

Potassium Iodide

TECHNICAL SUMMARY

Iodine is an essential mineral that was first discovered in seaweed in the early 1800s. Since then it has been extensively used to support human health.* It is an essential component of thyroid hormones, which are involved in the regulation of various enzymes and vital metabolic processes in the body.*

Structure Formula: Potassium iodide is 76% iodine and 23% potassium by weight.

Chemical Name: Potassium iodide (KI)

Allergen and Additive Disclosure: Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish, or tree nut ingredients.

Delivery Form: Round uncoated tablet

ROLE AS NUTRIENT/FUNCTION

Iodine is an essential component of thyroid hormones, representing 65% of thyroxine (T4) and 59% of triiodothyronine (T3) by weight. Thyroid hormones are necessary for many key biochemical reactions in the body including protein synthesis and enzymatic activity. The main target organs for thyroid hormones are the developing brain, muscle, heart, pituitary, and kidney. Iodine may also be involved in breast health and immune system function independently from its role as component of thyroid hormones.

NATUROKINETICS®

Liberation: Potassium iodide tablets disintegrate within 60 minutes in water using a USP disintegration test.

Absorption: After ingestion, potassium iodide (KI) is readily absorbed in the intestinal tract.

Distribution: After absorption, iodide distributes rapidly through the body's extracellular space; it concentrates in the thyroid, salivary, and mammary glands as well as in the gastric mucosa, choroid plexus, kidneys, and placenta.

Metabolism: Iodine levels in the body are tightly regulated through a complex mechanism involving the thyroid gland and kidneys. In the thyroid gland, iodide participates in a complex series of reactions to produce the thyroid hormones T3 and T4. When needed, T3 and T4 are released to the general circulation and are transported to target organs where T4 is deiodinated into the metabolically active T3. Freed iodine returns to the serum iodine pool to be reincorporated in the thyroid or is excreted in the urine as necessary.

Elimination: 90% of orally administered iodine is excreted in urine. Sweat, breast milk, and feces account for the remainder of the excretion.

SAFETY INFORMATION

Tolerability: GI discomfort has been described when taking KI orally. Several types of skin reactions to KI ingestion have also been commonly

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 20

Amount Per Serving

Potassium Iodide	90 mg*
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* Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source) and Silicon Dioxide.

- **30 mg per Tablet**
- **For Short-Term Use**

SUGGESTED USAGE: As directed by a healthcare practitioner for single day short-term use only: Adults and adolescents 3 tablets; Children ages 4-12 years 2 tablets; Children ages 1-3 years 1 tablet.

reported. Prolonged use can induce iodism or potassium toxicity, and therefore, is not recommended.

Contraindications: Individuals with known allergy to iodine. Dermatitis herpetiformis and hypocomplementemic vasculitis.

Caution: Pregnant, breastfeeding women and infants should only take this product under medical supervision.

INTERACTIONS

Drug Interactions: This product is intended for a one-time use only; however, caution is advised when combining with potassium-containing medications, potassium-sparing diuretics, and angiotensin-converting enzyme inhibitors, as it may result in hyperkalemia. Likewise, the use of KI with iodide-containing drugs (e.g., amiodarone) and drugs that inhibit thyroid function (e.g., lithium, phazone, sulfonamides) may slow thyroid function.

Supplement Interactions: Supplements interfering with potassium metabolism and supplements rich in potassium, as well as supplements providing iodine and those impacting thyroid function.

Interaction with Lab Tests: This product may interfere with thyroid function exploration tests.

STORAGE

Store in cool, dry environment in a tightly sealed container. Store between 56° to 86° F and <55% relative humidity.