

Iodine from Kelp 225mcg

SUPPORTS A HEALTHY THYROID

Overview

Iodine is a trace mineral that is essential for healthy thyroid function. Iodine also provides the crucial building blocks for the hormones secreted by the thyroid gland. The availability of iodized salt, the most common source of iodine, has made iodine deficiency and its accompanying disorder, goiter, very rare in the United States and the developed world. Foods rich in iodine include seafood, sea vegetables, kelp, and vegetables grown in iodine-rich soils. Iodine's only known function is the role it plays in proper thyroid function. Healthy thyroid function is important for abnormal metabolism, oxygen consumption and energy production. The iodine-dependent hormones that are produced by the thyroid control such functions as body temperature, physical growth, reproduction, and the growth of skin and hair.

Our Iodine is derived exclusively from Kelp and is available in 225 mcg vegetarian capsules.

Research Indicates

- » Studies indicate iodine deficiency may be related to fibrocystic breast disease
- » Effectively treats goiter (enlarged thyroid)
- » Important for fetal brain development
- » Important nutrient for proper growth and physical development of children

Recommended Dosage

✓ Typical daily dosage ranges from 50 – 250 mcgs; take 1 capsule daily with a meal.

Cautions

- If you are pregnant or lactating, consult a health care practitioner prior to taking this product.
- Ironically, there have been reports of an occasional side effect associated with iodine that results in an enlargement of the thyroid gland resembling goiter; the condition is called "iodine goiter." If you experience this, discontinue using iodine and consult your health care practitioner.

Supplement Facts

Serving Size: 1 Vegetarian Capsule

Amount Per Serving		% Daily Value
Iodine (from kelp)	225mcg	150%

Other ingredients: Rice flour, cellulose, magnesium stearate.



These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, imply cure or prevent any disease. For more information regarding excipients, please refer to the excipient list.

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