

## KELP 550 mg 100 Vcaps

EAN: 076280013658 FABRICANTE: SOLARAY



Kelp is a food supplement from Solaray laboratories, it is of natural origin, it comes from the Laminaria spp algae. and is rich in iodine. Solaray Kelp has benefits for the nervous system, skin, weight management and thyroid.

## **DESCRIPTION**

What is Solaray Kelp (iodine) and what is it used for? It is a food supplement of natural origin rich in iodine. Kelp is a set of brown algae of the Laminaria genus that provide alginates, polysaccharides, chlorophyll and minerals. Solaray Kelp protects from the adverse effects of heavy metals and radiation, purifying these toxins from the body.

What benefits can Kelp (lodine) Solaray bring us? Solaray Kelp has benefits for the nervous system, skin, thyroid and weight management. Iodine plays a very important role in our body for general well-being. The thyroid uses it to produce hormones, specifically thyroxine and tri-iodothyroxine, which are responsible for burning fat and energy in our body to release energy. Iodine is also used by our body for the growth, development and well-being of our skin.

What uses does Solaray Kelp (lodine) have? Kelp Solaray uses are as an antioxidant and to remove heavy metals and radiation.

What indications does Kelp (iodine) Solaray have? Solaray Kelp is recommended for all those people who do not eat or eat little fish, cereals, fruits and/or vegetables, adolescents and young people with a limited diet, especially during periods of growth, people with a slimming regimen or who want to maintain a stable weight, to ensure an adequate intake of lodine and people who want to keep their scalp and hair in good condition.

## What side effects does Solaray Kelp (lodine) have?

- Too much iodine can lead to a thyroid imbalance.
- Iodine overdose leads to an increase in acne.
- If these algae are collected in a polluted area, they can present arsenic toxicity, a substance that, whenever taken in too high amounts, can become lethal. Hence the importance of acquiring them through a trusted brand.
- Be careful to check that you are not allergic to any of its components before you start taking the supplement. Despite this, and if once you consume it you notice an allergic reaction, you should





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stop taking it immediately.

• Algivits are a blood thinner and as such should not be taken in combination with aspirin or any other drug intended to lower blood pressure.

COMPOSITION PER CAPSULE: Kelp (Laminaria spp.) 550 mg i Folic acid 400mcg

Solaray Kelp is suitable for vegans.

