



BodyBio Liquid Iodine

Essential Thyroid and Immune Support

BodyBio Liquid Iodine provides essential thyroid and immune support in a highly bioavailable form. Iodine is crucial for hormone production, metabolism, cognitive function, and detoxification. Many people, especially those with low dietary iodine intake, may benefit from targeted supplementation. Our liquid formula allows for precise, individualized dosing to help maintain optimal iodine levels and support overall wellness.*

AVAILABLE FORMAT:

2oz Glass Bottle
with Dropper



BENEFITS

Thyroid Health and Metabolism

Essential for T3 and T4 thyroid hormone production, supporting energy balance, thermogenesis, and overall metabolic function.*

Immune Function and Antimicrobial Support

Helps maintain immune resilience through antioxidant activity and natural antibacterial properties.*

Neurological Development and Cognitive Health

Supports fetal brain development during pregnancy and helps preserve cognitive function throughout life.*

Hormonal Balance and Reproductive Health

Promotes breast tissue health and overall hormonal balance, particularly in women.*

Detoxification and Halogen Clearance

Aids in the removal of harmful halogens such as fluoride and bromide, supporting cellular detoxification and redox homeostasis.*

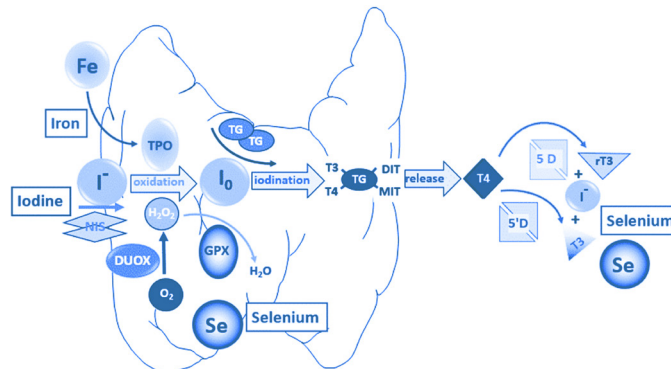
TRUST POINTS

BodyBio Liquid Iodine is designed for exceptional purity, optimal bioavailability, and clinical reliability. Free from unnecessary fillers or flavors, it provides a controlled, titratable solution for individualized patient dosing.

Made with reverse osmosis water and free from fillers, it allows practitioners to fine-tune dosing for each patient's specific needs. This precision is crucial for maintaining thyroid balance, supporting immune function, and preventing both deficiency and excess iodine intake, making it a trusted choice for clinical use.*

EVIDENCE

Essential Roles of Iodine, Selenium, and Iron in Thyroid Hormone Function



ABBREVIATIONS:

- NIS:** Na⁺-Iodide-Symporter (iodide uptake)
- DUOX:** dual oxidase (H₂O₂ generation)
- TPO:** thyroperoxidase (hemoprotein)
- TG:** thyroglobulin (synthesis and storage protein)
- GPX:** glutathione peroxidase (antioxidant defense)
- DIO:** deiodinase (TH in-/activation)

This diagram illustrates the synergistic roles of iodine, iron, and selenium in thyroid hormone health. Iodine is transported into thyroid follicular cells and oxidized by the iron dependent enzyme thyroid peroxidase (TPO) into its active form. It is then incorporated into thyroglobulin (TG) to produce the thyroid hormones T4 (thyroxine) and T3 (triiodothyronine). Without iron, TPO activity is impaired and iodine cannot be effectively used.

Selenium supports two key processes: enabling glutathione peroxidase (GPx) to neutralize hydrogen peroxide generated during hormone synthesis, protecting thyroid cells, and serving as a cofactor for deiodinases that convert T4 into active T3 in peripheral tissues such as the liver, brain, and kidneys. While 15–20% of T3 is produced in the thyroid, the majority (80–85%) comes from this peripheral conversion, allowing tissue-specific regulation of thyroid activity. Together, these minerals ensure balanced hormone production, activation, and redox control to support metabolism, thermogenesis, cognition, and overall endocrine health.

Köhrle, J. (2023). Selenium, iodine and iron—essential trace elements for thyroid hormone synthesis and metabolism. *International Journal of Molecular Sciences*, 24(4), 3393. <https://doi.org/10.3390/ijms24043393>

APPLICATIONS

Thyroid Health and Metabolic Support

For individuals with suboptimal thyroid function affecting energy, metabolism, or hormone balance.*

Immune and Infection Support

Helps reinforce immune defenses in individuals with chronic infections or compromised immunity.*

Prenatal and Postnatal Care

Essential for fetal brain development and maternal thyroid health during pregnancy and lactation.*

Hormonal and Breast Health

Supports reproductive health and breast tissue integrity in women at risk of hormonal imbalances.*

Detoxification Support

Recommended for those exposed to environmental toxins or halogens such as fluoride, aiding in toxin clearance.*

SCIENTIFIC RATIONALE

Thyroid Health and Metabolic Regulation

Approximately 70–80% of the body’s iodine is stored in the thyroid gland, where it is incorporated into thyroid hormones: T3 and T4. These hormones regulate basal metabolic rate, thermogenesis, and nutrient metabolism. Iodination of tyrosine residues in thyroglobulin enables hormone synthesis, making adequate iodine intake essential for optimal thyroid function.*

Immune Function and Antimicrobial Activity

In addition to its thyroid role, iodine exhibits antioxidant and antimicrobial properties. It enhances immune cell activity and defends against microbial pathogens, contributing to overall immune resilience.*

Neurological Development and Cognitive Health

Iodine sufficiency during gestation reduces the risk of maternal hypothyroxinemia, which is linked to impaired fetal brain development and cognitive deficits. Adequate intake throughout life supports neurocognitive performance.*

Hormonal Balance and Reproductive Health

Iodine concentrates in breast tissue and influences hormone-related processes. Adequate iodine levels may reduce the risk of fibrocystic breast changes and other hormone-driven imbalances.*

Detoxification and Halogen Clearance

Iodine reduces toxic halogen accumulation (fluoride, bromide, and chlorine) through competitive inhibition at cellular binding sites. This restores proper halide balance in iodine-concentrating tissues such as the thyroid and breasts. Additionally, iodine participates in peroxidase-mediated reactions that neutralize reactive oxygen species, supporting antioxidant defense and phase I detoxification pathways.*

SUGGESTED USE

As a mineral supplement, add 0.2 mL in water or beverage of choice daily, or as directed by a healthcare practitioner.

SUPPLEMENT FACTS

Serving Size: 0.2 mL (4 drops)	
Servings: 295	
Amount Per Serving	
Iodine (as potassium iodide)	225 mcg
Ionic Sea Minerals Concentrate	100mg

Other ingredients: Purified water, potassium sorbate, <0.2 % potassium benzonate, non-GMO citric acid.

SCAN QR CODE
FOR REFERENCES

