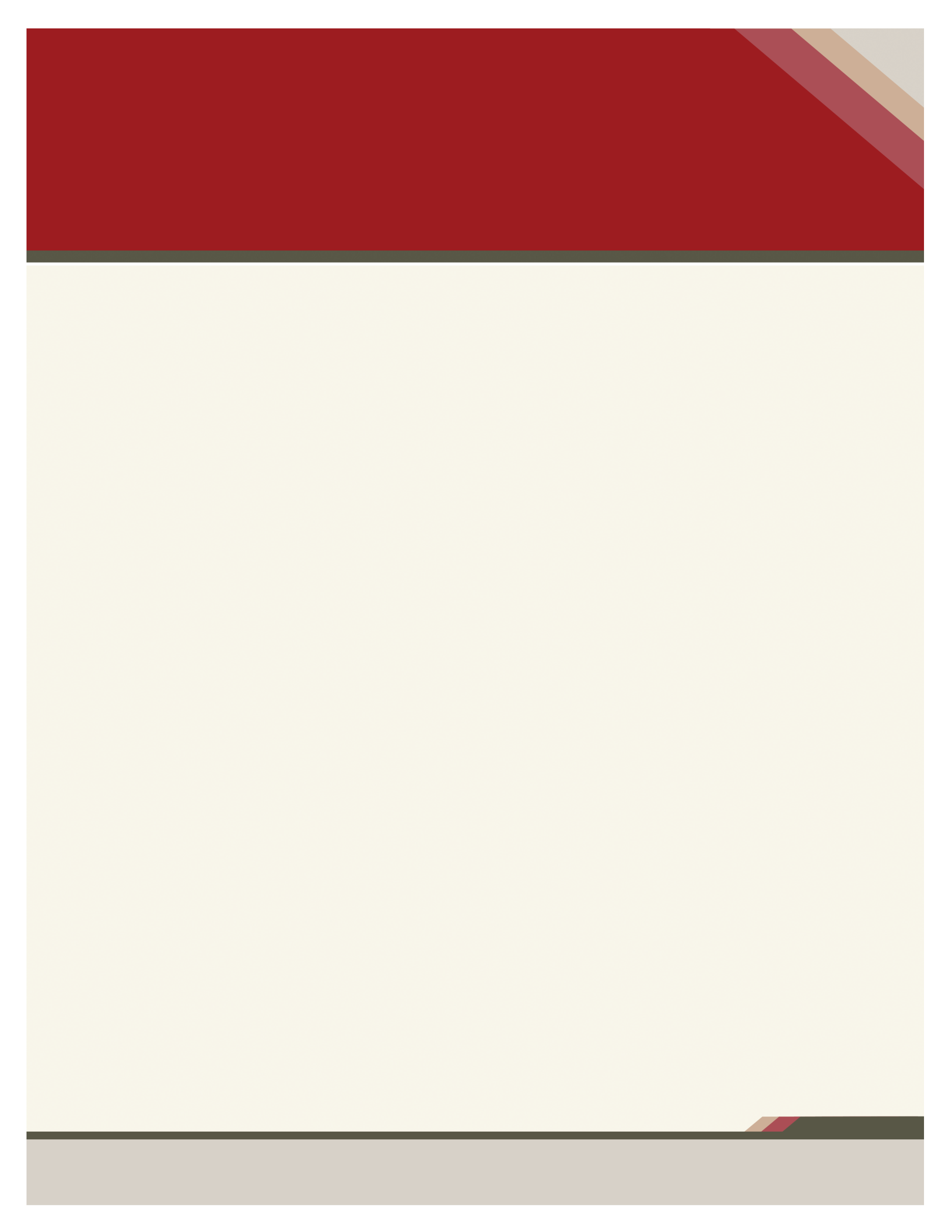
Low Iodine Diet

Enter Contact Information Here | 1127 Lombard Blvd. San Francisco, CA 59802 | phone 555.555.5555 | fax 555.555.5555

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Discuss any medication or food supplement with your endocrinologist if you are not sure.

**• Kelp/seaweed preparations**

**• Multivitamins with iodine**

**• Cough medicine with iodine**

**• Soy products**

**• Food supplements – Complan, ensure**

**• Seafood**

**• Corned beef/ham**

**• Iodised salt/sea salt**

**• Iodine solution**

**• Amiodarone (medication rich in iodine)**

IT IS ADVISABLE TO AVOID EXCESSIVE AMOUNTS OF IODINE AND IODIDES IN YOUR DIET FOR 3 WEEKS BEFORE YOUR TREATMENT AND SOME MEDICATIONS FOR LONGER.

Some foods and medication contain high amounts of iodine that may interfere with your treatment

**Dr Carl Eagleton 0273620056 Assoc Professor Geoff Braatvedt 0274362867**

Assoc Professor Geoff Braatvedt