



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969



Kelp

(Iodine Source)

Mineral Supplement

250 tablets • 225 mcg



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one tablet per day with water. Do not exceed recommended dose.

NOTE: May contain crustacean shellfish (lobster, shrimp and crab).

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Iodine (from kelp)	225 mcg 150%
Atlantic Kelp (<i>Ascophyllum nodosum</i>) 59 mg (standardized to 0.4% iodine)	*

*Daily Value not established.

Other ingredients: Dicalcium phosphate, calcium carbonate, microcrystalline cellulose (plant fiber), stearic acid, silica, magnesium stearate, acacia, maltodextrin.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

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