

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast,  
Sugar, Sodium, Artificial Flavor,  
Preservatives and Color.

Solgar's KOF-K certification #K-1250



# NORTH ATLANTIC KELP

DIETARY SUPPLEMENT



**100 VEGETABLE CAPSULES**  
**GLUTEN, WHEAT & DAIRY FREE**  
SUITABLE FOR VEGANS  
Non-GMO



## Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Iodine	200 mcg	133%
<small>(from North Atlantic Kelp) (<i>Ascophyllum nodosum</i>)</small>		

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose,  
Vegetable Cellulose, Silica, Vegetable Mag-  
nesium Stearate.

**SUGGESTED USE:** As a dietary supplement  
for adults, take one (1) vegetable capsule  
daily, preferably with a meal or as directed by  
a healthcare practitioner.

If you are pregnant, nursing, taking any med-  
ications or have any medical condition, please  
consult your healthcare practitioner before  
taking any dietary supplement. Discontinue  
use and consult your healthcare practitioner if  
any adverse reactions occur. Keep out of  
reach of children. Store at room temperature.  
Do not use if outer bottle seal is missing or  
damaged.

For more information, call toll-free  
1-877-SOLGAR 4

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