



# Violet® Iodine

The daily non-hormone supplement that helps alleviate monthly breast discomfort and promotes breast health.<sup>(1)</sup>

Violet iodine is the only molecular iodine supplement that addresses menstrual-related breast discomfort and helps alleviate the symptoms associated with fibrocystic breast condition (FBC) including: tenderness, swelling, aches and heaviness.<sup>(1)</sup>

The unique, molecular iodine formula targets breast tissue <sup>(2)</sup> and can reduce the breast cell build-up that results in breast discomfort.<sup>(1)</sup>

With consistent daily use, Violet iodine has been shown to help maintain healthy breast tissue.

Supplement Facts		
Serving Size: 1 Tablet		Servings Per Container: 60
Amount Per Serving	% Daily Value	
Iodine (as 84% potassium iodide, 16% potassium iodate) †	3000 mcg	2000%
Selenium (as sodium selenite)	55 mcg	79%

**Other Ingredients:** Mannitol, sodium carbonate, sorbitol, croscarmellose sodium, magnesium stearate.

† Forms molecular iodine (I<sub>2</sub>) when ingested.\*

## Why Molecular Iodine?

In women with FBC, the relationship between cell growth and cell death is out of balance, which leads to excess breast tissue resulting in breast discomfort. Molecular iodine has been demonstrated to normalize this imbalance and consequently help alleviate the associated symptoms of breast tenderness, swelling, heaviness and aches, while promoting breast health.<sup>(1)</sup> Following a series of uncontrolled clinical studies with different forms of iodine, Drs. Ghent, Eskin, Low and Hill concluded: **“These results indicate the superiority of molecular iodine over iodides when treating fibrocystic breast disease.”** <sup>(1,3)</sup>

## Strong Results

A daily regimen of molecular iodine can provide relief from menstrual-related breast discomfort.<sup>(1)</sup> Molecular iodine has been used in clinical trials in 1,476 women over three decades.<sup>(3,4)</sup> A recent clinical study showed that up to 74% of women experienced improvement in their breast discomfort.<sup>(1,3)</sup>

### Violet Iodine Quick Facts

- **Alleviates the most common symptoms** of FBC: breast tenderness, swelling, aches and heaviness <sup>(1)</sup>
- **Unique molecular iodine (I<sub>2</sub>) formula** targets breast tissue <sup>(1,2)</sup>
- Supported by **decades of research** and clinical development <sup>(1)</sup>
- Creating the **new breast health standard** of care <sup>(1)</sup>

### Suggested Use

Recommended for women who suffer from menstrual-related breast discomfort. Depending on symptom severity, take either 1 or 2 tablets on an empty stomach. First tablet should be taken every morning. If second tablet is needed, take every evening. Wait 30 minutes before eating and/or taking other supplements or medications. Initial symptom relief may take several months. Continue daily regimen to maintain relief and promote optimal breast health.<sup>(1)</sup>

For more information: [VioletDaily.com](http://VioletDaily.com)

(1) These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

(2) Iodine is also delivered to other tissues in the body.

(3) WR Ghent, BA Eskin, DA Low, LP Hill, “Iodine Replacement in Fibrocystic Disease of the Breast.” CJS Oct. 1993; 36(5) 453-459

(4) JH Kessler, “The Effect of Supraphysiologic Levels of Iodine on Patients with Cyclic Mastalgia.” The Breast Journal, 2004; 10(4) 328-336