



Innate Choice
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How much iodine is in Omega Sufficiency?

Nearly all of the iodine naturally present in fish is removed during our purification process. Our testing results show levels of iodine in Omega Sufficiency to be typically 1.7 mcg/g and not more than 2.0 mcg/g, which makes the level of iodine in Omega Sufficiency extremely safe and well below even RDA accepted levels.