

Salt and iodine—more information (from www.salt-matters.org)

The recommended intake of iodine per day is 150 micrograms (mcg) for both men and women, and the World Health Organisation recommends 250 mcg for pregnancy and breastfeeding.

As all diets contain some iodine, 100 mcg/day should be an adequate supplement, raised to at least 150 mcg/day for pregnancy and breastfeeding.

Alternatives to iodised salt

Seafood supplies iodine, but estimates of the dose it delivers, heavy metal contamination, how many people would eat enough seafood regularly, and the cost to lower income groups, are all considered debatable. Canned seafood contains just as much iodine as fresh, and is usually cheaper. Kelp tablets no longer declare on the label how much iodine they contain.

Some other readily available alternatives to iodised salt are:

- about a dozen brands of vitamin and mineral supplements have an adequate iodine supplement;
- the Tasmanian government gave all schoolchildren inexpensive potassium iodide tablets in the 1960s and at least one brand can be bought today (but combined with herbs that raise the price);
- the higher-dose iodine tablet for use when pregnant or breast-feeding is cheaper and you could take one every second day when not pregnant or breastfeeding;
- 0.4% potassium iodide drops for use in breadmakers (see below). In 2007 the price was \$5.00 for a 15 mL dropper bottle, with postage extra at \$2 to \$3 depending on the postcode. 15 mL is enough for 150 small (700g) or 100 large (1 kg) loaves.

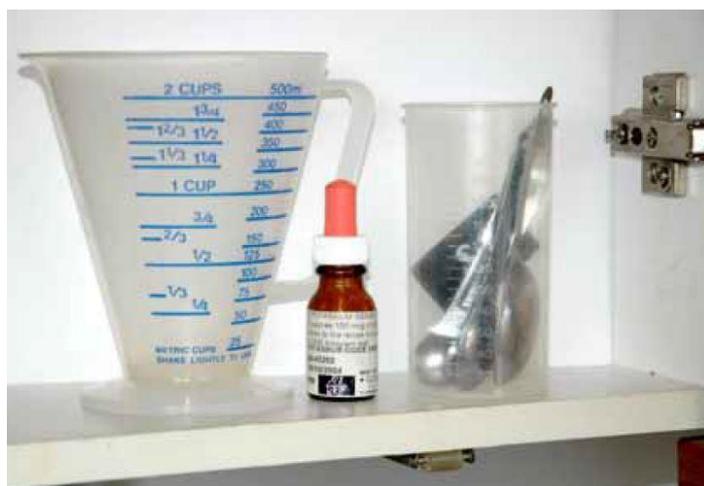
Potassium iodide drops for breadmakers

Keep the dropper bottle in the cupboard with the water measure and add 2–3 drops to the water every time you bake a loaf (3 drops for a large loaf).

If all measurements were exact, one drop would supply 153 mcg and one 30g slice of bread would supply 15 mcg (the rate used in Tasmanian bread).

The directions are on the bottle if you buy it from Hobart by mail order. Otherwise your own pharmacist may agree to make up the drops—print the information a pharmacist will need by using this link:

<http://www.salt-matters.org/site/uploads/PDFs/pharmacists.pdf>



Footnote on BioCeuticals Iodine Drops (by David Brigden, April 2018)



When Dr Trevor Beard wrote about potassium iodide drops in 2008, they were not readily available as a commercial product, and it was necessary to have the drops made up by a pharmacy. However BioCeuticals iodine drops are now available. They are very similar to the potassium iodide drops recommended by Dr Beard.

BioCeuticals products are stocked by various health practitioners, including some pharmacists, naturopaths and health food stores. There is a search facility to find stockists on the BioCeuticals website: <https://www.bioceuticals.com.au/>

The cost is \$18 for a 50ml bottle, which is sufficient to fortify over 200 large loaves of home-made bread. The dosage works out slightly differently to Dr Beard's drops. If you use the BioCeuticals product, you need 3 drops for a 500g loaf, 4 drops for a 750g loaf, 6 drops for a 1kg loaf or 7 drops for a 1.25kg loaf.

If you do not eat much bread, you can instead use the BioCeuticals iodine drops as a daily supplement. One drop per day (supplying 96mcg of iodine) is generally sufficient, except for women who may become pregnant (or who are pregnant or who are breastfeeding). They should take two drops per day.