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Iodine is a chemical element it has symbol I and atomic number 53

The heaviest of the stable halogens it exists at standard conditions as a semi lustrous non metallic solid that melts to form a deep violet liquid at 114 C 237 F and boils to a violet gas at 184 C 363 F Learn more about iodine uses effectiveness possible side effects interactions dosage user ratings and products that contain iodine Iodine is a mineral found in some foods

The body needs iodine to make thyroid hormones. These hormones control the body's metabolism and many other important functions

The body also needs thyroid hormones for proper bone and brain development during pregnancy and infancy Mar 14 2019 Iodine is an essential nutrient that can support brain development and reduce your risk for thyroid disease

Here are 10 uses of iodine plus side effects and recommendations for daily intake Dec 12 2025 Iodine chemical element a member of the halogen elements or Group 17 Group VIIa of the periodic table Iodine is an essential element for humans who need a daily intake of about 0.1 milligrams of iodide

Our bodies contain up to 20 milligrams mainly in the thyroid gland. This gland helps to regulate growth and body temperature. Normally we get enough iodine from the food we eat Oct 16 2025 Iodine rich foods can boost your levels of iodine a mineral that supports thyroid function

Thyroid hormones are necessary for brain, bone, and metabolism development

1 Disruptions in thyroid function can lead to hypothyroidism (low thyroid levels) or hyperthyroidism (high thyroid levels) Sep 7 2023 Iodine, also called iodide, helps your body develop and function throughout your entire life, starting in fetal development

It can also help treat or prevent some sicknesses and diseases. Iodine is an essential mineral which we need in small amounts to produce thyroid hormones

The human body contains around 15-20 milligrams of iodine and most of this is stored in the thyroid. Iodine is an essential trace mineral not made by the body so must be obtained by food or supplements. It is found naturally in some foods and is added to supplements and some salt seasonings.

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