

The Top 5 Health Benefits of Iodine

Iodine is an essential trace mineral the body requires for proper growth, development, and metabolic function. As a key nutrient, iodine is primarily known for its role in thyroid hormone production, but its benefits extend far beyond thyroid health. Found naturally in seawater, soil, and certain foods, iodine must be obtained through diet or supplementation, as the body does not produce it.

Iodine deficiency remains a global health concern, particularly in regions where soil iodine levels are low, leading to potential health issues such as thyroid disorders, cognitive impairment, and developmental delays. It is estimated that some 2 billion people worldwide are lacking sufficient iodine levels. Ensuring adequate iodine intake is crucial for maintaining optimal health at every stage of life.

Daily Iodine Requirements by Age and Gender¹

Age Group	Recommended Daily Intake (mcg)
Infants (0-6 months)	110 mcg
Infants (7-12 months)	130 mcg
Children (1-8 years)	90 mcg
Children (9-13 years)	120 mcg
Teens (14-18 years)	150 mcg
Adults (19+ years)	150 mcg
Pregnant Women	220 mcg

Breastfeeding 290 mcg
Women

([Source: NIH Office of Dietary Supplements](#))¹

1. Supports Thyroid Health

Iodine is a crucial component in the synthesis of thyroid hormones, thyroxine (T4) and triiodothyronine (T3), which regulate various bodily functions, including metabolism, growth, and development.² Adequate iodine intake ensures the thyroid gland functions properly, preventing disorders such as hypothyroidism and goiter.²

([Source: NIH](#))²

2. Enhances Cognitive Function

Iodine deficiency, particularly during critical developmental periods, can lead to cognitive impairments.³ Studies have shown that chronic, moderate to severe iodine deficiency, especially in children, can reduce IQ by approximately 12–13.5 points!³ Ensuring sufficient iodine intake is essential for optimal neurological development and cognitive performance.³

([Source: NIH](#))³

3. Supports Breast Health

Iodine plays a role in maintaining breast tissue health.⁴ Research suggests that iodine helps regulate estrogen activity and fibrocystic breast changes, which can cause tenderness and lumpiness.⁴ Some studies indicate that iodine deficiency may be linked to an increased risk of breast-related discomfort.⁴

([Source: NIH](#))⁴

4. Preserves Skin Health

Iodine contributes to skin health by supporting wound healing, the body's response to oxidative stress, and helping regulate sebaceous (oil) gland function.⁵ These factors make iodine ideal for healthy skin repair and gland regulation. Additionally, iodine deficiency is linked to dry, flaky skin.⁵

([Source: NIH](#))⁵

5. Promotes Fetal and Infant Development

Adequate iodine intake during pregnancy and lactation is crucial for the development of the fetal and infant brain and nervous system.⁶ Iodine deficiency during these critical periods can lead to developmental delays and cognitive impairments.⁶ Health authorities recommend that pregnant and breastfeeding women ensure sufficient iodine intake to support their child's development.⁶

[Iodine as An Essential Nutrient in the First 1000 Days of Life, Source: PMC⁶](#)

Top Food Sources of Iodine⁷

Food	Iodine Content (mcg per serving)
Seaweed (Kelp) (1g dried)	16-2,984 mcg
Cod (3 oz)	99 mcg
Yogurt (1 cup)	75 mcg
Iodized Salt (1/4 tsp)	71 mcg
Shrimp (3 oz)	35 mcg
Egg (1 large)	24 mcg
Tuna (3 oz)	17 mcg
Turkey Breast (3 oz)	34 mcg
Cottage Cheese (1/2 cup)	26 mcg
Baked Potato with Skin (1 medium)	60 mcg

[\(Source: NIH Office of Dietary Supplements\)⁷](#)

Why Kelp is Ideal

Kelp is nature's sophisticated way to support healthy hormone function, especially the function of the thyroid and ovarian systems. It is crucial to get kelp from clean sources with reduced pollution risk, and because of contamination from Fukushima radiation Pacific Coast kelp is no longer desirable. Superior sources include the Icelandic area and Atlantic Ocean region. Use such high-quality kelp to support healthy thyroid, breast, and ovarian function while also supporting the health of the immune system and male gonads.

Conclusion

Iodine is indispensable for various bodily functions, from supporting thyroid health to ensuring proper cognitive development. Maintaining adequate iodine intake through diet or supplementation, as appropriate, is essential for overall well-being.

Best Supplements for Iodine

[ThyroPower | Physician's Strength](#) To support a healthy thyroid response use ThyroPower.* Powered by wild rosemary and oregano ThyroPower contains as key active ingredients the amino acid tyrosine, along with remote source Atlantic Ocean kelp. Take two capsules twice daily.

[Cell Support | Physician's Strength](#): Supports the thyroid with natural potassium iodine.* With premium sourced selenium and an ORAC profile six times more potent than blueberries, it is ideal for those needing optimal antioxidant support. Taken daily, Cell Support supports immune health, especially during these uncertain times.* For children and adults 150 pounds or more take two to four capsules daily.

Note: This article is for informational purposes only and does not constitute medical advice.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.