

CRYSTAL HEALTH & BEAUTY

Iodine Companion Guide

A downloadable and printable guide for the
Complete Iodine Companion Bundle

Lugol's Iodine 15% · Organic Coarse Celtic Sea Salt 500g

Liposomal Advanced Immune Support · This guide

Not a medical protocol. Not a substitute for professional advice.

1. What this bundle is

The Complete Iodine Companion Bundle brings together three products already sold by Crystal Health & Beauty, plus this guide. It is a convenient collection of items that people often consider alongside an iodine routine. It is not a treatment for thyroid disease, iodine deficiency or any other medical condition, and it does not prescribe a universal high-dose iodine programme.

What is included

- Lugol's Iodine 15% Solution — 50 ml UV-protective amber glass dropper bottle. Elemental iodine, potassium iodide and steam-distilled water. SKU CHB_883.
- Organic Coarse Celtic Sea Salt 500g — unrefined Sel de Guérande in a resealable bag. Ingredients: 100% Celtic sea salt. SKU CHB_9D9.
- Liposomal Advanced Immune Support — 250 ml tropical zest liquid providing vitamin C, vitamin D3, vitamin K2, zinc and selenium. SKU CHB_I1A.
- This Iodine Companion Guide — downloadable and printable.

2. Understanding the products

Lugol's iodine

Lugol's iodine is an aqueous solution of elemental iodine and potassium iodide. This bottle is labelled 15%, a concentrated, high-strength solution made with steam-distilled water rather than alcohol. Crystal Health & Beauty does not print a drop dosage on the product page. Use only according to the directions supplied with the bottle and, where appropriate, with advice from a qualified practitioner. Keep out of reach of children. Iodine can stain skin, cloth and surfaces.

Organic Coarse Celtic Sea Salt

This is traditionally harvested, unrefined grey sea salt from Guérande, France. It is intended for ordinary cooking and seasoning. Like any salt, it is primarily sodium chloride and should be used according to taste as part of a varied, balanced diet. People who have been advised to restrict salt should not increase their salt intake and should not use the traditional salt-loading method described later.

Liposomal Advanced Immune Support

This Well.Actually. liquid formula is taken as 10 ml daily (2 teaspoons). Shake before use. It can be taken directly or mixed with a cold drink or smoothie. Do not exceed the recommended dose.

One 10 ml serving provides:

Nutrient	Amount per 10 ml	% NRV
Vitamin C	1000 mg	1250%
Vitamin D3	50 µg (2000 IU)	1000%
Vitamin K2	75 mcg	100%
Zinc	10 mg	100%
Selenium	Included as sodium selenite; follow the amount printed on your bottle	See label

The current manufacturer nutrition panel lists vitamin C, vitamin D3, vitamin K2 and zinc by amount. Selenium is named on the Crystal Health & Beauty product and listed as sodium selenite in the ingredients. Always follow the figures printed on the bottle you receive.

3. How to read the individual product directions

Each item has its own label. This guide does not replace those labels. Before first use, read the directions, ingredients, storage notes and warnings on every bottle and bag. If the label and this guide ever differ, follow the label.

- Lugol's Iodine 15% is a concentrated product. Crystal Health & Beauty does not set a drop schedule in this guide. Use only as directed on the product and with professional advice where needed.
- Celtic sea salt: use to season food according to taste. Store the bag sealed, cool and dry. Slight clumping is normal for unrefined grey salt.
- Advanced Immune Support: shake, then take 10 ml daily. Once opened, refrigerate and do not freeze; use within the period stated on the label (the current panel says 60 days). Store out of reach of children.

4. The importance of beginning cautiously

Concentrated iodine products require careful, responsible use. Do not start several new supplements at high amounts at once. Introduce products one at a time if you are unsure how you respond. Do not exceed recommended daily amounts. This bundle does not tell you to follow a high-dose iodine protocol.

Ask a qualified practitioner before using iodine if you are pregnant, breastfeeding, considering it for a child, have a thyroid condition, are sensitive to iodine, take medication, or have any medical condition.

5. Vitamin C and selenium as companion nutrients

Liposomal Advanced Immune Support supplies vitamin C and selenium in the same bottle, together with zinc, vitamin D3 and vitamin K2. Separate Liposomal Vitamin C is not included, so vitamin C is not duplicated.

Where the labelled amounts meet the conditions for authorised nutrition and health claims, the following wording may be used:

- Vitamin C contributes to the protection of cells from oxidative stress.
- Vitamin C contributes to normal energy-yielding metabolism.
- Zinc contributes to normal cognitive function.
- Vitamin D contributes to the normal function of the immune system.
- Selenium contributes to normal thyroid function, and selenium contributes to the protection of cells from oxidative stress, where the amount in your serving meets the conditions for those claims. Follow the selenium figure printed on your bottle.

These statements describe the nutrients. They do not mean the bundle treats thyroid disease or any other condition.

6. Hydration and mineral intake

Ordinary fluid and food remain the foundation of a varied, balanced diet. Celtic sea salt may be used in cooking as a traditional kitchen salt. It is not a medicine, a detox product, or a way to 'force out' other substances. People with kidney disease, heart conditions, high blood pressure or a salt restriction should obtain professional advice before changing salt intake.

7. The traditional salt-loading method

Salt loading is a traditional short-term method discussed within some iodine communities. It is not a routine daily practice, and this guide does not recommend that customers perform it every day.

In that traditional discussion, a larger amount of salt in water is used for a short period only, typically when someone is already using iodine and is following a practitioner's advice. Crystal Health & Beauty does not set a universal salt-loading recipe or iodine schedule. If a qualified practitioner has not advised you to use this method, do not invent one from internet sources.

Normal daily use of Celtic sea salt means ordinary cooking and seasoning. That is different from salt loading. Keep the two ideas separate.

8. Situations in which salt loading may be unsuitable

Do not use a salt-loading method if you:

- have been advised to restrict salt or sodium;
- have kidney disease or reduced kidney function;
- have heart disease, heart failure or fluid retention;
- have high blood pressure or take blood-pressure medication;
- are pregnant or breastfeeding, unless a clinician has specifically advised it;
- are a child;
- are unsure — in that case, do not do it.

9. When professional advice should be sought

- Before using iodine if you have a thyroid condition or take thyroid medication.
- If you are pregnant, breastfeeding, or considering iodine for a child.
- If you take any medication or are under medical supervision.
- If you have kidney, heart, blood-pressure or sodium-related conditions.
- If you are sensitive to iodine.
- If anything about the products is unclear after reading the labels.

10. Product safety and storage

- Lugol's Iodine 15%: keep the original amber glass tightly closed, away from heat, moisture and strong light. Do not use if the seal is damaged or the solution looks unusual.
- Celtic sea salt: keep the bag sealed in a cool, dry place.
- Advanced Immune Support: store as the label directs; the current panel says once opened, refrigerate, do not freeze, and use within 60 days. Keep the cap replaced.
- Keep all products out of the reach of children.
- Do not exceed recommended daily amounts.
- Food supplements should not replace a varied, balanced diet and healthy lifestyle.
- This bundle is not intended to diagnose, treat, cure or prevent disease.

Important information

This guide is supplied with the Complete Iodine Companion Bundle from Crystal Health & Beauty, United Kingdom. It is educational. It is not medical advice and not a personalised iodine protocol. Always follow the directions and warnings on each individual product. If you are pregnant, breastfeeding, taking medication or managing a medical condition, consult an appropriate healthcare professional before use.

Crystal Health & Beauty · crystalhealthandbeauty.co.uk · Product page: [/product/complete-iodine-companion-bundle/](https://crystalhealthandbeauty.co.uk/product/complete-iodine-companion-bundle/)