



# Norwegian Kelp

*Nature's Harmony® Norwegian Kelp 650 mg is an excellent natural source of iodine for thyroid health. Tested to ensure iodine content, Norwegian Kelp 650 mg contains not less than 0.78 mg of iodine per tablet.*

PRODUCT CODE: 400370 (100 Tablets); 400366 (250 Tablets)

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A source of iodine.	Capsules	Take 1 capsule daily with a meal.

## DESCRIPTION:

Kelp is one of the best sources of iodine, a mineral necessary for thyroid health. It is a good source of other minerals as well, including potassium, magnesium, calcium and iron.

**Recommended Daily Allowance:** 290 mcg

**Food Sources:** Iodized table salt, seafood, bread, dairy products, seaweed.

**Causes of Deficiency:** A diet low in iodine-rich foods.

**Symptoms of Deficiency:** Obesity, sluggishness and hypothyroidism.

**Complementary Nutrients:** Chromium.

## HOW IT WORKS:

The body uses the trace mineral iodine to make the thyroid hormones that regulate growth, development, reproduction, body temperature and metabolism. Rich in iodine, kelp can be beneficial in cases of obesity caused by iodine deficiency and hypothyroidism. Iodine may also help treat cyclic breast pain.



## DID YOU KNOW...

*Kelp is a large, leafy brown algae that belongs to the seaweed family and grows in the colder waters of the world's oceans.*

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## RESEARCH:

Extensive clinical studies have shown that iodine deficiency has damaging effects in all stages of human development, especially to the developing brain. An analysis of 18 research studies concluded that iodine deficiency alone lowered mean IQ scores in children by 13.5 points. The effects of hypothyroidism are more subtle in the brains of adults than children, but research suggests that hypothyroidism can result in slower response times and impaired mental function.

## SIDE EFFECTS:

Nature's Harmony® Norwegian Kelp 650 mg has no known toxicity or serious side effects.






## INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant or breastfeeding. Individuals with a thyroid condition should consult a health care practitioner before use.

## OTHER CONSIDERATIONS:

None.

## LABEL:

 <p><b>Varech norvégien</b></p> <p><b>Source d'iode</b></p> <p><b>250 capsules</b></p>	<p><b>Usage recommandé:</b> Une source d'iode.</p> <p><b>Posologie recommandée (adultes):</b> Prendre 1 capsule par jour, accompagnée d'un repas.</p> <p><b>Ingrédient médicinal:</b> Chaque capsule contient: Poudre de varech norvégien* (<i>Laminaria digitata</i>) (fournissant 455 mcg d'iode) ..... 97 mg</p> <p>Ingrédients non médicinaux: cellulose, dioxyde de silicium, stéarate de magnésium, gélatine.</p> <p>Ce produit ne contient pas de maïs, ingrédients laitiers, oeuf, gluten, soya, sulfites ou colorants, arômes ou agents de conservation artificiels.</p> <p><b>Information sur les risques:</b> Ne pas utiliser si vous êtes enceinte ou allaitante. Les personnes souffrant d'un trouble de la thyroïde devraient consulter un praticien de soins de santé avant d'utiliser ce produit.</p> <p>*Certifié biologique</p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.</p>	<p><b>Recommended Use:</b> A source of iodine.</p> <p><b>Recommended Dose (Adults):</b> Take 1 capsule daily with a meal.</p> <p><b>Medicinal Ingredients:</b> Each capsule contains: Norwegian Kelp* (<i>Laminaria digitata</i>) powder (providing 455 mcg iodine) ..... 97 mg</p> <p><b>Non-medicinal Ingredients:</b> Cellulose, silicon dioxide, magnesium stearate, gelatin.</p> <p>This product does not contain corn, dairy, eggs, gluten, soy, sulfites, or artificial colours, flavours or preservatives.</p> <p><b>Risk Information:</b> Do not use if pregnant or breastfeeding. Individuals with a thyroid condition should consult a health care practitioner before use.</p> <p>*Certified organic</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p><b>Norwegian Kelp</b></p> <p><b>Source of Iodine</b></p> <p><b>250 Capsules</b></p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.</p> <p><a href="http://www.naturesharmony.com">www.naturesharmony.com</a> 1-877-929-2546</p> <p> C. C. Natural Products Tech Limited</p> <p> A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p><b>F.P.O. - 8791</b> LPCC CODE TO BE: 003047 00002 8</p>  <p>0 100000 00000 10</p> <p>4100366.01-05</p>
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