



## Violet<sup>®</sup> Iodine

### Information for the Healthcare Provider

#### Fibrocystic Breast Condition

Q: What is Fibrocystic Breast Condition (FBC)?

A: Fibrocystic breast condition, often referred to as FBC, is a benign, relatively common condition of breast tissue which can sometimes cause cyclic mastalgia, breast tenderness, aches, heaviness and swelling.

Discomfort from fibrocystic breast condition is usually bilateral and poorly localized. Patients often describe it as heaviness, swelling or tenderness in the breasts. The discomfort sometimes radiates to the arm and axilla. It's often most severe prior to menstruation and resolves spontaneously after menses.

Q: What causes FBC?

A: FBC is generally believed to be caused by the combination of high serum levels of estrogen and prolactin - as well as a higher sensitivity to prolactin - during various phases of the menstrual cycle. These factors may cause an imbalance between cell growth and apoptosis.<sup>(1-5)</sup> This imbalance leads to fibrocystic breast tissue, the density and volume of which can cause pain by exerting pressure on the surrounding nerves.

Q: What is the prevalence of FBC?

A: Studies indicate that the lifetime prevalence of FBC may be as high as 70% to 90%.<sup>(6-8)</sup>

#### Violet Iodine

Q: What is Violet iodine?

A: Violet iodine is the first molecular iodine supplement specifically designed to help alleviate the symptoms of fibrocystic breast condition.

Q: What are Violet iodine's active ingredients?

A: The two active ingredients in Violet iodine are iodine and selenium.

Q: What is the mechanism of action?

A: The active ingredients in Violet iodine combine in the stomach where it binds with other molecules to create iodinated lipids which trigger apoptosis in breast tissue - ultimately correcting the imbalance between new cell growth and programmed cell death.

Q: How is Violet iodine dosed?

A: Violet tablets come in 3mg doses and are packaged similarly to birth control to help remind patients to take their daily dose. Violet iodine should be taken daily. Dosage depends on the severity of the symptoms. For mild to moderate symptoms, patients take one pill on an empty stomach every morning. For more severe symptoms, an additional pill is taken every evening. Patients should wait 30 minutes before eating or taking other supplements or medications. It is recommended to not exceed 6mg (two doses) per day.

Q: Should patients take Violet iodine for as long as they are menstruating or can they take it for a short period and stop?

A: Violet iodine is a supplement and should be taken every day. Skipping a day or two, or even a month will not cause any harm, but women will likely find that their symptoms will return with discontinued use.

## Contraindications & Possible Side Effects

Q: What are Violet iodine's contraindications?

A: Women should not take Violet if they:

- are pregnant or nursing
- have a known allergy or hypersensitivity to iodine
- have a history of thyroid disease
- take prescription medications including lithium or thiouracils (such as methylthiouracil and propylthiouracil)
- have had bariatric surgery, as it can affect the appropriate absorption of iodine, thereby reducing the efficacy of Violet iodine to help alleviate menstrual-related breast discomfort symptoms.

Q: What are the possible side effects of Violet iodine?

A: Use of Violet iodine should be discontinued if the patient experiences: fatigue, palpitations, anxiety, irritability, or increased sweating, as these may be early symptoms of irregular thyroid function.

## Patient Selection Information

Q: Who is an ideal patient for Violet iodine?

A: Violet iodine is recommended for women who suffer from menstrual-related breast discomfort (i.e., breast tenderness, swelling, heaviness and aches leading up to and/or corresponding with the menstrual cycle).

Q: Can teenagers who are menstruating take Violet iodine?

A: All menstruating women, including teenagers, can take a daily regimen of Violet iodine.

## Purchase Information

Q: How much does Violet iodine cost?

A: One single box is a 60 day supply and is \$49.99 a subscription is one 60 tablet box that will be shipped every two months for a 8% discount at \$45.99.

Q: Where can Violet iodine be purchased?

A: Violet iodine is available without a prescription and can be purchased online by visiting: [www.VioletDaily.com](http://www.VioletDaily.com).

### REFERENCES

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