
Biolab Medical Unit

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Urine Iodine

Reference: XXXX\IMCONB09

Patient: **SAMPLE REPORT**

Doctor: Dr.....

Doctor's reference:

Age: **30**

Sex: **Female**

Date: **10/02/2009**

Urine Iodine **91** $\mu\text{g/L}$ (0.72 $\mu\text{mol/L}$)

Interpretation

The urine iodine concentration is recommended as the best single indicator of iodine nutrition, with the following stratification of reference values:

Urine iodine $\mu\text{mol/L}$	Urine iodine $\mu\text{g/L}$	Iodine intake	Iodine nutritional status
0 - 0.15	<20	Insufficient	Severe deficiency
0.16 - 0.38	20 - 49	Insufficient	Moderate deficiency
0.39 - 0.78	50 - 99	Insufficient	Mild deficiency
0.79 - 1.56	100 - 199	Adequate	Optimal
1.57 - 2.36	200 - 299	More than adequate	Risk of iodine-induced hyperthyroidism
>2.36	>299	Excessive	Risk of hyperthyroidism and autoimmune thyroid disease

Reference

1. International Council for Control of Iodine Deficiency Disorders, World Health Organization, United Nations Children's Fund. Assessment of iodine deficiency disorders and monitoring their elimination. Department of Nutrition for Health and Development, World Health Organisation, 1211 Geneva 27, Switzerland, WHO/NHD/01.1 Second edition, 2001.