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**Iodine content of commercially available salt products in Bope-Poddala health division in Galle; Need of urgent intervention for a proper programme monitoring**

G. E. D. De Zoysa<sup>1</sup>, M. Hettiarachchi<sup>2</sup>, K. A. P. W. Jayatilake<sup>1</sup> and C. Liyanage<sup>3</sup>

<sup>1</sup>Department of Biochemistry, University of Ruhuna, Matara, Sri Lanka.

<sup>2</sup>Nuclear Medicine Unit, University of Ruhuna, Matara, Sri Lanka.

<sup>3</sup>Department of Community Medicine, University of Ruhuna, Matara, Sri Lanka.

**Introduction:** It was in 1993 that the Universal Salt Iodization (USI) programme was introduced as the main strategy to achieve elimination of Iodine Deficiency Disorders (IDD). The USI programme was implemented in Sri Lanka in 1995 and it is after sixteen years that we have assessed the iodine content of brands of salt (table and crystal) which are commercially available in the Bope - Poddala health division in Galle to assess the sustainability of salt iodization.

**Methods:** Samples were randomly purchased from boutiques, supermarkets and fairs. A total number of 86 samples of salt from 42 brands were purchased during the study and in majority of brands, two samples from different batches were selected. All the samples were analyzed in triplicate for its iodine content using iodometric titration method.

**Results:** Only 64% of samples had an iodine content in the legal range of 15-30 mg/kg as specified by the Sri Lanka Standard Institute; 23% of samples had the iodine content lower than legal range and 13% had higher than the legal range.

**Conclusions:** These findings emphasize the necessity of establishing a proper monitoring system for salt iodization to assure the quality of salt products to eliminate the iodine deficiency disorders (IDD) from Sri Lanka in the future.

**Keywords:** Brands of salt, universal salt iodization, iodine content, iodometric titration