

# Bushman Iodine Canada

## Lugol's Iodine Solutions 5% 50 ml

6.25 mg Iodine / Iodide = 0.05mL  
= 1 "Standard" drop

(Note: For best accuracy use  
graduated 1 mL oral syringe)

**Ingredients:** Distilled water  
Potassium Iodide 5 gm / 50 mL  
Iodine Crystals 2.5 gm / 50 mL

### Package Contents:

- Bottle 50ML 20-400 neck
- Cap 20-400 polyseal, ph, blk
- Information sheet Brochure

### Optional Accessories available separately

- Bottle Adaptor 20mm
- Cap 20-400, polyprop. White
- Oral Syringe clear 1 ml

Shake before using  
Store away from direct sunlight and heat  
DO NOT FREEZE  
Handcrafted in Canada

**BushmanIodine.ca**  
jplagasse@BushmanIodine.ca  
780 987 2662  
Bushman Electronics inc.

BMILUU-5-50-B7

2017-08-15

### Topical Antiseptic & Oral Antibiotic

*Kills antibiotic resistant pathogens also.*

"Iodine exhibits activity against bacteria, molds, yeasts, protozoa, and many viruses; indeed, of all antiseptic preparations suitable for direct use on humans and animals and upon tissues, only iodine is capable of killing all classes of pathogens: gram-positive and gram-negative bacteria, myco bacteria, fungi, yeast, viruses, protozoa."

*"Iodine is by far the best antibiotic, antiviral and antiseptic of all time." – Dr. David Derry*

Ref: " <http://drsircus.com/cancer/the-end-of-antibiotics/>"

### Disinfect Drinking Water:

12.5 mg I / litre if clear. 25 mg I / litre if cloudy.  
Shake, then wait 30 minutes, 60 minutes if cold. For occasional use only.  
Ref: "envhper00309-0035.pdf"

### Radioactive Iodine Intake Inhibit 5%

AGE	mL	mg I	Drops
< 1 mo	0.1	12.5	2
< 3 yrs	0.2	25	4
< 12 yrs	0.4	50	8
> 12 yrs	0.8	100	16

Start daily doses before exposure is expected.  
Dosing still effective until a few hours after first exposure and effective for 24 hrs. Dose daily until danger is past.

Pregnant, breastfeeding women, newborn infants: Single dose only (do not repeat).

Ref: "Health Canada ISBN: 0-662-35147-9"  
"Canadian Guidelines for Intervention During a Nuclear Emergency" and  
"www.pharmacistsletter.com #270323"  
"Compounding KI for Radiation Exposure"

### Dietary Supplement

Suggested target or maintenance dose:

Men 8 - 12 mg I / day  
Women 12 - 16 mg I / day

Ref: "The Guide to Supplementing with Iodine  
Stephanie Burst ND.pdf"

### Companion Vitamins must be included:

Vitamin C, Selenium, unrefined salt (Celtic), Magnesium, ATP CoFactors. These can also affect detox symptoms. Vitamin C "deactivates" iodine, so take separately by > 2 hours.  
If companion vitamins are NOT included, long term maximum daily Lugol's dosage should not exceed about 2 mg I (or less) for safety.  
Ref: "envhper00309-0035.pdf"

### Starting off with Lugol's as a supplement:

One drop on skin for the 24 hr allergy test.  
If ok, then take ½ standard drop (.025 mL I) daily, mixed with water, coffee, juice etc.  
Repeat daily for a few days, then stop for a few days. If ok, add ½ drop each cycle until 12.5 mg I is obtained.  
Most people can start at 8-12 mg I / day. However, those with hypothyroidism or **diabetic** neuropathy etc. might be best at < 1 mg I / day. Damaged nerves may experience intense itching and/or phantom pain as they eventually heal and start acting more normal. This can take months or even years. Iodine can affect a diabetic's blood sugar levels also.

### Iodine Sufficiency

At 12 mg I / day: In about one year.  
At 50 mg I / day: In about 3 months.

### Bromide Detox

Iodine and companion vitamins will loosen and expel bromine, fluoride, chloride etc. from the body producing so called "bromide detox" symptoms. Supervision by an Iodine trained healthcare professional can be very useful.

### Bromide Detox Symptoms may include:

Itching, False pain, Tingling or Twitching of hands, feet or other body parts, Unusual Disturbed thoughts, Emotions, Mood swings or Depression, Anxiety, Irritability, Lethargy, sluggishness, Impaired memory or Concentration, Brain fog, Hair loss, Headache, Odd swallowing sensation, etc.  
Ref: " [earthclinic.com/remedies/lugols-iodine-treatment-bill-thompson.html](http://earthclinic.com/remedies/lugols-iodine-treatment-bill-thompson.html) "

# Lugol's Iodine Solutions Traditional 5%

## Traditional Formula

Standardized formula almost 200 years old.  
Well established performance history and usage guidelines documented by world & local government health agencies and others.

Of all the iodine formula variations, Lugol's solution is among the most useful, versatile and well documented.

## Jean Lugol

"Lugol's iodine was first made in 1829 by the French physician Jean Lugol.[6][7] It is on the World Health Organization's List of Essential Medicines, the most effective and safe medicines needed in a health system.[8] Lugol's iodine is available as a generic medication and over the counter.[1]"

Ref: "wikipedia.org lugol's" 2017/05/13

## Dropper Drop Volume:

"Nineteen bottles, one from each primary manufacturer in the UK, were examined. The mass of all drops expelled from each bottle was measured with respect to the bottle type, handling angle, drop number, drug and concentration. The accuracy (repeatability and trueness) of drops from each bottle was also evaluated.

Results Drop volume varied significantly between drug manufacturers, ranging from 33.8 uL to 63.4 uL (0.0338mL to 0.0634mL)"

Ref: "eye199917a.pdf"

Conclusion: Not all drops are the same !!  
(For best accuracy use graduated 1 mL oral syringe.)

## Disinfect Drinking Water (continued):

The best method is to filter then boil the water. This kills all pathogens reliably and quickly.

Using Lugol's alone, Cryptosporidium and Giardia require higher doses and more time... However, since these pathogens are larger, they can easily be filtered out.  
Ex: Sawyer Squeeze filter, then Lugol's to kill small viruses at < 0.1 micron.

Ref: "Sawyer squeeze filter"

## Radioactive Iodine Intake Inhibit (continued):

Counter-measure	Intervention Level (averted dose)	Return when
Sheltering	5 mSv in 1 day	
Evacuation	50 mSv in 7 days	
Relocation	50 mSv in 1 year	< 10 mSv in 1 month
Stable Iodine Prophylaxis	100 mSv to thyroid	
Food Controls	1 mSv from each of 3 food groups	

Health Canada Recommended Intervention Levels

Ref: "Health Canada ISBN: 0-662-35147-9", "Canadian Guidelines for Intervention During a Nuclear Emergency"

## Lugol's, Aquariums and Sea Water

Sea water average iodine concentration is about 0.05 ppm or 0.05 mg/L.

To make a disinfecting dip for aquarium coral, add 2 ml of Lugol's 5% per gallon of water in a non metallic container. Immerse coral for about 10 minutes.

**Iodine I:** 1 ppm of iodine can be lethal to fish, 0.2 ppm can kill *Daphnia*.

**Iodide KI:** Trout can withstand iodide concentrations of 100 ppm and more, *Daphnia* can be killed by 0.2 ppm of iodide.

Vol	5% Lugol's	mg		ppm		Iodine & iodide
	mL	I	KI	I	KI	ppm
1 L	0.001	0.05	0.1	0.05	0.1	0.137
1 L	0.05	2.5	5	2.5	5	6.32
1 US Gal	0.05	2.5	5	0.66	1.32	1.67
1 US Gal	2	100	200	26.4	52.8	66.8

Ref: "wetwebmedia.com/IodineSWArt.htm"

## Iodine Deficiency & Cancer

Breast, Ovary, Uterus & Prostate...

"Demographic studies show that a high intake of iodine is associated with a low incidence of breast cancer, and a low intake with a high incidence of breast cancer."

Ref: "Dr. David Brownstein Iodine cancer",  
Ref: "drsircus.com/iodine/iodine-breast-cancer-treatment"

## Medical Iodophobia

Too inexpensive and ubiquitous for big pharma to market, patent or spend research money on. Under-Utilized and often discredited by mainstream medicine and media.

Commercially induced and orchestrated "medical iodophobia". Iodine supplements are not readily or visibly available over the counter in drug and health food stores (in my local area and others 2017).

Uralchem Holding ACS grade iodine / Iodide KI purchased from a Russian distributor. Processed in Canada. Mnf supplied purity documents by request.

## Legal Disclaimer & Warnings

Keep out of reach of children.

The total volume in this bottle could be harmful or lethal if given as a single dose especially to a small child or infant. Do NOT use in eyes.

Consult a healthcare professional trained in Iodine before taking. Serious conditions out of our control may include sensitivities, thyroid disease or Hashimoto's. Read and understand all referenced documents and warnings before using. If you do not agree with the Legal disclaimer and warnings, return unused bottle and original packaging and sales receipt for a full refund minus shipping costs. Label and package information is representative of what is available online and included for reference only. This product has not been tested or approved by Health Canada or the FDA, and so no claims as to its effectiveness can legally be made. Bushman Electronics inc and/or it's agents will not be held liable for any omissions, mistakes or damages if these occur, beyond the purchase price of this product, even if we are at fault, and even if advised of such in writing.

Governed by the laws of Alberta Canada.

Ref: "ISMP Canada Safety Bulletin. 2011;11(7):1-3 Iodine Overdose..."

© 2017 Jean Pierre Lagasse