



## Iodine Seaweed Capsules

Food supplement with seaweed, rich in iodine

### Good to know:

Iodine is an essential trace element, that contributes to a normal production of thyroid hormones and to a healthy thyroid function. Iodine also takes part in a normal, undisturbed energy metabolism and in the normal function of the nerve system. The daily intake of 1 - 2 capsules will help prevent iodine deficiency.

### Ingredients:

Marine alga powder (bladderwrack), gelatin, filler: calcium carbonate, magnesium carbonate, anti-caking agent: magnesium stearate.

Each capsule contains 100 µg of iodine from marine algae powder (bladderwrack).

### Recommended intake:

The daily intake of 1 - 2 capsules will help prevent iodine deficiency.  
Iodine Seaweed Capsules are not recommended for people with hyperthyroidism.

	per capsule	per daily dose (=2 capsules)	% of the recommended daily dose according to NRV*	per 100 g capsules
Iodine	100 µg	200 µg	133	18.5 mg

\*NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

Keep out of direct sunlight.

Store dry and not above 25°C. Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of small children. The recommended daily dose should not be exceeded.

### Contents 180 Capsules = 95 g

Made in Germany

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