

#### PRODUCT INFORMATION:

One tablet typically provides:

Kelp (dried and powdered) 300mg  
providing 150-360µg iodine

%NRV\*

100-240

\*NRV = Nutrient Reference Value

**INGREDIENTS:** Kelp powder†, bulking agent: potato maltodextrin, anti-caking agents: stearic acid, silicon dioxide.  
†May contain naturally occurring fish and crustacea.

No artificial colours, flavours or preservatives.  
No yeast, added sugar or salt.

**WARNING:** If you are pregnant, breastfeeding, taking thyroid medication or have a thyroid dysfunction, taking any medication or have a medical condition, please consult your healthcare professional before using this product.

**STORAGE:** Store in a cool, dry place out of reach of children.

This product has not been tested on animals.

# HIGHER NATURE®

HEALTHY LIFESTYLE

## OCEAN KELP

Natural source  
of iodine



180 tablets  
vegetarian and vegan

#### OCEAN KELP FOOD SUPPLEMENT - 180 TABLETS

- ✓ Iodine contributes to normal production of thyroid hormones and normal thyroid function
- ✓ Iodine contributes to maintenance of normal skin
- ✓ Iodine contributes to normal energy yielding metabolism

**DIRECTIONS:** Adults take 1-2 tablets a day with meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.



KEL-045-01

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