

# Kelp

*Supplies 225 mcg of Iodine*



## DESCRIPTION

Each tablet contains 45 mg of processed seaweed harvested from the North Atlantic and standardized to provide 225 mcg of iodine per tablet.

## FUNCTIONS

Seaweed (kelp) is rich in vitamins, including B-12, and minerals, especially iodine. Iodine is a structural component of the hormones thyroxin and triiodothyronine. These hormones control metabolism throughout the body. Proper functioning of thyroid metabolism depends upon optimum dietary levels of iodine. Iodine deficiency, goiter, is a worldwide health problem. The World Health Organization estimates that over 800 million people are at risk. Seaweed (kelp) has been traditionally used to treat a variety of functional disorders, ranging from goiter to constipation. Recent scientific studies indicate that seaweed may also be an effective stimulator of the immune system, as well as a detoxifying agent. Seaweed's polysaccharide content, e.g. fucans, seems to be partially responsible for some of these positive benefits.

## INDICATIONS

Standardized kelp tablets may be a useful dietary supplement for those who wish to supplement their iodine consumption or who wish to take advantage of the benefits of this marine plant.

## SUGGESTED USE

Adults take 1 tablet daily with meals or as directed by a healthcare professional.

## FORMULA (WW #10093)

### 1 Tablet Contains:

Iodine (from kelp) ..... 225 mcg

Kelp ..... 45 mg

Other Ingredients: May contain one or more of the following: magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate, and silica.

This product contains NO added sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

Cann SA, van Netten JP. Hypothesis: iodine , selenium and the development of breast cancer. *Cancer Causes Control* 2000;11:121-7.

Fujihara M, Nagumo T. An influence of the structure of alginic on the chemotactic activity of macrophages and the antitumor activity. *Carbohydr Res* 1993;243:211-6.

Furusawa E, Furusawa S. Anticancer potential of Viva-Natural, a dietary seaweed extract on Lewis lung carcinoma in comparison with chemical immunomodulators and on cyclosporine-accelerated AKR leukemia. *Oncology* 1989;46:343-8.

Ichihara T, Wanibuchi H, Taniyama T, et al. Inhibition of liver glutathione S-transferase placental form-positive foci development in the rat hepatocarcinogenesis by Porphyra tenera. *Cancer Lett* 1999;141:211-8.

Maryyama H, Yamamoto I. Suppression of 125I-uptake in mouse thyroid by seaweed feeding: possible preventative effect of dietary seaweed on internal radiation injury of the thyroid by radioactive iodine. *Kitasato Arch Exp Med* 1992;65:209-16.

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