

Patient:

Urine Halides**Iodine***Reference Range*24 hour excretion: 0-50mg/24 hour% excretion/24 hr: Iodine body sufficiency is achieved when the 24 hour urine collection contains 90% or more of the amount of iodine/iodide ingested.If you excrete **90%** or more, and are not taking Iodine supplementation, this may be cause by:

- A symporter defect in which Iodine is absorbed but not taken into the cells properly.
- Iodine organification problem where Iodine gets into the cell but does not attach to the lipid complex for activation.
- Bromide may be interfering with the body's utilization of iodine.

Bromide*Reference Range*24 hour excretion: <5mg/24 hour

Bromide adversely affects iodine utilization. Serum bromide is approximately double urinary levels. The national average for Bromide is 1-2mg per 24 hours.

****Any level of Bromide should be addressed, it competes with Iodine for receptor sites and inhibits Iodine absorption.**