



Name Kelp

Caps

Code	Size	Duration
C22-54	54 Capsules	Usually lasts 18 days
C22-100	100 Capsules	Usually lasts 33 days

Area concerned

Thyroid, general body nutrition.

Ingredients

Kelp 325mg minimum per capsule.

Description

To help maintain a balanced thyroid gland, which helps you to keep feeling vital and active. To help maintain normal body weight. Helps nutrition of the hair and nails.

Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken on alternate months for an extended period.

Cautions

Use with caution in thyroid disease or if taking thyroid drugs. Do not use if pregnant or nursing.

Companion Products

Arth Capsules or Drops; Min/Vit Capsules; Super Spirulina Tablets; Thy 1 (under) Capsules and Drops; Thy 2 (Balancing) Capsules; Wheat Grass Capsules or Powder.

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