

# IODINE

- Iodine is needed for our body's physical and mental development.
- Our bodies don't make iodine; we must get it in the foods we eat.
- Pregnant and breastfeeding women need 220 - 250 mcg of iodine.
- Very little iodine is found naturally in foods.
- Use iodized salt and take a prenatal/multi-vitamin with at least 150 mcg.



When shopping, buy iodized salt.

## Supplement Facts

Serving Size - 1 capsules  
Servings per Container - 90

	Amount per Serving	% Daily Value
Iodine (as potassium iodide)	150mcg	100%
Zinc (Chelazome®, zinc amino acid chelate)	15mg	100%
Selenium (from L-selenomethionine)	400mcg	571%
Copper (Chelazome®, copper amino acid chelate)	2mg	100%