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PROTOCOL
OF NANO-IODINE SATURATION

Due to the severe iodine deficiency in 96% of the world's population (except Japan), there is a pandemic iodine deficiency, and as a result thyroid function is impaired in 99% of people worldwide, which has led to a 60-fold increase in life-threatening diseases over the past 50 years. To achieve sufficient and rapid iodine saturation not only of the thyroid gland but of the entire body (100 trillion cells), this intake regimen based on Japanese iodine doses has been developed.

Intake regimen

Course: 90 days, 3 packages of "Revival Balm" powder (Nano Iodine)
(90 teaspoons)

Take 1 teaspoon of powder per day (dissolved in 100–150 ml of water, natural apple juice, or a non-carbonated beverage) 30 minutes before meals.

Additionally, take:

1. Selenium (garlic oil) — 200–400 mcg per day
2. Magnesium (magnesium glycinate) — 300–600 mg at night
3. Vitamin C — 3000 mg per day, 1 hour after taking the Balm
4. Sea salt — 1/2 tablespoon or more per day, 1 hour after taking the Balm or 1 hour before
5. Vitamins B2/B3 — 100 mg riboflavin once daily
6. 500 mg niacin (in the form of inositol hexanicotinate) 1–2 times per day

This course is claimed to fully saturate the body with safe nano-iodine, leading to comprehensive restoration of organs and systems — overall health improvement.

For ongoing daily iodine sufficiency, switch to 4 capsules per day of Revival Balm capsules, since iodine is eliminated within 24 hours and must be replenished daily.

Why additional micronutrients and minerals are needed

Vitamins B2 (riboflavin) and B3 (nicotinamide) help stimulate normal functioning of the NADPH system, which supports proper iodine utilization, reduces auto-antibody formation, and ensures adequate ATP (energy) production.
A sufficient intake is 100 mg B2 and 500 mg B3 twice daily.

To reduce oxidative damage, antioxidants are recommended — 3 to 10 grams of vitamin C throughout the day. Take at least 3 grams of vitamin C (preferably two hours after) the nano-iodine powder. If strong detox reactions occur, vitamin C may be repeated as tolerated (high doses can have a laxative effect). Avoid taking vitamin C after 4 PM due to its energizing effect.

Magnesium (300–600 mg daily) supports detoxification reactions and participates in more than 300 metabolic detox processes. It also reduces intracellular calcium that contributes to oxidative stress. Magnesium glycinate is preferred.

Selenium — 200 mcg daily (safe range 100–400 mcg). Adequate selenium is essential for thyroid regulation and iodine metabolism. Deficiency may lead to autoimmune thyroid disease. Selenium activates thyroid hormones and reduces side effects of iodine saturation.

Liver protection is also recommended:
600–1200 mg L-acetylcysteine, 200–600 mg alpha-lipoic acid, or milk thistle.

Drink enough water, including water with unrefined salt to help detoxify bromide. Chloride competes with toxic bromide, and unrefined salt provides sodium chloride. Without 1–1.5 teaspoons of unrefined salt daily, bromide reduction is difficult. Salt intake also helps minimize oxidative stress.

Upon waking and twice daily, take at least 1/4 teaspoon of salt dissolved in 230 ml of water.
Do not take Nano Iodine within 40–60 minutes before or after salt water.

Possible healing (detox) crisis

Rarely, a “healing crisis” may occur. Nano Iodine is claimed to kill viruses, bacteria, and fungi and displace halogens and toxins. As toxins are released and microbes die, a Herxheimer reaction may occur, temporarily worsening symptoms before improvement.

Herxheimer reaction — an immune response to toxins when the body struggles to eliminate them.

Detoxification of halogens and heavy metals

Iodine may promote elimination of toxic halogens (fluorine, bromine, chlorine), which negatively affect organs including the thyroid. Bromine exposure is common (pesticides, treated materials, etc.). Iodine intake may increase bromine excretion.

Iodine is also claimed to chelate mercury, lead, and cadmium and other positively charged toxins.

Because of detox effects, gradual dosing is suggested:

- Days 1–3: 1/4 teaspoon
- Days 4–6: 1/2 teaspoon
- Then: 1 teaspoon daily

Monitor urine for toxins and increase gradually.

Fluoride and the pineal gland

Fluoride is described as highly toxic and capable of accumulating in the thyroid and pineal glands. Iodine may displace fluoride, potentially improving melatonin production and gland function.

Protection from radioactive iodine

Adequate iodine saturation may help protect against radioactive iodine (I-131) exposure by competitive inhibition from stable iodine (I-127).

Bromide detox symptoms may include (rarely):

- Eyelid twitching
- Leg cramps
- Tingling in hands or feet
- Depression, anxiety, mood changes
- Mouth sores
- Acne-like lesions
- Hair loss
- Confusion
- Muscle pain
- Rash
- Metallic taste
- Sinus issues
- Headache
- Fatigue or apathy
- Dry mouth

- Frequent urination
- Digestive issues (diarrhea or constipation)
- Irritability
- Hormonal changes
- Kidney pain
- Breast tenderness
  …and others

To relieve symptoms: drink sufficient salt water, continue recommended supplements, or pause iodine intake for at least 48 hours to allow elimination. Dose reduction is also possible.

Infrared therapy may assist detoxification.

IMPORTANT

Always conduct your own research.

Nano Iodine can be purchased by phone:
+7-777-0554400 via the Telegram app.