

Iodine is an essential component of the thyroid hormone that plays a role in growth, development and control of metabolic rate. The iodine from kelp helps to support healthy thyroid hormone levels. Thyroid hormone also helps regulate the function of mitochondria, which are the energy-producing components of cells.*

*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.

Carefully Manufactured by:
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NORTH ATLANTIC KELP

SUPPORTS HEALTHY THYROID FUNCTION*

Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
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Iodine	200 mcg	133%
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DV = Daily Value

Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, North Atlantic Kelp, Vegetable Stearic Acid, Vegetable Cellulose, Vegetable Magnesium Stearate, Potassium Iodide.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a health-care practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

