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No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** If you are pregnant, nursing, taking any medications, have any medical or thyroid condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



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Product No. 623 B620 12G



NUTRITION FROM THE SOURCE™

# SEA KELP

150 MCG  
of Natural Source Iodine

MINERALS

Supports Thyroid Health\*

250 TABLETS

VEGETARIAN DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Iodine (from Kelp)	150 mcg	100%

**Other Ingredients:** Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

Suitable for Vegetarians

\*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.

**Kelp is one of the best natural sources of the mineral iodine. Iodine is an essential component of the thyroid hormone, which plays a role in growth, development, and metabolic rate.\***