Kelp

Cod. FE 0322 - 100 tablets

Kelp is a food supplement based on Pacific Kelp algae, which provides **225 mcg of elemental iodine per tablet**. Pacific Kelp is known for its richness in vitamins, minerals and trace elements that give it a high nutritional value. It especially contains significant amounts of iodine, a mineral that contributes to the **normal production of thyroid hormones** and **normal thyroid function**.

HEALTH CLAIMS (EU Regulation 432/2012): *Iodine contributes to normal thyroid hormone production and normal thyroid function, normal cognitive function, normal energy metabolism, normal functioning of the nervous system and maintenance of normal skin.*

Ingredients: Bulking agent (microcrystalline cellulose), kelp algae (Ascophyllum nodosum), carrier (sodium-carboxymethylcellulose), anticaking agent (silicon dioxide).

Nutritional information:	**1 tablet (838 mg)**
Iodine (from organic Norvegian kelp)	225 µg (150%*)

*NRV: Nutrient Reference Value in %.

Size and format:

100 tablets

Recommended daily dose:

1 or 2 tablets daily with meals.

Do not exceed the stated recommended daily dose.

Indications and uses:

- Slimming diets
- In case of needing extra nutritional support
- Problems with the thyroid gland
- Detoxification programmes
- Beneficial against radiation

Kelp is an alga rich in vitamins, minerals and trace elements. It has a very high nutritional value. Its high iodine content makes this alga an important supplement for maintaining optimal thyroid gland function.

It is a blood tonic which makes it an important component in detoxification programmes. It prevents various pollutants in the gastrointestinal system from being absorbed by the body. It helps fight infections.

KELP: is a type of seaweed with a high vitamin and mineral content and a very high nutritional value. Some of the active ingredients are alginic acid, biotin, bromine, calcium, choline, copper, inositol, iodine, para-aminobenzoic acid (PABA), potassium, selenium, sodium, sulphur and zinc, as well as the vitamins A, B1, B3, B5, B6, B9, B12, C and E.

Thanks to its high content of vitamins, minerals and salts, it is a highly nutritious, detoxifying and regulating remedy with a wide range of properties. Since the iodine content in these algae is very high, it is a very good remedy for maintaining proper function of the thyroid and other glands [(1)].

It is a very important component in cleansing programmes, as it is able to prevent different pollutants from being absorbed by the body in the gastrointestinal tract. It also helps fight infections.

Digestion and intestinal transit are improved thanks to its high vegetable fibre content. It has anti-diarrhoeal properties due to alginic acid or algin. It purifies the body and eliminates toxins such as heavy metals [(2)]. Kelp activates the metabolism of the thyroid gland, regulates cholesterol, reduces flatulence and intestinal discomfort due to gas movement. The supply of vitamin E functions as an antioxidant [(3,4)]. It protects tissue from free radicals, improves clotting and helps maintain better bone quality in old age [(5,6)].

References:

1) Combet, Emilie, et al. "Low-level seaweed supplementation improves iodine status in iodine-insufficient women." British journal of nutrition 112.5 (2014): 753-761.
2) Eliaz, Isaac, Elaine Weil, and Barry Wilk. "Integrative medicine and the role of modified citrus pectin/alginates in heavy metal chelation and detoxification-five case reports." Forsch Komplementmed 14.6 (2007): 358-364.
3) Mauray, S., et al. "Comparative anticoagulant activity and influence on thrombin generation of dextran derivatives and of a fucoidan fraction." Journal of Biomaterials Science, Polymer Edition 9.4 (1998): 373-387.
4) Eliason, B. Clair. "Transient hyperthyroidism in a patient taking dietary supplements containing kelp." The Journal of the American Board of Family Practice 11.6 (1998): 478-480.
5) Moss, Thomas M. "Herbal medicine in the emergency department: a primer for toxicities and treatment." Journal of emergency nursing: JEN: official publication of the Emergency Department Nurses Association 24.6 (1998): 509-513.
6) Le Tutour, B., et al. "Antioxidant and pro-oxidant activities of the brown algae, Laminaria digitata, Himanthalia elongata, Fucus vesiculosus, Fucus serratus and Ascophyllum nodosum." Journal of Applied Phycology 10.2 (1998): 121.