



NATURE'S SUNSHINE

Kelp

GOOD FOR

Thyroid Gland

Endocrine System

SIZE **100 Capsules**

ITEM # **410**

SERVING **2**

SUPPLY **50 days**

DIRECTIONS FOR USE Take two capsules with a meal daily.

— How the Key Ingredients Work

Kelp brings together a remarkable collection of natural compounds straight from the sea — from fiber and antioxidants to trace minerals — working together to support healthy body systems from the inside out. Think of it as nature's multivitamin, grown in clean coastal waters and packed with goodness your body recognizes and uses.

Kelp (Antioxidant Defense) — The sea is full of protective compounds, and kelp delivers several of them at once. Natural antioxidants found in kelp help the body stand up to everyday oxidative stress — the kind of cellular wear and tear that builds up over time. Supporting your body's own defenses has never tasted so... oceanic.

Kelp Alginate (Appetite & Satiety Support) — Alginate is a natural soluble fiber found in kelp that forms a soft, gel-like substance in your digestive tract. This gentle gel helps slow things down in the stomach, which may help you feel fuller for longer. Research suggests alginate supplementation was linked to consuming noticeably fewer calories at a meal.

Kelp Fucoidan (Healthy Circulation Support) — Fucoidan is a unique compound found only in certain seaweeds like kelp. Studies have looked at how fucoidan interacts with the body's normal clotting processes, with a small human pilot study showing it may help support healthy blood flow. It's one of the reasons kelp has long been valued as a whole-body wellness food.

Kelp (Blood Pressure Support) — A large review of 29 human clinical trials found that edible algae — including kelp species — were associated with healthier blood pressure readings. Kelp contains natural fiber, beneficial peptides, and nitrates that researchers believe work together to help the body maintain healthy circulation and cardiovascular balance.

Kelp Fucoxanthin (Cellular Protection) — Fucoxanthin is a naturally occurring pigment that gives brown seaweed its distinctive color — and it does a lot more than look pretty. Research in human cell models shows it helps activate the body's own protective systems, supporting the production of glutathione, one of the body's most important natural defense molecules.

Kelp Polyphenols (Free Radical Defense) — Like the polyphenols found in colorful fruits and vegetables, the polyphenols in kelp help the body neutralize free radicals — unstable molecules that can accumulate from stress, pollution, and everyday life. Kelp's polyphenol content adds another layer of natural antioxidant support to this already nutrient-rich seaweed.

Kelp Vitamins C & E (Immune & Skin Wellness) — Kelp naturally contains both vitamin C and vitamin E, two well-known nutrients that support immune health and help protect cells from oxidative damage. Getting these vitamins from a whole-food source like kelp means they come packaged alongside all the other beneficial compounds the seaweed naturally provides.

Kelp Soluble Fiber (Digestive Comfort) — Beyond alginate, kelp is a good source of soluble fiber in general — the kind that supports a comfortable, well-functioning digestive system. Soluble fiber helps feed beneficial gut bacteria, supports regularity, and contributes to the feeling of fullness that makes healthy eating a little easier day to day.

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