

SEAWEED, IODINE & THE THYROID

Iodine is one of the most important elements and a vital food for the thyroid gland. The thyroid regulates our hormone system, which controls all the key biological functions.

Iodine cannot be made by the body so has to be introduced via food sources. However, much of our soil is deficient in nutrients after decades of chemical based intensive monoculture.

Iodine deficiency has led to many people having thyroid problems, normally hypothyroidism, or an "under-active" thyroid causing under-production of the essential hormone thyroxin.

This reduces normal metabolic activity and causes symptoms such as extreme fatigue, goiter, mental slowing, depression, weight gain, dry skin and hair, sensitivity to the cold and fertility problems.

Conventional Treatment

Doctors, being trained in pharmaceutical based products, normally recommend supplementing with artificial thyroxin to redress a thyroxin deficiency. However, this approach does not address the cause of the problem which is the bodies inability to produce it's own thyroxin, normally due to a dietary lack of iodine.

This can result in a "dependency" on artificial thyroxin supplementation via pharmaceutical products which can cause side-effects such as palpitations and chest pain (especially in those with heart disease), muscle cramps, sweating, tremors, diarrhoea, restlessness, insomnia and headaches.

The Natural Way

Many people now prefer instead to supplement their diet with iodine rich foods such as seaweed so that their body has the necessary nutrients to manufacture it's own thyroxin, thereby re-balancing the thyroid and restoring normal metabolic activity in a natural way.

IODINE IN SEAGREENS®

Seagreens® Iodine+ Capsules and **Seagreens® Food Capsules** have similar amounts of iodine per daily dose.

Seagreens® Iodine+ Capsules are a single seaweed (*Ascophyllum nodosum*), whereas **Seagreens® Food Capsules** are a blend of three seaweeds (*Ascophyllum nodosum*, *Pelvetia canaliculata*, and *Fucus spiralis*).



Seagreens® Food Capsules are blended specifically to have an exceptionally broad nutritional profile whereas **Seagreens® Iodine+ Capsules** are intended for people who's primary reason for taking them is to ensure an adequate iodine intake.

Seagreens® Food Capsules would normally be the first choice for most people, due to their blend giving a wider nutrient profile, whereas **Seagreens® Iodine+ Capsules** are an inexpensive way to boost iodine levels.

Seagreens® Iodine+ Capsules do still have an excellent nutritional profile though.



One Seagreens® Iodine+ capsule provides 350µg of naturally occurring iodine (twice the RDA)

Seagreens® fills those nutrient gaps in your diet

Seagreens® gently detoxifying effect helps your body rid itself of stored and newly acquired toxins

Seagreens® help you maintain optimum health

Seagreens® equips your body to better tackle existing health conditions



Seagreens® Food Capsules

Seagreens® Iodine+ Capsules

60 capsules :: 2 months supply £13.95

60 capsules :: 1 months supply £16.95

180 capsules :: 3 months supply £45.95