

# Kelp

100 capsules, Single herb, Stock No. 410-3

**K**elp, commonly known as seaweed, is botanically classified as algae. It is a very rich source of vitamins and minerals, including essential trace minerals, and especially high in iodine, which must be present for proper glandular function and metabolism.

Because the plant's nutrients come in a natural form, the body easily assimilates them.

Herbalists use kelp as a mineral supplement. The medicinal virtues of kelp are primarily related to its content of viscous fibre called algin.

## *Did you know?*

Studies have shown that the Japanese intake of kelp is significantly responsible for that 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, constipation and other gastrointestinal ailments (*Herbal Tonic Therapies* by Daniel B. Mowrey, Ph.D., page 111).

## *NSP Advantage*

100 capsules. Single herb.

*Ingredients:* 525 mg of the finest kelp (*Macrocystis pyrifera*) plant, magnesium stearate, silicon dioxide.

Contains naturally-occurring amounts of calcium, iodine, magnesium, manganese, potassium, selenium, silicon, sodium, numerous B-complex vitamins, and vitamins A, D, E and K.

*Recommendation:* Take two capsules with a meal twice daily.

## Features & Benefits

- Nourishes and supports the glandular system.
- Kelp has been used traditionally to help treat thyroid diseases, obesity, atherosclerosis, and rheumatism.
- Nutritionally supports the thyroid gland, which may in turn stimulate metabolism to help the body burn excess fat.