



DR. CHRISTIANSON.com

# Iodine List

## Supplements

- Aqueous iodine
- Atomic iodine
- Bladderwrack
- Bovine thyroid tissue
- Brown algae
- Chondroitin sulfate
- Coral calcium
- Cuprous iodide
- Elemental iodine
- Glucosamine sulfate
- Iodide
- Iodine
- Iodine from kelp
- Iodine nanoparticles
- Iodoral
- Ionic iodine
- Lugol's iodine
- Molecular iodine
- Monatomic iodine
- Monoatomic iodine
- Nano particle iodine
- Nascent iodine
- Natural iodine
- Organic iodine
- Oyster shell calcium
- Potassium iodide
- Povidone iodine
- Raw liquid iodine
- Red algae
- Sodium iodide
- Sodium iodine
- Sodium periodate
- Solution de lugol
- Super saturated potassium iodide
- SSKI
- Strong iodine
- Tincture of iodine
- Triple iodine
- Whole food iodine
- Yodo

53

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## Cosmetics

- Algae extract
- Ammonium iodide
- Bladderwrack
- Carrageenan
- Dead sea salt
- Ethiodol
- Ethiodized oil
- Hydroxypropyl bistrimonium diiodide
- Iodoform
- Iodopropynyl butylcarbamate
- Iodotrat
- Laminaria hyperborea extract
- Oarweed
- Potassium iodide
- Povidone iodine
- Prolonium iodide
- Polyvinylpyrrolidone
- PVP-iodine
- Sea water
- Sodium iodide
- Sodium iodine
- Spirulina extract
- TEA-hydroiodide

### Seaweed Extracts:

- Fucus vesiculosus extract
- Laminaria digitata extract
- Kelp extract
- Sea moss



## Products to Watch Out For:

- Body lotion
- Conditioner
- Face cream
- Face masks
- Lip stick
- Mouthwash
- Sunscreen

## Medications

### Oral Medications

- Amiodarone
- Benziodarone
- Calcium iodide
- Diiodohydroxyquin (Yodoxin)
- R-Gen
- Echothiophate iodide ophthalmic solution (Phosphine)
- Hydriodic acid syrup
- Idoxuridine ophthalmic solution (Herplex)
- Iodochlorhydroxyquin (Entro-Vioform)
- Iodinated glycerol (Iophen)
- Isopropamide iodide (Darbid)

- (KI) Potassium iodine

- Mudrane
- Lugol's solution
- Niacinamide hydroiodide
- Ponaris nasal emollient
- Supersaturated potassium iodide (SSKI)

- Iodochlorhydroxyquin cream (Vioform)

- Cellasene
- Iodoform gauze (NuGauze)
- Povidone-iodine (Betadine)

### Injectable Solutions

- Prolonium iodide
- Sodium iodide

### Radiology Contrast Agents

- Diatrizoate meglumine sodium (Renografin)
- Iodized oil
- Iopanoic acid (Telepaque)
- Ipodate (Oragrafin)
- Iothalamate (Angio-Conray)
- Metrizamide (Omnipaque)
- Lipiodol

### Topical Antiseptics

- Diiodohydroxyquin cream (Vytone)
- Iodine tincture



## Processed Foods

- 3,6-Anhydro-D-galactan
- Agar
- Agar-agar
- Algas
- Alginate
- Algae
- Algue Rouge Marine
- Ammonium carrageenan
- Aubygel GS
- Aubygum DM
- Burtonite V-40-E
- Calcium carrageenan
- Carageenan
- Carastay
- Carastay C
- Carrageen
- Carrageenan
- Carrageenan [EP]
- Carrageenan gum
- Carrageenan, degraded
- Carrageenana
- Carrageenin
- Carragenan
- Carragenina
- Carragenano
- Carragheanin
- Carragheen
- Carragheen gum
- Carragheenan
- Carragheenin
- Carraguard
- Casein
- Caseinates
- CCRIS 3956
- Chondrus
- Chondrus crispus
- Chondrus extract
- Colloid 775
- Coreine
- Danish Agar
- EINECS 232-524-2
- Euchema species
- Eucheuma spinosum gum
- Erythrosine
- Extrait de Mousse d'Irlande
- FD&C Red no. 3
- FEMA No. 2596
- Flanogen ELA
- Galgarine
- Galozone
- Gelcarin
- Gelcarin HWG
- Gelozone
- Genugel
- Genugel CJ
- Genugol RLV
- Genuvisco J
- Gigartina
- Gigartina chamissoi
- Gigartina mamillosa
- Gum carrageenan
- Gum chon 2
- Gum chond
- Gum chrond
- HSDB 1906
- Iota carrageenan
- Irish moss
- Irish moss algae
- Irish moss extract
- Irish moss fronds
- Irish moss gelose
- Irish moss powder
- Kappa carrageenan
- Killeen
- Lambda carrageenan
- Lygomme CDS
- Marine colloids
- Mixture of sulfated polysaccharides extracted from red seaweed (Rhodophyceae)
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- Monosodium glutamate
- MSG
- Norsk gelatin
- PC-515
- Pearlpuss
- Pellugel
- Pencogel
- PES (processed eucheuma seaweed)
- Pig-wrack
- Plant material obtained from various members of the gigartinaceae or solieriaceae families of red seaweed
- Potassium carrageenan (salts of carrageenan)
- Red algae
- Sodium alginate
- Red No. 3
- Red seaweed (Rhodophyceae) extract
- Salts of carrageenan
- Satiigel
- Satiagum
- Sea spen
- Seagel
- Seaskem carrageenin
- Self rock moss
- Soa Ace WX 138
- Sodium benzoate
- Sodium carrageenan (salts of carrageenan)
- UNII-5C69YCD2YJ
- Vegetable Gelatin
- Viscarin
- Viscarin TP 389