



Sweet Life Clinic Iodine Patch Test

Warning: Do not do if you are allergic to iodine.

Ask any Meadowsweet Employee to do a test for you or buy a bottle of "Iodine Tincture" (2% iodine) from a local drug store. After a shower, paint a 3" x 3" patch on your fore arm or abdomen where you can see it clearly. Fill in the patch with iodine 3 – 4 times until the color is a golden orange. Make note of the approximate times that the patch fades away:

Dark Orange -> Medium Orange -> Light Orange -> Barely Visible or Grayish -> No Trace

Start time: _____ am pm Color at 4 hours: _____

Color at 8 hours: _____ Color at 12 hours: _____

Color at 24 hours: _____

(No need to wake up in the middle of the night, just document before you go to bed and first think in the morning.)

If your patch is still medium to dark orange at the 24-hour mark, you probably do not have an iodine deficiency. If your patch is pale orange, you may have a mild iodine deficiency. If your patch is patch barely visible or grayish in color, you may have a moderate iodine deficiency. If there is no trace of your patch, it is most likely that you have a severe iron deficiency.

Note: The iodine patch test is only a general guideline to iodine levels. Although this test is accurate for most people, it is not accurate for everyone. Variables such as temperature, sweat, skin depth and skin texture can vary results. For a more accurate test of iodine levels, a 24-hour urine test can be ordered from your doctor.

