

Kelp is derived from the sea. It is a naturally rich source of iodine, which 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.*

Carefully Manufactured by:
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NORTH ATLANTIC KELP

A NATURAL SOURCE OF IODINE
SUPPORTS HEALTHY THYROID FUNCTION*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Iodine	200 mcg	133%
(from North Atlantic Kelp)		

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Vegetable Stearic Acid, Vegetable Cellulose, Vegetable Magnesium Stearate.

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 at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

*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.

