



IODINE TABLETS

FOR DISINFECTION OF DRINKING WATER WHEN
CAMPING, HIKING, TRAVELLING OR CLIMBING



WHAT IS IODINE?

Iodine is a chemical disinfectant known as a halogen. It is effective against bacteria, viruses and most parasites. It readily kills amoebic cysts. However *Cryptosporidium*, a parasite present in water can withstand halogenation, and can cause diarrhoea, cramps and vomiting. It is best removed from water by filtration.

GENERAL INFORMATION:

These tablets are intended for short-term treatment of drinking water. All water can be made suitable for drinking when treated as directed. Iodine is not to be used on a regular basis for more than 3-6 months.

IMPORTANT PRODUCT INFORMATION:

Avoid exposing tablets to air or moisture. Keep cap on bottle tightly sealed. Humidity and exposure to the air will cause tablets to lose their effectiveness. Under normal conditions the tablets will disinfect water and make it safe for drinking. However it is recommended that you do not keep the tablet for more than three years.



DIRECTIONS:

Add one tablet to one litre of water. Cap loosely to allow a little leakage. Wait 3 minutes. Shake thoroughly, so that a little water leaks out and rinses the screw threads on the mouth of your container. Then tighten cap. Wait at least ten minutes preferably before drinking. If water is very cold or contains rotten leaves or is dirty and discoloured, use two tablets. Wait at least 20 minutes before drinking.



CAUTION:

Do not swallow tablets whole. May not be suitable for people who have thyroid diseases or pregnant women. Do not use these tablets if you are allergic to iodine.

Hints:

Use ascorbic acid (vitamin C) to help neutralise the taste of the iodine. Add a few teaspoons or 1 tablet to the water after it has been treated.

Other:



Chlorine is also a chemical disinfectant. It is effective against bacteria and some viruses, although less effective against amoebic cysts, giardia cysts and Hepatitis A.