender: F	Samples 24 Hour Volume 2750 Overflow Volume 3000 Samples Arrived 05/12/2011 Results Reported 05/12/2011
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Test	Result	Graph	Reference Ranges
Load Dosage	50.00 mg		
Spot Test	0.04 mg/L		0.1-0.5 mg/L
24 Hour Volume	5750.00 ml		
Total Load Spilled	36.94 mg		>45 mg in 24 Hours
Percent Spilled	74.00 %		<90% may indicate iodine deficiency

* Spot Sample value of >0.5 level suggests recent iodine/iodide supplementation.

About Iodine, and Urinary Iodine Load Test

Sufficient levels of Iodide/Iodine are required for adequate thyroid hormone production. Thyroid hormones are essential for growth regulation, metabolic rate, energy levels and temperature control. Iodine deficiency may be associated with an enlarged thyroid gland (goiter), fatigue, reduced cognition, constipation, hair loss, low libido, slow pulse, brittle hair/nails, fibrocystic breasts and increased cancer risk. Many cases of hypothyroidism (low thyroid hormone levels) are due to low Iodine in the diet.

Iodine levels are influenced by diet and exposure to environmental factors. Environmental factors include toxins that compete with Iodine metabolism, e.g. chlorine in tap water, pools and spas, several cleaning products, fluoride in tooth paste, mouth wash and some medications and bromide used in pools, spas, pastries and breads, carbonated beverages, pesticides and medications.

As there is no optimal range for a random iodine test, the spot test is used to determine the patients pre load test status. The load test then compares how much of the Iodide/Iodine dose is absorbed versus how much is passed by the kidneys into the urine. The total amount passed in the urine is inversely related to the amount your body needs and determines if you have sufficient Iodine or need supplementation. For example, If you spill less than 90% of the dose your body is deficient and needs iodine supplementation.

NOTE: It is important to discuss your results with your health care provider prior to initiating Iodide/Iodine