

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 9 drops daily Organnixx® Nascent Iodine and retest weekly.
- Use any Healthy Vibes® product at least 4 droppers per 16 oz. water consumed daily.

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

- Gradually work up to 6 drops daily Organnixx® Nascent Iodine and retest weekly.
- Use any Healthy Vibes® product at least 3 droppers per 16 oz. water consumed daily

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

- Take 3 drops daily Organixx® Nascent Iodine and retest weekly.
- Use any Healthy Vibes® product at least 1 dropper per 16 oz. water consumed daily.

6. For maintenance, consider:

- Take 3 drops daily Organnixx® Nascent Iodine and retest monthly..
- Use any Healthy Vibes® product least 1 dropper per 16 oz. water consumed daily.

Healthy Vibes® = <http://www.HealthyVibes.xyz>

Organnix® Nascent Iodine = <https://www.longevity-formulas.com/product/nascent-iodine>