

7 June 2011

**Warning! : Iodide Supplement to Pregnant Women Is Harmful to Babies.**

Dear editor / journalist / media,

I, herewith, would like to send you the article "*Warning! : Iodide Supplement to Pregnant Women Is Harmful to Baby*". This was written from the knowledge of my research in Thailand and abroad out of my concern for Thai people who do not really know about this danger. Especially, those pregnant women are the particular target group to whom the government has the policy to distribute this Iodide supplement in all hospitals. Furthermore, it also makes it compulsory to add Iodide in a form of Potassium Iodide in all cooking salts, fish soy and all kind of soy sauces. This substance is, in fact, toxic if used incorrectly as explained in the attached article.

I ask that you please consider publishing the attached article as you may deem appropriate. If you require further information, I would be very happy to help clarify it to your full understanding. Furthermore, you can get more information from the website of *Albert Einstein and Nikola Tesla Scientific Foundation*, [www.einsteinandtesla.com](http://www.einsteinandtesla.com).

Your kind attention in this matter is very much appreciated. I thank you in advance for your consideration.

Sincerely Yours,

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## Warning! : “Iodide Supplement to Pregnant Women Is Harmful to Babies”.

By Prof. Dr. Phichai Tovivich

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The Ministry of Health has a policy to add Iodine to enhance IQ of Thai people and has set a regulation to produce "an Iodide-added drug, called "Triferdine150" at a quantity of at least 1 million bottles per month, to be distributed to hospitals nationwide. Thus, pregnant women could take those tablets every day during their pregnancy as well as after the childbirth. They were advised to take the supplements for several months continuously. In addition, the government also enforced that so-called “Iodine” (but in form of “Iodide”) to be added to cooking salt, fish soy and all types of soy sauces.

In case, the manufacturers do not comply with above recommendations they shall be subjected to reprimands according to the issued “policies and measures”, as mentioned above. From the point of view of a superficial knowledge of villagers, the government's activities would be considered as a goodwill towards the people of Thailand. Iodine supplement helps increase "IQ" level according to the scientific research. Thai researchers have found that "IQ" levels of Thai people are below the average international standards. Thus, the Government has tried to resolve the problem of how to enhance people’s IQ levels by giving Iodine supplement (in form of Iodide) to those from the fetal age and above. Their efforts deserve praise.

However, after further research in more depth into this matter, it had been found that the present policy measures and practices will turn out to cause disastrous consequences due to apparent toxicity and dangerous threats to the health of Thai people. If they left unattended they may

undermine the nation in the long term. The reasons came from numerous scientific evidences as follows:

**1. False information brings wrong results:** *Iodide and Iodine are dramatically different substances and the recommendations about them are mainly mixed up due to lack of true knowledge among the general public.* The government had a policy to enforce the use of "Iodide". However, the recommended substance is not the pure Iodine (I) as it should be, but Potassium Iodide (KI), a chemical compound with many dangerous and harmful side effects, if taken in excessive quantities. The Potassium in "Potassium Iodide" is positively charged ion ( $K^+$ ) and the Iodide is negatively charged ion (I) together bonded as Potassium Iodide. This chemical comes with a warning that it should not be used by pregnant women due to its adverse effects as a toxic chemical particularly harmful to an unborn fetus ("fetal harm"). It is thus emphasized here that *Potassium Iodide is not and cannot be substituted for Iodine.* They present absolutely different properties because they are completely different substances. This will be explained in more details below.

## **2. Harms and hazards from the chemical elements of Potassium Iodide.**

2.1. Harmful effects of Potassium Iodide on human systems are due to its dissolution with human tissues as Cationic Potassium (positively charged) and Anionic Iodide (negatively charged). Therefore the kidneys can become overloaded and have to work much harder. Even greater danger of Potassium is that, it also affects the muscular functions. In particular, the heart will beat faster and become irregular. Therefore, people with heart diseases may therefore be subjected to a great risk of having or dying of a fatal heart attack.

2.2. In addition to the positively charged Potassium causing kidney overload, there is another hazard due to the chemical reaction known as oxidation which simultaneously takes place to change negatively charged ions, Iodide, to Iodine. This oxidation reaction generally occurs in the liver, forcing it to work very hard indeed. That presents very severe risk for people with liver diseases.

**3. Potassium Iodide is toxic.** Potassium Iodide is in fact a toxic substance known as a *teratogen*, i.e. toxin that can cause abnormal development of the fetus. Potassium Iodide destroys enzymes that are associated with Iodide processing. Those enzymes play a crucial role in controlling cellular growth and autoimmune reactions. Changes of their functions may affect the cellular metabolism and reverse the cellular growth or decay. It may result in changes of the autoimmune reactions making them either deficient or impaired. If this substance introduced into the body during pregnancy it may then cause birth defects such as a body with two heads (see photo) and so on.



**4. Excess salt is prohibited for pregnant women.** Normally pregnant women should follow the special nutritional diet, which, for example, limits on the consumption of salt. Therefore

consumption of salt especially that containing Potassium Iodide should also be "prohibited" for pregnant women.

5. **Chemicals and Pregnancy.** Consumption of chemical substances by pregnant women is normally forbidden or restricted, because they inevitably cause negative impacts on fetus. Such substances include, for example, alcohol, drugs, MSG, and potassium Iodide which is also 100% chemical compound. Particularly, potassium Iodide contains a warning "Not for use by pregnant women" as it is harmful to the fetus development.

6. **The Toxicity is not significant?.** Some may argue that Potassium Iodide which is used as a "Drug supplement of Iodide" or, more specifically, "Triferdine 150" contains only a smaller amount of Iodide as 0.195 mg per 1 tablet and does not present any real danger. The following explanations are in order: the noted toxic or hazardous substances are present in more or less content. The toxins are known to be harmful. Moreover, the combination of drugs in "Triferdine 150" includes a warning: not for use with pregnant women due to a danger to the fetus. The labels on the bottle of the drug contain these warnings: "Please use this drug only as prescribed by doctors ...", and "for deficiency of Iodide in pregnant women only". That may indicate that it is a dangerous drug to control and the Iodide non-deficiency pregnant women should not use it at all. In addition, the government has a current policy for pregnant women to take this medicine every day while they are pregnant. Even after childbirth they are supposed to continue to take that drug for several months in the period of lactation. That is, altogether at least 365 days a year. What will happen to those women as well as their fetus and born child? What about the future developments of their children? According to the news that happened in China and other continents – are they being hidden by bureaucrats or what?

#### 7. **Who is responsible for the problem of Thai society?**

Today, doctors say that cancer is a major problem to resolve. But how can we do that, when there is still, on another hand, a government's policy supporting distribution of another dangerous drugs causing harms to pregnant women in Thailand. There has been a use of 1 million bottles of this per month from January to December 2553 onwards. There are problems that pregnant women must learn first if they really lack of Iodine or not. If they do not lack of Iodine they should not consume Iodide. Thus in the past how many cases are actually exposed the deficiency of Iodine?

8. **"Iodized salt" or "salt poisoning?"** The government enforced the addition of **"Iodine"** to the salts as well as to all types of soya sauce. The salt manufacturers are being enforced to add **Iodide**, the toxin, to their products, and people to use it. **Iodide is not the real Iodine.** It is in fact Potassium Iodide, which is dangerous to health, as explained above.

#### 9. **The Requests and Suggestions.**

##### **The Requests:**

- For various reasons, as mentioned above. The Ministry of Public Health should then urgently review this great Iodide policy before it turns out to be a real disaster to the nation in the long term.
- They should immediately announce that Potassium Iodide is not to be added with any food.
- Any drug manufacturer who provides Iodide supplement for pregnant women must be very cautious. If the drug continues to be used it must be under strict control and being monitored closely.

## **The Suggestions:**

- For a solution to the problem with Iodine in enhancing the IQ, it can be simply done without any harm by using the “real” Iodine. A well-trained chemist with true knowledge of Iodine will be able to develop the proper Iodine and overcome this problem without too much difficulty.

- Another serious problem in the health industry is the lack of strong cooperation and harmony in the industry. Unfortunately, this industry is typically divided by partisan of two major professional groups, i.e. the medical doctors and the pharmacists. They often overlook the importance of another minor group, the chemists. Consequently, there are many recurring safety problems related to dangers from chemical hazards. It is then suggested that there should be more appropriate attitude towards “togetherness” and “helping one another”. This would bring more benefit to the industry, the society and, eventually, the nation as a whole.

For more information, please, contact Prof. Dr. Phichai Tovivich e-mail: phichai.neolab @ gmail.com. [www.einsteinandtesla.com](http://www.einsteinandtesla.com)