

## **Kelp and Dulse (Item # 4003)**

### Natural Healthy Thyroid Function and Nutrition

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Kelp and Dulse are two varieties of seaweed high in minerals, trace elements and vitamins. They are especially rich in iodine an important mineral for the Thyroid gland. Without enough iodine you may develop goiter or you may suffer from cold hands and feet even when it is warm outside. Kelp is higher in organic sodium while Dulse contains more potassium. By combining these varieties of seaweed we arrive at a healthier balance between the body's two main electrolytes sodium and potassium. We also benefit from the high mineral content found in many types of seaweed. In Japan those who consume sea weeds as a regular part of their diet have fewer colds, flues, and experience better overall health.

**Dosage:** Take 1 to 6 vegi-caps with meals or as directed by a qualified health professional.

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### **Ingredients Explained**

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**Brown Seaweed** - Seaweeds are used principally in human food, animal food, fertilizer and nutritional supplements. The nutritional supplement most readily found on health food store shelves is a brown seaweed named kelp. Kelp is a principal source of iodine, but that is a minor part of the story.

Kelp contains almost every mineral and trace mineral necessary for human existence. It **also** contains amino acids and vitamins. Pyto-Marine plants, such as the brown seaweed plants, flourish by collecting and converting sunlight into nutrients. They are extremely prevalent in the seas.

The brown seaweed group is usually found in cold waters, although a number of varieties are harvested in the warmer waters of the Pacific off the coast of California. So fantastic is their growing ability, deriving nutrients only from the sun and surrounding water, that when they are harvested four feet from the surface, they grow back within ten days. Because they completely cover rocks between high and low tide, they are sometimes called rock weeds. The best known of the brown algae are the kelp species. They generally grow in enormous beds just below the surface of the water. Seaweeds do not have any roots. They cling to rocks with grippers, called holdfasts, which are strong enough to take the battering of even fierce storms.

In 1750, an English physician, Dr. Bernard Russell, burned dried kelp and used it successfully as a treatment for goiter, a condition caused by a malfunctioning of the thyroid gland. In 1862 Dr. C. Dupare successfully used kelp as an aid to treat obesity. These uses depend on the iodine content, which kelp contains in natural form. Pyto-Iodine is said to benefit the body in other ways, in addition to promoting the proper functioning of the thyroid gland. It helps provide energy and endurance, and relieve nervous tension. Because iodine promotes circulation, particularly to the brain, it contributes to better nourishment and to clear thought. Iodine also helps to burn food, so it is not stored as unwanted fat.

**Red Seaweed** - This grouping is usually a deep-water variety, up to 200 feet below the surface. Red seaweeds prefer shadier locations and warmer water than the brown variety. The color is probably because of the subdued light that barely reaches the deep waters. Irish moss is the best known of the red variety.

**Green Seaweed** - This form of seaweed is closest to the green leafy vegetables with which we are familiar. In fact, one species is called sea lettuce. Green seaweed grows not only in the salty seas but also in fresh-water lakes and rivers. They are much smaller than the brown and red varieties, ranging in size down to the one-celled organism. Some green seaweed even grows on trees on land.

**Dulse** - Formally, the seaweed is identified as *Palmaria palmata*. Dulse is high in vitamins, especially B vitamins, is a significant source of fiber, and contains a large degree of protein. In regions where other plants do not grow well, dulse seaweed has traditionally been an important dietary ingredient. Many people enjoy the taste of dulse and consume it for pleasure.

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## Ordering Information

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**Kelp and Dulse (*Item #4003*) 100 Vegi-Capsules**

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

**Required FDA Statement:**

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