

## Using Iodine for Water Treatment

To disinfect water with iodine, you will need liquid iodine (2%) or iodine tablets. If using tablets follow the directions per the packaging. For liquid iodine add 5-10 drops per 32 oz or 1 Liter of water. Based on the water source you may need to add more or less.

- Clear or cloudy water. Cloudy = more drops like 8-10
- Still or moving water. Still = more drops like 8-10
- 8 is a good standard number, but 5 may be preferred depending on your aversion to the taste of iodine.

### Steps:

- Fill your water container from water source.
- Add the iodine tablets or drops to the water based on the container size and number of tablets or drops needed.
- Close the lid and let the water sit for 5 minutes.
- Tilt the bottle upside down and slowly open to allow just enough of the iodine water to spill over and cover the rings of the lid that may still have contaminated water on them.
- Close the lid again and let stand for another 30 minutes. Allow more time the colder the water is.
- Enjoy your iodine infused water

### CAUTION:

Do not use Iodine over an extended period of time (3 wks) because it can lead to thyroid problems and iodine sensitivity due to extended exposure. Do not drink iodine water if you are pregnant, have a thyroid problem, or are very sensitive to iodine.



Amazon Afiliate Links

Liquid <https://amzn.to/3rFw9DB>

Tablets <https://amzn.to/43uU461>