Apes, if available it is imperative that you use IEX. Why? No price suppression. Orders are not internalized.

If not using IEX, almost all online retail market orders are sent to market makers, who internalize the orders. With the internalized order, you are matching directly against the market maker.

Internalized orders are matched at any price. The way to tell if the orders is NOT being internalized (traded on ATS/Exchange) is, if it is priced at 2 decimals - i.e. $0.01, .02... or if at midpoint $0.xx5.

If it is at $0.001, .002... or at $0.0001, .0002... it was internalized by a broker or market maker

Equities traded at a finer increment than 1c (other than midpoint) was internalized by a broker or market maker.

IEX is an exchange. That isn't internalized.

Look at the GME ticker today, so much was internalized today ($0.0001, .0002...)