

Iodine 180 Tablets

EAN: 5055148411640

FABRICANTE: LAMBERTS



Iodine contributes to normal thyroid hormone production and normal thyroid function. It also contributes to the normal functioning of the nervous system, energy metabolism, the maintenance of skin health and normal cognitive function.

DESCRIPTION

What is iodine and what is it used for?

Iodine is an important nutrient for our health, and is found primarily in foods such as seaweed and fish. It is also present in dairy products such as milk. If you do not consume enough fish or dairy, you may need to take iodine supplements to prevent deficiencies. It is especially important for pregnant and breastfeeding women and teenagers. Iodine is essential for the thyroid gland, which produces hormones that regulate our metabolism. It also supports the normal functioning of the nervous system, energy metabolism, skin health and cognitive function. Supplements typically provide around 150µg of iodine per tablet, and can be easily taken. It is important to choose quality products, manufactured in facilities that meet strict pharmaceutical standards, and that are suitable for vegetarians and vegans, lactose and gelatin free.

White round tablet

Each tablet provides: **%NRV***
Iodine 150 µg (as potassium iodide) 100

*NRV = Nutrient Reference Value

Disintegration time:

Less than 1 hour.

Suitable for vegetarians and vegans and free of lactose and gelatin.

Allergen note

The following list of allergens are excluded: wheat, barley, soya, eggs, milk (and dairy products), lactose, nuts, sulphites, celery, fish, shellfish, yeast and gluten contained in ingredients.



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Precautions

Pregnant women should consult their physician before taking this product.

What is the recommended daily dose of Lamberts Iodine?

Take 1 to 2 tablets daily with food.

Do not exceed the expressly recommended daily dose.

