

Iodine 150µg

(as Potassium Iodide)

Presentation

A round white clear coated tablet.

Each tablet delivers:

Iodine (as Potassium Iodide) 150µg

Tableted with:

Calcium Carbonate, Microcrystalline Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Anti-Caking Agents, (Silicon Dioxide & Magnesium Stearate), Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity

180

type

tablets

code

8240



Uses

This product supplies 150µg of iodine in every tablet. Although needed by the body in only tiny amounts, iodine plays a vitally important role in health and wellbeing.

Iodine is used by the thyroid gland to produce the hormones thyroxine and tri-iodothyronine. These control our metabolic rate, the speed at which our body burns fat and sugars to release energy. Iodine also contributes to normal cognitive and neurological function, as well as skin health.

This product may be chosen by:

- Those who eat little or no fish, cereals, fruit and vegetables
- Teenagers and young people who have a finicky diet (especially during growing periods)
- Slimmers and those dieting to maintain a stable weight, to ensure an adequate intake of iodine
- People wishing to maintain the health of scalp and hair.

Usage and administration

1 to 2 tablets daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

