

THE CRITICAL ROLE OF IODINE IN BRAIN DEVELOPMENT



Iodine Deficient Brain



Iodine Sufficient Brain

- Diminished brain cell branching due to iodine deficiency
- Diminished branching ► Less connections ► Lower IQ
- Deficiency of iodine during critical period of development, results in permanent brain damage.
- Brain damage can be prevented by correcting iodine deficiency before and during pregnancy.
- *Its vital that all expectant and lactating mothers get their daily requirement of iodine.*
- 90% of brain development happens between the 3rd month of pregnancy and the 3rd year of life.



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Lingsheng Yao



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wichtigsten fakten und tipps zum thema