

# WELLNESS IODINE



Kelp (*Laminaria japonica*) is a brown algae seaweed that grows in underwater kelp forests. It is rich in iodine and includes other important vitamins and minerals, such as vitamins K, A, B6 and B12, folate, calcium, iron, copper, molybdenum, phosphorus, selenium, magnesium, potassium, zinc, vanadium, niacin, thiamin, riboflavin and choline. Kelp also contains protective antioxidants including polyphenols, flavonoids, alkaloids, and vitamins C and E.

Your body does not produce iodine, so you must get it through your diet. Kelp's iodine content is easily absorbable by the body in this natural form. Iodine is an essential for production of thyroid hormones, which are they body's primary regulators of metabolism and important for normal growth, development, body temperature, and heart rate. Growing evidence suggests that iodine may be required to maintain normal cell integrity and optimal function of the mammary glands, gastric mucosa, thymus, and numerous other tissues that also concentrate iodine.

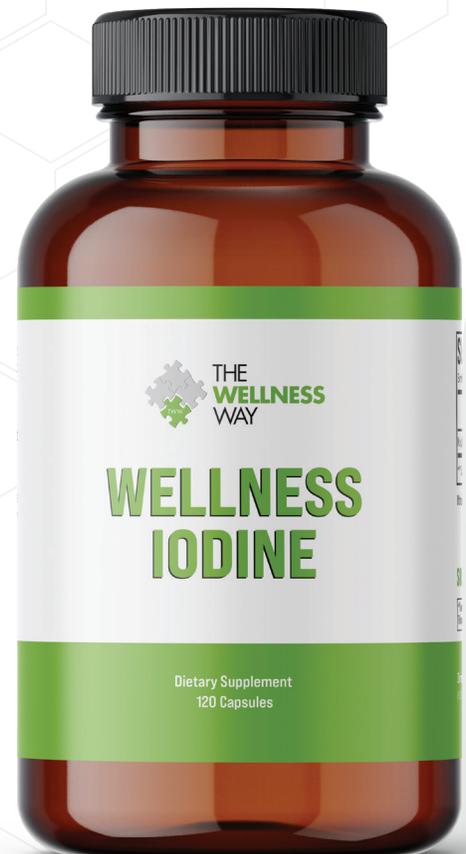
Kelp also contains sulfated polysaccharides, known as fucoidans, which have unique anti-inflammatory benefits. They can block inflammatory signaling in the body and be helpful in instances of chronic inflammation. These fucoidans are also shown to exhibit anti-viral activity.

## Some of the other beneficial reasons for using sea kelp include:

- May aid in maintaining healthy blood sugar regulation
- Supports the cardiovascular system
- Promotes healthy skin
- Contributes to overall health & wellness
- May increase energy levels and reduce fatigue
- Anti-inflammatory properties
- Antioxidant properties for protective benefits against oxidative stress.

SUPPLEMENT FACTS		
Serving Size: 3 capsules	Servings Per Container: 40	
	Amount Per Serving	% Daily Value
Kelp ( <i>Laminaria japonica</i> ) Extract Powder	1,500mg	**
** Daily Value Not Established.		

Other Ingredients: Gelatin (capsule)



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.