



## IODINE LOADING + URINE ELEMENTS - Test Code 1511



Turnaround Time: 7 business Days



Specimen Type: Spot Urine

### Description

Iodine is essential for thyroid hormones, which regulate metabolism and support brain and organ development (Hatch-McChesney & Lieberman, 2022). Deficiency, particularly in pregnant women, can contribute to the development of intellectual disabilities (Hatch-McChesney & Lieberman, 2022). While iodine deficiency was common before salt iodisation, recent data shows iodine levels are declining, especially in industrialised countries (Hatch-McChesney & Lieberman, 2022).

The Iodine Loading Test is a key assessment for iodine deficiency. It first measures iodine levels using a morning spot urinary specimen, referred to as a random iodine test. The loading test then provides a more sensitive method by consuming a dose of 50 mg of an iodine/iodide mixture and measuring the amount of urinary excreted iodine over the following 24 hours.

The Urine Elements Profile assesses the balance of several essential minerals. It also identifies exposure to potentially toxic elements like bromine, arsenic, mercury and cadmium. Our exposure to these elements is influenced by various factors, including lifestyle, environmental pollution, dietary choices and supplementation.

### Whats included?

- Iodine Excreted & corrected
- Iodine
- Bromine
- Selenium
- Lithium
- Arsenic
- Cadmium
- Mercury

### Conditions and Symptoms

- Thyroid issues
- Low dietary intake of iodine
- Guiding iodine supplementation
- Determining possible toxicity
- Identifying mineral deficiencies

### Complementary Testing

- Thyroid Profile Extensive (Test code 1114)
- Adrenocortex Stress Profile (Test code 1001)

### Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories\*
- CLIA – Clinical Laboratories Improvement Amendments\*



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\*See NATA and CLIA website for further details