

Iodine – Povidone vs Nascent

Iodine is a must-have for hormonal health and the health of your entire body. There are different types of iodine and what they can do.

What Is Povidone Iodine Solution?

Remember that bright yellowish-brown stuff your mom or the school nurse used to slather on your arm or knee whenever you got a cut? It stained your skin for days but putting the “yellow stuff” on prevented you from getting an infection! That’s because povidone iodine is effective at killing a wide range of harmful and pathogenic microorganisms.

Povidone iodine is sometimes known commercially as Betadine or Aerodine and it can come as povidone iodine solution, povidone iodine ointment, or as a powder. It is different than iodine tincture, often called weak iodine solution, though. Although both are used as antiseptics, povidone iodine does not contain alcohol as tincture of iodine does.

Sometimes tincture of iodine is used instead of povidone iodine when time is of the essence because the alcohol in it makes the solution dry quickly. It is also used for sanitation. In most other commercial settings, however, povidone iodine is used.

Common Uses of Povidone Iodine

Povidone iodine is one of the oldest man-made antiseptics for the skin and has been around since the mid-1950s. It is also used in some shampoos, vegetable washes, soaps, dyes, and some eyewashes. It is commonly used as a disinfectant by surgeons to prevent infections and as an antibacterial by dentists.

Don’t Swallow Povidone Iodine

Povidone iodine is always used externally (never ingested) and is made up mostly of iodine and povidone. Povidone is a synthetic, highly dissolvable substance used to transport and carry other medicinals. A container of povidone iodine usually contains about 10% iodine and 90% povidone.

You can get topical povidone iodine solution at most drug stores and pharmacies. Povidone iodine is tolerated by most people, although side effects do exist for some individuals and in some cases. Certain people may be allergic to povidone iodine and can develop a rash or experience other side effects. Also, according to studies, using povidone iodine in large quantities can result in kidney issues, high serum blood sugar levels, and other serious side effects.

Povidone Iodine Will be Absorbed Through the Skin

Povidone iodine is still iodine and your skin is one of your biggest organs. The iodine in povidone iodine will absorb into your bloodstream to some extent. This is something to keep in mind for people who have been advised by their doctor not to ingest iodine or pregnant women.

Povidone Iodine Different From Nascent Iodine

While povidone iodine is used externally only, nascent iodine can be used both externally and internally. It is sometimes called monatomic, atomic iodine, or just simply “atomidine.” And according to many experts, it is also the best form of iodine supplement out there today.

You may have heard of potassium iodide or iodine obtained from kelp or from other sources. Unlike these products, nascent iodine does not need a carrier mineral. Thus it does not require extra energy from the body to be “converted” into a useable substance.

“Nascent” means “coming into being.” This form of iodine is incomplete at the atomic level (and thus waiting to “come into being”), but this is by no means a bad thing. It simply means that it contains an odd number of electrons and carries an electromagnetic charge.

Nascent Iodine

So what does all this translate to for your health? Simply put, nascent iodine is many times more absorbable than other kinds of iodine. It works quickly in the body but is also safe and requires less energy to do its job. When it comes to the thyroid and endocrine health, taking nascent iodine as an internal supplement can help your endocrine system stay in more consistent balance. This is beneficial for your hormones as well!

Nascent Iodine Has Been in Use Longer Than Povidone Iodine

Another difference between nascent and povidone iodine is that the nascent form of iodine has actually been around a lot longer. It was the “go-to” form of pre and post-surgery antiseptic iodine used by surgeons from when it was first developed in the 1920s until the reign of pharmaceutical companies began in earnest a few decades later.

Nascent iodine can still be used in all the external ways that povidone iodine and tincture of iodine can be used. Because it is not made using synthetic substances and manufacturing practices and does not contain alcohol, nascent iodine is less likely to cause a reaction.

When used internally, it can be both safe and extremely effective at fighting infections, raising immune system function, balancing hormones, helping the thyroid, helping to maintain cardiovascular health, increasing brain health, and so much more.

Experts also claim that it contains chelating properties and is able to remove both heavy metals and toxic halides such as chlorine, fluoride, and bromide from the body.

When choosing an iodine supplement why not choose an “all-in-one” that is safe, effective and fast working for your health? Add an organic, cleanly produced nascent iodine supplement to your toolbox for both internal and external use... and you will be well-prepared for whatever cut, scrape or health challenge comes your way!

Article Summary

- Two common types of iodine are povidone iodine and nascent iodine.
- Povidone iodine is sometimes known commercially as Betadine or Aerodine and it can come as povidone iodine solution, povidone iodine ointment, or as a powder.
- Povidone iodine is effective at killing a wide range of harmful and pathogenic microorganisms and is always used externally (never ingested).
- Nascent iodine can be used both externally and internally. It is sometimes called monatomic, atomic iodine, or just simply “atomidine.”
- Nascent iodine is many times more absorbable than other kinds of iodine. It works quickly in the body but is also safe and requires less energy to do its job.
- When used internally, nascent iodine can be both safe and extremely effective at fighting infections, raising immune system function, balancing hormones, helping the thyroid, helping to maintain cardiovascular health, increasing brain health, and more.
- Look for a quality source of organic nascent iodine such as Organixx Organic Iodine for both internal and external uses.

We are often exposed to higher-than-normal amounts of radiation in the environment as well as from everyday activities.

MEDICAL SCANS: The use of medical imaging (CT) scans has tripled in the last 15 years, and the average American is exposed to twice as much radiation from imaging since the mid-1990s.

Dr. Rebecca Smith-Bindman, professor of Radiology at UC San Francisco says that one CT scan offers the radiation equivalent of 200,000 airport screenings.

CELL PHONES: There are about 5 billion active cell phone subscriptions worldwide, all of which are a constant source of radiation.

Cell phones emit lower levels of radiation when they are searching for and connecting to Wi-Fi networks. When you’re making a call, radiation levels rise and heat up anything nearby—like your ear when you’re talking into it.

FLYING: Do you end up taking airline flights more than a couple of times per year? You may be getting a bigger dose of cosmic radiation than most people. A flight from New York to Los Angeles can expose you to up to 4 millirems of radiation. That round trip flight could give you almost as much radiation as a chest X-ray.

Radiation has a cumulative effect on the body. The more you are exposed to it, the bigger the long-term impact it can have on your overall health and wellbeing.

Flooding your cells with the right form of nascent iodine can also protect them from exposure to harmful radiation.

Your thyroid requires iodine, this element is also essential for:

Healthy, Soft Breast Tissue

Iodine is collected by breast tissue, and in fact, may be an antioxidant that helps protect it. And when the breast gets an adequate supply of iodine, it has been found to help reduce fibrocystic breast disease.

Metabolism and Nutrient Absorption

Is weight gain actually a simple nutrient deficiency? A Spanish study found that thyroid hormone levels could predict whether patients would gain weight. Supporting the thyroid with iodine may help your body get more nutrients from your food and raise your metabolism.

Healthy Immune Functioning

Iodine helps protect against free radicals. It helps mobilize white blood cells, which protect the body from infectious diseases and foreign invaders.

And because of its antiseptic properties, an iodine-rich environment makes it impossible for viruses, bacteria, and pathogens to survive.

When you have enough iodine, it works as an “adaptogen,” which means that it helps the body adapt to stressors and toxins that disrupt normal functioning.

You could try to get your daily iodine from food or iodized salt but by taking an organic form of nascent iodine you have a much better way to ensure you have adequate amounts of this essential nutrient.