

Does BluTube affect patients with iodine allergies?

No. BluTube is 100% safe for patients with or without iodine allergies.

What is an iodine allergy?

The term “iodine allergy” is commonly used, but it actually has more to do with extra molecules attached to iodine than iodine itself. Iodine is an element present throughout the body and is essential for the production of thyroid hormones. The recommended dietary amount for adults is 0.15 mg/day. When introducing iodine into your diet, it is often attached to extra molecules. An example would be eating eggs, cheese, or shellfish, which can cause an iodine allergy. However, the body is responding negatively to other molecules attached to iodine, not the iodine itself.

What’s in BluTube?

BluTube contains iodine in its elemental state, meaning no other molecule is attached to it. Additionally, the release of iodine through the cartridge is minimal, representing 20-30% of your daily recommended intake per liter. Your patient would need to consume 3 liters of BluTube filtered water just to reach the daily recommended level of iodine and 22.5 liters of water to reach the tolerable upper intake level of iodine. Most patients (unless they really like your dental unit water) won’t even consume 0.25 liters of water while under your care.

Isn’t iodine dangerous?

Iodine is a nutritional mineral, like calcium, potassium, sodium, magnesium, iron, and zinc. Each of these promotes a healthy lifestyle and all abide by the same slogan, “too much of a good thing, is a bad thing.” Your body needs each of these minerals, but consuming too much becomes more hurtful than helpful. As long as you stay within the recommended intake levels, your body will appreciate you for it.

How can I learn more about iodine and iodine allergies?

Great question! We’ll list resources below that have helped educate us as well as leading studies that have shaped the world’s understanding of iodine allergies:

Wulf NR, Schmitz J, Choi A, Kapusnik-Uner J. *Iodine allergy: Common misperceptions*. Am J Health Syst Pharm. 2021 Apr 22;78(9):781-793. doi:10.1093/ajhp/zxab033

Böhm I, Hasembank Keller PS, Heverhagen JT. *“Iodine allergy” - The neverending story*. Rofo. 2016 Aug;188(8):733-4. English. doi:10.1055/s-0042-110102

Böhm I, Nairz K, Morelli JN, Keller PS, Heverhagen JT. *Iodinated contrast media and the alleged “iodine allergy”: An inexact diagnosis leading to inferior radiologic management and adverse drug reactions*. Rofo. 2017 Apr;189(4):326-332. English. doi:10.1055/s-0042-122148

American Academy of Allergy, Asthma, and Immunology. *Iodine “allergy” and fish allergy*.



Have more questions? Reach out to us!
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