

Suggested Usage: Take 1 tablet 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.

Natural color variation may occur in this product.

TABLET SIZE

CODE 2680C v7



Kelp

150 mcg of Natural Iodine

Super Green

- Supports Healthy Thyroid Function*
- Easier to Swallow Tablet

200 Tablets



A Dietary Supplement Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Iodine (from Organic Kelp) (Laminaria spp.) (Whole Plant)	150 mcg	100%

Other ingredients: Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Vegetarian Coating.

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

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

Store in a cool, dry place after opening.

Please Recycle.

