Contains No Added sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take one (1) tablet daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

Keep out of reach of children.

NATURAL
SUPER KELP
High Source of Natural Iodine, 225 mcg Per Tablet

Dietary Supplement

See side panel for nutrition information

250 Tablets

Supplement Facts
Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Iodine (from kelp)	225 mcg	150%
Kelp	45 mg	*

*Daily Value Not Established

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