

Suggested Usage: Take 1 tablet daily with a meal.

NOW® Kelp delivers the natural nutrient profile found in genuine whole foods.

Kelp is a large, leafy seaweed belonging to the brown algae family that grows in "forests" in the colder waters of the world's oceans. Kelp has been used for centuries as an important nutritious staple ingredient in Chinese, Japanese, and Korean cuisines. It is also an excellent source of iodine, which has been shown to be essential for healthy thyroid function.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication (especially thyroid medications), taking other iodine supplements, or have a medical condition (especially any thyroid disorder). Keep out of reach of children.

Natural color variation may occur in this product.

This bottle is made from 100% PCR (post-consumer recycled) resin.

CODE 2680C V10



TABLET SIZE



Kelp

150 mcg of Natural Iodine

Super Green

- Supports Healthy Thyroid Function*
- Easier to Swallow Tablet

200 Tablets



A Dietary Supplement Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

| | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| Iodine (elemental) (from 30 mg Organic Kelp) (<i>Laminaria spp.</i>) (Whole Plant) | 150 mcg | 100% |

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source), Vegetarian Coating and Magnesium Stearate (vegetable source).

Manufactured for NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

