

Kelife™ Iodine

Supplying natural iodine

DESCRIPTION

Kelife™ Iodine tablets deliver 250 mcg of iodine from organic kelp harvested from pure glacial waters which carry fine vitamins, minerals and nutrients. The kelp is dried slowly at controlled low temperatures to protect its natural biological nutrients and to control surface oxidation.

INDICATIONS

- Kelife™ Iodine tablets may be a useful dietary supplement for additional iodine intake.

FUNCTIONS AND MECHANISM OF ACTION

Kelp is rich in vitamins and minerals like vitamin B12, and iodine. It naturally contains reactive antioxidant molecules such as ascorbate and glutathione, along with carotenoids (α - and β -carotene, fucoxanthin, astaxanthin), and tocopherols (α -, γ -, δ - tocopherols). Iodine is an essential nutrient in humans. The iodine content of most foods is low and is affected by agricultural factors such as soil quality and climate. Most iodine is found in the oceans and coastal soils. Processed foods may add to dietary iodine due to the addition of iodate to salt. Approximately 90% of ingested iodine is absorbed. †

Iodine is associated with thyroid function and synthesis of thyroid hormones. 65% of thyroxine (T4) and 59% of triiodothyronine (T3) is comprised of iodine. These iodine-rich thyroid hormones control many biochemical reactions, particularly protein synthesis and enzymatic processes. Iodine may have an antioxidant effect. In the presence of hydrogen peroxide, peroxidase, and some unsaturated fatty acids, iodine donates an electron, thus decreasing cellular damage due to oxygen free radicals. †

FORMULA (#7973)

1 Tablet Contains:

Iodine (sourced from 500 mg organic kelp)..... 250 mcg

Other ingredients: Dicalcium phosphate, cellulose, povidone, vegetable stearate, silica.

Non-GMO, Gluten-Free

SUGGESTED USE

Adults take 1 tablet daily, or as directed by a health professional.

WARNINGS

Consult your healthcare practitioner before use if you have thyroid disease or are taking thyroid medication.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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Pedersen KM, Laurberg P, Iversen E, et. al. *J Clin Endocrinol Metab*. 1993 Oct;77(4):1078-83.

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For more information on Kelife™ Iodine visit douglaslabs.com

‡These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com

