



kelp

FOR THYROID SUPPORT

The thyroid gland is a tiny yet powerful gland located in the front of the throat that no-one thinks about until something goes wrong. Responsible for the metabolic function of the entire body, when the thyroid gland under-functions, hypothyroidism results. People suffering from this condition experience fatigue, weight gain, constipation, and cold intolerance, as well as many other signs and symptoms. Hypothyroidism affects over 11 million Americans and is 10 times more common in women than in men.

Iodine is a major component of the thyroid hormones T4 and T3 and therefore paramount to optimal thyroid function and metabolism. Iodine deficiency is often a contributing factor in hypothyroidism and low iodine status is becoming more and more recognized as a risk factor for many endocrine cancers including cancer of the breast, prostate and uterus.

Kelp, *Ascophyllum nodosum*, is a seaweed commonly found in the North Atlantic Ocean that is naturally high in many minerals including iodine. Also known as Norwegian or Knotted Kelp, *Ascophyllum nodosum* is claimed to be the best known and used sea weed in the world.

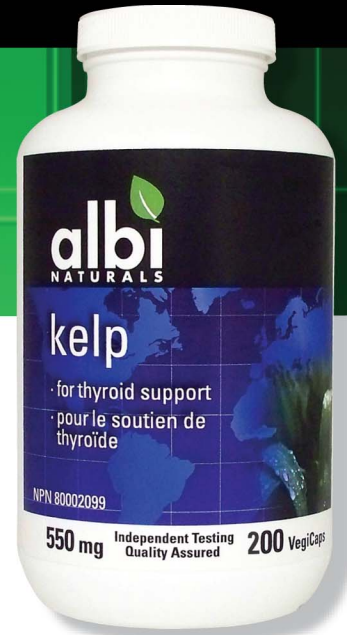
When observational studies revealed that people who consume seaweeds have fewer thyroid problems than those who do not, Kelp was investigated and found to be an incredibly rich source of natural iodine. Consuming iodine in its naturally occurring form, such as in foods

like Kelp, presents the body with the most easily absorbed and utilized form of the mineral, ensuring optimal thyroid function and hormone production.

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In addition to being a good source of iodine, Kelp is rich in numerous other vitamins, minerals and compounds. Kelp is rich in iron, calcium, sodium, potassium and all the trace minerals. Minerals serve as co-factors for enzymes and ensure proper muscular contraction as well as are paramount for nervous system function and water balance. In terms of vitamins, Kelp has relatively high levels of carotenoids and vitamin A, and is one of the only excellent plant sources of Vitamin D. Vitamin C and several of the B vitamins are also present. Chlorophyll and sterols are two more beneficial compounds abundant in Kelp; chlorophyll is a powerful anti-oxidant and sterols help support the immune and cardiovascular systems. Finally, sodium alginate is a unique compound found in seaweed that actively cleanses the body of impurities and heavy metals.

Albi's Kelp is harvested from the Canadian shores of the Atlantic Ocean and dried naturally in the sun to best preserve the nutrients and minerals it contains. The seaweed is then ground into a fine powder and encapsulated so that each vegetarian capsule contains 550mg of



Kelp powder and 400 micrograms of iodine.

As seaweeds function to absorb minerals in seawater - making them an excellent source of all the trace minerals as well as iodine and iron - it is important to choose a supplement that guarantees purity. Albi's Kelp is analyzed for contaminants by a third party agency before packaging to guarantee that no microbes or heavy metals are passed on to the consumer.

For thyroid support or general health, one to two capsules of Albi's Kelp may be the perfect natural choice.

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