



IODINE

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Metabolism and significance

- **RDI = 150-220 μg**
- **iodine supplementation of salt, soft food**
- **resorption as I^-**
- **extracted from blood circulation by thyroid follicular cells, oxidized to $\text{I}_2 \rightarrow \text{T}_4$ a T_3 synthesis**

Deficiency

- endemic goiter
- inborn hypothyroidism → screening of neonates
- ↓ urinary excretion
- normal value $>100\mu\text{g/l}$
- therapy: Γ 100 $\mu\text{g/d}$