

Suggested Usage: Take 1 capsule 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.

CAPSULE SIZE

CODE 2675B V4



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Kelp

325 mcg of Natural Iodine

Green Superfood

- Supports Healthy Thyroid Function*
- With 150 mg of Dulse

250 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Iodine	325 mcg	217%
Kelp (<i>Laminaria digitata</i> & <i>Ascophyllum nodosum</i>)	250 mg	†
Dulse (<i>Rhododymeria palmata</i>)	150 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder, Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

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

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

