

# **Altopharma Kelp Extract (Jod 325 µg + Prebiotic) - 120 Capsules**

Altopharma's Kelp Extract capsules offer a natural and powerful source of iodine, derived from Atlantic kelp. These capsules are specifically designed to support healthy thyroid function, hormone production, and metabolism.

## **Product Details:**

- Product Name: Kelp Extract
- Main Ingredient: Iodine from Atlantic Kelp
- Manufacturer: Alto Pharma
- Form: Capsules
- Quantity: 120 Capsules
- Additional Ingredient: Inulin Prebiotic (from Chicory Root)
- Packaging Weight: 0.18 kg
- Vegan and Vegetarian-Friendly: Yes
- GMO-Free, Gluten-Free, Lactose-Free
- EAN: 5903661237462

## **Composition (per capsule):**

- Kelp Extract (*Ascophyllum nodosum*): 80 mg
- Iodine: 325 µg (217% of RWS)
- Inulin (Prebiotic from Chicory Root): 270 mg
- Capsule: Vcaps® (Plant-based cellulose)

Vcaps® is a registered trademark of Lonza Group, ensuring the controlled release of active ingredients.

### **Health Benefits of Kelp Extract and Iodine:**

- Supports healthy thyroid function by aiding in the production of thyroid hormones.
- Contributes to normal energy-yielding metabolism, helping maintain overall vitality.
- Iodine is essential for cognitive function and maintaining skin health.
- Kelp is known for its role in weight management by supporting fat metabolism when combined with a balanced diet.
- Prebiotic inulin supports digestive health by fostering the growth of beneficial gut bacteria.

### **Dosage and Storage Instructions:**

- Recommended Dosage: Take 1 capsule daily with water.
- Do not exceed the recommended daily intake.
- Store in a cool, dry place, away from direct sunlight and moisture.
- Keep out of reach of children.
- Not suitable for pregnant or lactating women without consulting a healthcare provider.

*Disclaimer: This product is not intended to diagnose, treat, cure, or prevent any disease. Consult your doctor before starting any new supplement, particularly if you are on medication or have a medical condition.*