

## Iodine Repletion Protocol Using Prolamine Iodine (Standard Process)

Week	Tablets per day	Milligrams per day	Tablets per week	Bottles per week	Bottles per month	Total bottles to date
1	1	3	7	1/10		
2	2	6	14	1/6		
3	3	9	21	1/4		
4	4	12	28	1/3	4/5	4/5
5	5	15	35	2/5		
6	5	15	35	2/5		
7	6	18	42	1/2		
8	6	18	42	1/2	1 5/7	2 1/2
9	7	21	49	1/2		
10	7	21	49	1/2		
11	8	24	56	5/8		
12	8	24	56	5/8	2 1/3	4 5/6
13	9	27	63	2/3		
14	9	27	63	2/3		
15	10	30	70	7/9		
16	10	30	70	7/9	3	7 4/5
17	11	33	77	6/7		
18	11	33	77	6/7		
19	12	36	84	1		
20	12	36	84	1	3 4/7	11 3/8
21	11	33	77	6/7		
22	11	33	77	6/7		
23	10	30	70	7/9		
24	10	30	70	7/9	3 1/4	14 2/3
25	9	27	63	2/3		
26	9	27	63	2/3		
27	8	24	56	5/8		
28	8	24	56	5/8	2 2/3	17 2/7
29	7	21	49	1/2		
30	7	21	49	1/2		
31	6	18	42	1/2		
32	6	18	42	1/2	2	19 1/3

<b>33</b>	5	15	35	2/5		
<b>34</b>	5	15	35	2/5		
<b>35</b>	4	12	28	1/3		
<b>36</b>	4	12	28	1/3	1 2/5	20 5/7
<b>37</b>	3	9	21	1/4		
<b>38</b>	3	9	21	1/4		
<b>39</b>	2	6	14	1/6		
<b>40</b>	2	6	14	1/6	7/9	21 1/2