

Complete H₂O Minerals

Iodine is an essential component of the thyroid hormones Triiodothyronine T-3 and Throxine T-4 and is crucial for thyroid function. The thyroid hormones are vital to the development of organs and the epidermal layers of the brain. Iodine also regulates the body's metabolism, the body's thermostat, and its blood vessels.

Our water undergoes a six step process; reverse osmosis, deionization, ozonation, charcoal filtration, dual micron filtration and ultra violet light sterilization. RDA guidelines are observed.

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

Manufactured for:

Complete H₂O Minerals

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**QUALITY PRODUCTS
FOR A QUALITY LIFE!**

IODINE

CONCENTRATE

Dietary Supplement

NET WT. 16oz (1 pint) 473mL

Complete H₂O Minerals

For best results, store in a cool, dark place and use within six months.

NOTE: Do not use if tamper seal is broken or missing.

Complete H₂O Minerals contain no fillers, or artificial ingredients.

Recommended Dosage:

Adults: 1 Tsp 100 mcg

Children: 0.5 Tsp 50 mcg

or as recommended by a health care professional.

Supplement Facts

Serving Size 1Tsp (5 mL)

Servings Per Container 96

	Amount Per Serving	%DV*
Iodine	100 mcg	40
Potassium	75 mg	0

INGREDIENTS: PURIFIED WATER, POTASSIUM IODIDE (20PPM ELEMENTAL IODINE), (15PPM ELEMENTAL POTASSIUM)

*Percent Daily Value based on a 2,000 calorie diet.

† Daily Value not established

