
Biolab Medical Unit

9 Weymouth Street, London W1W 6DB, U.K. Tel: 020-7636 5959/5905 Fax: 020-3808 3058
E-mail: lab@biolab.co.uk Internet: www.biolab.co.uk

Urine Iodine

	<u>Result</u>	<u>Units</u>	<u>Reference range</u>
Urine Iodine	9	µg/L	100 - 199
(molar units)	0.07	µmol/L	0.79 - 1.57

Interpretation

The urine iodine concentration is recommended as the best single indicator of iodine nutrition, with the following stratification of reference values:

Urine iodine µg/L	Iodine intake	Iodine nutritional status
→ <20	Insufficient	Severe deficiency
20 - 49	Insufficient	Moderate deficiency
50 - 99	Insufficient	Mild deficiency
100 -199	Adequate	Optimal
200 - 299	More than adequate	Risk of iodine-induced hyperthyroidism
>299	Excessive	Risk of hyperthyroidism and autoimmune thyroid disease

Urine Creatinine 2.1 mmol/L
Urine Iodine:Creatinine ratio **0.03** µmol/mmol creatinine 0.10 - 0.45*

* Reference range reviewed December 2020.

The daily iodine Intake (in micrograms) can be calculated from urine iodine concentration (µg/L) x 0.0235 x body weight (kg).