

 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®*



Bladderwrack (*Fucus vesiculosus*) is a natural source of minerals and is guaranteed to contain **0.04% iodine**. Bladderwrack is found off the shorelines of most northern seas.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Bladderwrack is carefully tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

Vcaps® is a trademark of Capsugel.



PREMIUM

**Nature's
Way**

HERBAL

Bladderwrack



100 Vcaps® / Certified 580 mg

DIETARY SUPPLEMENT

Recommendation: Take 1 capsule daily, preferably with food. Do not exceed recommended dose.

Caution: This product should not be taken by persons with known hypersensitivity to iodine or hyperthyroidism. Consult a healthcare professional before using if you are pregnant, nursing or taking a prescribed iodine medication.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Serving	% Daily Value	
Iron	340 mcg	2%
Iodine	232 mcg	155%
Sodium	10 mg	<1%
Bladderwrack (whole thallus)	580 mg	**

**Daily Value not established.

Other ingredients: Plant-derived capsule

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