

24 HOUR URINE IODINE



LAB #: 00000-000
 PATIENT: Sample Report Urine Iodine 24 hr
 ID:
 SEX: Female
 DOB: 10/02/1964

AGE: 58

CLIENT#: DOCTOR:
 Regenerus Laboratories Ltd
 Aero 14 Redhill Aerodrome Kings Mill Lane
 Redhill, Surrey, RH1 5JY UNITED KINGDOM

IODINE

ELEMENTS	RESULT μg/mg CREAT	REFERENCE INTERVAL	RESULT mg/24 HOUR	REFERENCE INTERVAL	PERCENTILE				
					2.5 th	16 th	50 th	84 th	97.5 th
Iodine	0.31	0.1- 0.45	0.34	0.1- 0.45					

INFORMATION

This test was performed using ICP-MS, to estimate the nutritional status of the essential element iodide/iodine. Specific tissues in the body utilize iodine and iodide. Iodide, the reduced form of iodine, is highly concentrated in the thyroid gland where it is incorporated into thyroid hormones. Adequate iodide status is essential for the production of normal levels of thyroid hormones and the integrity of the thyroid and mammary glands. Thyroid hormones regulate growth and metabolic rate, body heat and energy production, and neuronal and sexual development. Iodine is concentrated in the breasts where it is associated with protection against fibrocystic breast disease and cancer. Iodine deficiency has been associated with impaired mental function, loss of energy due to hypothyroidism, and increased incidence of thyroid and breast cancer.

Iodide/iodine status is greatly influenced by dietary intake, but also by exposure to goitrogens that inhibit the absorption and binding of iodine. Goitrogenic substances include chlorine (tap water, pools/hot tubs, cleaning products), fluoride (water, toothpaste, mouth wash, some medications) and bromide (pools/hot tubs, baked goods, soft drinks, pesticides, medications).

The urinary level of iodine has traditionally been utilized to assess dietary intake. A twenty-four hour collection is considered to be ideal, but compliance is often problematic. Alternatively, a random urine collection, preferably the first morning void, provides an indication of dietary intake when expressed per gram creatinine. The iodine excretion value presented on this report includes both iodine, and iodide oxidized to iodine. Based upon the urinary excretion and the entire clinical presentation, the attending practitioner will advise as to the significance of the reported results. If an oral dose of iodine/iodide was given prior to the urine collection, the results will be very high compared to the normal reference value. Doctor's Data, Inc. does not recommend random or less than 24-hour urine collections if one has taken a loading dose of iodine/iodide.

CREATININE

	RESULT mg/24 hr	REFERENCE INTERVAL						
			2SD LOW	1SD LOW	MEAN	1SD HIGH	2SD HIGH	
Creatinine	1100	600- 2100						

SPECIMEN DATA

Comments:

Date Collected: 02/22/2023 Method: ICP-MS/Creatinine: Jaffe Method Collection Period: 24 hr
 Date Received: 02/27/2023 <dl: less than detection limit Volume: 2500 ml
 Date Completed: 03/08/2023 Loading Test: Loading Dosage:

Elements are reported as μg/mg creatinine and mg/24 hour to account for urine dilution variations. **Reference ranges are representative of a healthy population under non-challenge or non-loading conditions.**

V02.06