

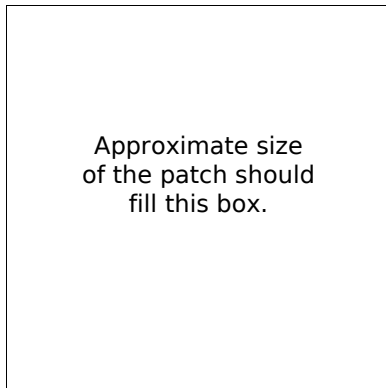
Back In Action Chiropractic

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Iodine Patch Test

NAME _____ DATE _____

1. Begin this test in the morning after showering
2. Use Tincture of Iodine to paint a 2x2" square on your inner arm



3. Write down your starting time: ____:____ AM
4. Observe the coloration of the patch over the next 24 hours
 1. Time at which the patch began to lighten: ____:____ AM / PM
 2. Time at which the patch began to disappear completely: ____:____ AM / PM
5. Describe the patch after 24 hours:

6. Any other observations/comments?
