

**Council for Responsible Nutrition***The Science Behind the Supplements***For Immediate Release**

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**CRN Releases Science-based Guidelines on Iodine in Multivitamin/Mineral Supplements for Pregnancy and Lactation
—Initiative Will Help Ensure Adequate Intakes to Support Healthy Cognitive Development—**

Washington, D.C., *January 27, 2015*—Dietary supplement manufacturers should include a daily serving of at least 150 mcg of iodine in all multivitamin/mineral supplements intended for pregnant and lactating women in the U.S., the Council for Responsible Nutrition (CRN) advises in guidelines for industry released today. CRN, the leading trade association for the dietary supplement and functional food industry, developed these guidelines in response to recommendations from authoritative medical organizations, including the American Academy of Pediatrics, the Endocrine Society, and the American Thyroid Association, that pregnant and lactating women receive a daily multivitamin/mineral supplement that contains 150 mcg of iodine.

“Scientific evidence shows that, similar to folic acid, adequate iodine is critical early in pregnancy when the fetal brain is growing rapidly,” said Duffy MacKay, N.D., senior vice-president, scientific and regulatory affairs, CRN. “Currently, many U.S. women of childbearing age get insufficient dietary iodine, putting their children at risk for decreased cognitive function. CRN’s guidelines call on manufacturers of multivitamin/mineral supplements for pregnant and lactating women in the U.S. to provide the scientifically-backed amount of iodine that this population needs.”

According to CRN’s guidelines, any safe and suitable iodine-containing dietary ingredient may be used as the source of iodine when used in accordance with Good Manufacturing Practice (GMP) regulations for dietary supplements, which will ensure that the product consistently

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meets label claims.

“We commend the Council for Responsible Nutrition for stressing the importance of iodine for pregnant and lactating women in order to ensure normal brain development of the fetus and baby,” said Robert C. Smallridge, M.D., president, [American Thyroid Association](#). “Our association strongly concurs that pregnant and lactating women should get 150 mcg of iodine daily from their multivitamin/mineral supplement.”

CRN’s recommended guidelines, “Iodine Quantity in Multivitamin/Mineral Supplements for Pregnancy and Lactation,” are available on the association’s [website](#). CRN recommends that dietary supplement companies comply within twelve months.

CRN’s iodine guidelines are the latest in a series of proactive, science-based guidelines that the association has developed as part of its [self-regulatory initiatives](#). CRN also has recommended guidelines for caffeine-containing dietary supplements and for labeling of protein in dietary supplements and functional food, as well as best practices for enzyme dietary supplement products and safety considerations for dosage recommendations and labeling.

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Note to Editor: The Council for Responsible Nutrition (CRN), founded in 1973, is a Washington, D.C.-based trade association representing 150+ dietary supplement and functional food manufacturers, ingredient suppliers, and companies providing services to those manufacturers and suppliers. In addition to complying with a host of federal and state regulations governing dietary supplements and food in the areas of manufacturing, marketing, quality control and safety, our manufacturer and supplier members also agree to adhere to additional voluntary guidelines as well as to CRN’s Code of Ethics. Visit www.crnusa.org. Follow us on Twitter [@crn_supplements](#) and [@wannabewell](#) and on [Facebook](#).