

IODINE DEFICIENCY RESEARCH SELF-TEST

1. Using dark liquid iodine from the drugstore, paint a 2" square on your inner arm. You may have to obtain this from Amazon.com due to many pharmacies no longer carrying this iodine due to it being a component of illicit drug-making procedures.

2. Check it after 8 hours, 16 hours and 24 hours.

3. If gone at 8 hours, consider yourself highly iodine deficient:

- Gradually work up to 10 droppers daily Biotics Research® Iodine Forte and retest weekly.
- Use BioVitale-H2O® (HealthyHabits.com) at least 4 droppers per 16 oz. water consumed daily.

4. If gone at 16 hours, consider yourself moderately deficient:

- Gradually work up to 5 droppers daily Biotics Research® Iodine Forte and retest weekly.
- Use BioVitale-H2O® (HealthyHabits.com) at least 3 droppers per 16 oz. water consumed daily.

5. If gone at 24 hours, consider yourself mildly deficient:

- Take 2 droppers daily Biotics Research® Iodine Forte and retest weekly.
- Use BioVitale-H2O® (HealthyHabits.com) at least 2 droppers per 16 oz. water consumed daily.

6. For maintenance, consider:

- Take 1 dropper daily Biotics Research® Iodine Forte and retest weekly.
- Use BioVitale-H2O® (HealthyHabits.com) at least 1 dropper per 16 oz. water consumed daily.