



Category 9  
Green Food Supplements



**GOODFORYOU**

GOOD FOR LIFE

## Kelp

(Iodine & Kelp supplement) #102680  
200 Tab

**Description: Kelp:** Kelp is a sea vegetable, a group of brown algae with large, flat, leaf-like fronds that are usually attached to rocks in 10-150 foot seas. Kelp is a concentrated source of minerals, including iodine, potassium, magnesium, calcium, and iron. In fact, dried kelp contains more vitamins and minerals than most highly advertised health foods. Its minerals are in a naturally chelated form, which means that they are easily absorbed, digested and assimilated by the body. *(Iodine is from species Laminaria Digitata; Kelp is from species Ascophyllum Nodosum)*

### Contents / Ingredients

Until recent years, **Kelp** was eaten almost exclusively by the Japanese. Studies have shown that the Japanese intake of **Kelp** is responsible for the country's dramatically lower breast cancer rates, as well as the presence of less obesity, heart disease, respiratory disease, rheumatism and arthritis, high blood pressure, thyroid deficiency, infectious disease, and constipation and other gastrointestinal diseases. The Japanese consume between 5 and 7.5 grams of **Kelp** per capita per day. It is used in almost every meal, as garnish, vegetable, in soups, cakes, jellies, sauces, salads, and flour. The most common Japanese noodle is made from **Kelp**.

### Traditional Therapeutic Action

#### Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Iodine (from Kelp)	150 mcg	100%

Other ingredients: Cellulose, maltodextrin, kelp, stearic acid (vegetable source), magnesium stearate (vegetable source) and vegetable coating.

Contains no sugar, salt, yeast, wheat, gluten, soy, milk or preservatives. **Vegetarian formula.**

Tests have shown the westernized Japanese groups are decreasing their Kelp consumption and all of the above diseases are increasing among them. Conversely, among the poor and the rural traditional Japanese, Kelp consumption is increasing and the disease rates are decreasing.

Kelp is used by herbalists worldwide as a rich source of vitamins, especially the B vitamins, as well as of many valuable minerals and trace elements. It is especially noted for its iodine content, for which it is used to treat **hypothyroidism and obesity**, as well as other conditions as varied as **hair loss** and **ulcers**. Kelp **protects** against the effects of **radiation and cancer-causing agents** and **softens stools**. Often called "brain food", has been found to be very **beneficial to brain tissue, the membranes surrounding the brain, the sensory nerves, and the spinal cord, as well as the nails and blood vessels**. Other medicinal virtues of kelp are related to its content of viscous fiber called algin. Algin is responsible for the use of Kelp in the treatment of **obesity, arteriosclerosis** and as a blood purifier. Kelp is excellent for the colon. The algin absorbs most nutrients as well as toxins from the digestive tract much the same way that a water softener removes the "hardness" from tap water. This results in fewer toxins entering the circulatory system. It also reduces calorie intake.

Another important effect of Kelp is its ability to *increase the resistance to fevers and infections*.

Kelp's iodine content assists in making the thyroid hormones, which are necessary for maintaining normal metabolism in all cells of the body.

**Who needs to take kelp?** People who avoid sea vegetables, as well as dairy, seafood, processed food, and the salt shaker, can become deficient in iodine. Iodine deficiency can cause low thyroid function, goiter, and cretinism. Also, those who need an excellent supplement of minerals can benefit from kelp.

**How much is usually taken?** The adult Recommend Daily Intake of iodine is 150 mcg. The average kelp-based supplement contains 1000 mcg of iodine. It has been suggested that intakes above 2000 mcg daily should be regarded as *excessive*.

**Are there any side effects or interactions?** At the time of writing, there were no well-known drug interactions with kelp.

There have been reported cases of high intakes of kelp providing too much iodine and interfering with normal thyroid function. People with thyroid disease should consult with a doctor before taking supplements that contain kelp.

**SUGGESTED DOSAGE:** As a dietary supplement take 1 tablet 1 - 3 times daily, preferably with meals.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.