



NATURE'S SUNSHINE

Dulse Liquid

GOOD FOR

Thyroid Gland

Endocrine System

Nervous System

SIZE **2 fl oz**

ITEM # **3156**

SERVING **1 mL**

SUPPLY **59 days**

DIRECTIONS FOR USE Take 1 mL (approximately 15–20 drops 1/4 teaspoon) in water once daily.

— How the Key Ingredients Work

Dulse Liquid delivers the natural goodness of red sea vegetables straight from the ocean, combining mineral-rich dulse leaf with iodine to give your body the everyday nutritional support it needs. Together these two ingredients work hand in hand — the way nature intended — to help keep your thyroid happy, your energy steady, and your overall wellness on track.

Dulse Leaf (*Palmaria palmata*) — Harvested from cold, clean Atlantic waters, dulse is a red seaweed that has been eaten for centuries in coastal communities. It brings a natural spectrum of minerals, plant-based protein, fiber, and protective compounds to the table, making it one of the ocean's most well-rounded whole-food ingredients for everyday wellness support.

Dulse Leaf – Antioxidant Support — Dulse contains natural plant compounds that help your body fight back against everyday oxidative stress — the kind of cellular wear and tear that builds up from modern life. Research has shown that dulse extracts can actively neutralize harmful free radicals and help protect your cells, supporting your body's own built-in defense system.

Dulse Leaf – Heart & Circulation — Dulse is a natural source of potassium, a mineral that plays a key role in keeping blood vessels relaxed and circulation flowing smoothly. Research has also identified special protein fragments in dulse that, in laboratory studies, showed properties that may help support healthy blood pressure levels as part of a balanced lifestyle.

Dulse Leaf – Blood Sugar Balance — Dulse contains proteins that, when broken down during digestion, may help support healthy blood sugar levels. In cell and animal studies, compounds from dulse encouraged a more balanced response to sugar and supported the body's natural processes for managing glucose — making it a smart addition to a health-conscious daily routine.

Dulse Leaf – Digestive & Cholesterol Wellness — As a seaweed, dulse provides soluble fiber that feeds a healthy gut and may play a role in supporting balanced cholesterol levels. Fiber from sea vegetables has long been valued in traditional diets for keeping digestion comfortable and the body's natural lipid-management processes running smoothly day to day.

Dulse Leaf – Nutrient Density — Dulse is naturally packed with vitamins and minerals that many people simply don't get enough of from land-based foods alone. It provides a broad base of ocean-sourced nutrition — including trace minerals that are difficult to find elsewhere — making it a genuinely unique and valuable addition to a well-rounded supplement routine.

Dulse Leaf – Traditional Use — Coastal peoples in Ireland, Iceland, and Atlantic Canada have eaten dulse as a food and folk remedy for hundreds of years, valuing it as a nourishing, mineral-rich sea vegetable. That long history of safe, everyday use speaks to its gentle compatibility with the body and its place as a trusted natural wellness ingredient.

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