## Iodine (Urine)

<table>
<thead>
<tr>
<th>Analyte</th>
<th>Result</th>
<th>Normal Range</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iodine (Urine)</td>
<td>68 µg/L</td>
<td>100-199 µg/L</td>
<td>L</td>
</tr>
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### Results & Ranges

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* See comments regarding reference range for pregnant women.

### Commentary

Testing performed at BIOMNIS (ISO 15189:2012 accreditation 493519904).

According to OMS (2004)

- <20 µg/L: Severe iodine deficit
- 20 - 49 µg/L: Moderate iodine deficit
- 50 - 99 µg/L: Slight deficit
- 100 - 199 µg/L: Normal level
- 200 - 299 µg/L: Risk of overdose
- >/= 300 µg/L: Risk of iodine poisoning, with the appearance of hyperthyroidism and auto-immune thyroid disease

In pregnant women

- 150 - 249 µg/L: Normal level
- 250 - 499 µg/L: Risk of iodine overdose
- >/=500 µg/L: Risk of iodine poisoning