

Don't take commercially available products containing iodine.

Beware of unfounded information on the Internet.

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National Institute of Radiological Sciences

A physician may prescribe potassium iodine to reduce health risks when a large amount of radioactive iodine is taken into the body.

There are lots of over-the-counter medicine and products containing iodine, such as an iodine liquid for cuts and sores, Isodine, throat sprays, disinfectant soaps and Lugol's solution. **Never take or drink those products as a replacement for potassium iodine.**

The reasons are:

- Over-the-counter medicines/products such as Isodine are not intended for internal use. It contains other ingredients in addition to iodine that may have harmful effects on the body.
- Additionally, the amount of iodine contained in these products is very small and thus have no preventative effect against the accumulation of radioactive iodine.

Seaweed products such as kelp ("wakame") contain iodine but are not effective.

- The amount of iodine in seaweed is not always constant and its effectiveness is unknown.
- Kelp is very chewy and must be processed first in the digestive system, taking a long time to be absorbed into the body.

For the above reasons, don't ingest disinfectants, Isodine or other over-the-counter medicines/products containing iodine. There also is not much benefit in eating seaweed products.

Potassium iodine should only be prescribed by doctors. Take it only when you are instructed to do so at a designated evacuation center in the event of an emergency situation such as a nuclear accident.