

# 100% All Natural KELP SEAWEED POWDER

For Natural Iodine Support

### LOOSE NATURAL POWDER

- © EXCELLENT SOURCE OF IODINE
- **© RICH IN IRON, CALCIUM & VITAMINS**
- **SUBSTITUTE FOR WHITE SALT**
- **PROMOTES HEALTHY THYROID FUNCTION**
- **SUPPORTS HEALTHY BLOOD SUGAR LEVELS**
- HELPS LOWER LDL CHOLESTEROL

Direction: Add 1/8 tea spoon to daily diet by including in salads or with meals.

Caution – Shake well before use. Daily serving size 1/8 teaspoon (500 milligrams). Do not exceed daily serving size. Do not use for more than 14 days without consulting a health practitioner.









Net Wt. 40z e (120g)

#### Struggling to get your daily lodine intake?

Kelp, also known as brown algae (*Phaeophyceae*), is a sea weed that comes from deep under sea, thrives on sunlight but also takes in the host of nutrients and minerals present in the water around it. Kelp is the number one herb for supplementing iodine and as a natural source of iodine, it is safer and better for the body than chemical synthetics. Iodine is essential for efficient thyroid and pituitary function which is responsible for regulating metabolism and body temperature. As a natural diuretic, kelp is good for those troubled by water weight as it assists in shedding water and the toxins in the system.

In the past, manufacturers used to add lodine to salt for health benefit. But now that salt is being avoided, iodine is not as readily available and so kelp is becoming more and more favored as a healthy source of iodine. Vegetarians, and especially vegans who are avoiding dairy and animal products should be taking kelp since, healthy as these diets are, they are lacking in certain minerals and nutrients necessary for a healthy lifestyle.

#### **Nutrition Facts**

Serving Size: 4 Grams (4g) Servings Per Container: 30

Amount Per Ser	rving		
Calories 10		alories fr	rom Fat
		% Dai	ly Value
Total Fat 0g			09
Saturated Fat	0g		09
Trans Fat 0g			
Cholesterol (	)mg		09
Sodium 140m	g		69
Total Carboh	ydrate 2	2g	19
Dietary Fiber	1g		49
Sugars 0g			
Protein 1g			
Vitamin A 0%		Vitar	min C 09
Calcium 4%			Iron 4%
* Percent Daily Value Your daily values in your calorie needs:	s are based hay be higher	on a 2,000 or lower di	caloria dia
Total	Calories:	2,000	2,500
Total Fat Sat Fat	Less than	65g	80g
Otolesterol	Less than	20g	259
	Less than	300mg	300mg

INGREDIENTS: ORGANIC KELP POWDER

\*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. This product contains herbal ingredients. Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or if you have a medical condition.

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## THANK YOU







TEATOXLIFE
Texas, USA 75024
www.teatoxlife.com