



VitaKelp™ is a highly nutritious edible seaweed that is wild harvested using proprietary processing, from the pristine sea lochs of the Scottish Outer Hebridean Islands. The nutritional profile of this brown seaweed, species *Ascophyllum nodosum*—commonly called Egg Wrack, Knotted Wrack or Rock Weed—cannot be matched in land plants and provides minerals at levels exceeding all other “superfoods.”

Excellent Quality

The proprietary techniques and specialized equipment unique to VitaKelp™ Hebridean Seaweed's supply ensures high-nutritional quality in this safe and traceable, raw, whole food ingredient.

Natural Source of Bioavailable Iodine

Sea vegetables are a particularly rich source of highly absorbable forms of iodine including iodine in the molecular form (I_2) and iodine-protein complexes. Iodine is an essential mineral for normal thyroid function, energy metabolism, neurological development and breast health. Iodine deficiency or insufficiency is common in many countries, especially among women of childbearing age, pregnant women and children. In the U.S., over 35% of women aged 20-39, 51% of women aged 40-49 and 41% of women aged 50-69 are iodine deficient.^{1,2}

A recent clinical study reported that *Ascophyllum nodosum* has a more sustained bioavailability profile than potassium iodide. The published study compared the bioavailability and effect of two-week supplementation of naturally-occurring iodine from *Ascophyllum nodosum* to potassium iodide (KI), an artificial source of iodine. Healthy non-pregnant women of childbearing age were supplemented with either 1 capsule (500 mg) of *Ascophyllum nodosum* organic seaweed, or equal amounts of iodine from KI.³

The results demonstrated that iodine intake from seaweed, as a natural whole food, can be considered safer than artificial sources. This is due to the delayed release of iodine from seaweed, which means that while there is an initial lower spike in iodine in the body, it remains available for a longer period, as compared to KI, which is very quickly excreted. In addition to iodine, seaweed contains all the trace minerals, vitamin groups and amino acids.

The recommended dosage of VitaKelp™ (500-1000 mg) provides 350-700 mcgs of iodine, exceeding the U.S. RDI for iodine. Many nutrition experts believe the U.S. RDI for iodine is too conservative, especially when compared to the Japanese, whose higher iodine intake from seaweed consumption has been shown to provide a protective effect. VitaKelp™ is commercially available in bulk and in 500 mg vegetarian capsules (serving size is one capsule).





Unmatched in Quality, Safety & Sustainability

Sustainable

Seaweed is highly sustainable, with no requirement for fresh water, land or fertilizer to grow, and the factory where it is processed has won numerous environmental and sustainability awards. VitaKelp™ is certified-organic and kosher.

Heavy Metal Chelator

Ascophyllum nodosum contains alginates in its cell walls, in the form of calcium, magnesium and sodium salts of alginic acid. Studies have shown that calcium alginate supplementation has heavy metal binding and elimination capacity in animal models. ^{4,5}

Whole Food Nutrition

Our proprietary processes and technologies preserve the high nutritional quality of VitaKelp.™ In fact, gram per gram, no land-based whole food packs the same nutritional punch as seaweed. In addition to alginates, polyphenols and tannins, VitaKelp™ contains all the vitamin groups, minerals, trace elements and essential amino acids.

Features and Benefits of VitaKelp™

The distinct harvesting and processing of VitaKelp™ provide a unique range of features and benefits, ensuring a high-quality, safe and traceable supply

- Harvested in Pristine Sea Lochs of the Scottish Hebrides ✓
- Sustainable Harvesting Using Specialized Vessels ✓
- Proprietary Production Processes & Equipment ✓
- Fully Traceable & Accredited Supply Chain ✓
- 100% Natural, Clean Label ✓
- Scientific Support & Research Via an Expert Panel ✓
- Clinically Proven as Safe, Natural Source of Iodine ✓
- Milled to Convenient & Easy-to-Use Granular Sizes ✓
- Expert Authenticity of Product ✓
- Individual Batch Analysis ✓



Have an Idea for a Product?

We will help you bring it to market! **Blueprints for Health®** is our quick-to-market solution for custom products and turnkey solutions. Our diverse range of services will streamline the entire development, manufacturing and marketing process, saving you money, time and a whole lot of hassle.

¹ Caldwell KL, et al. *Thyroid*. 2005 Jul;15(7):692-9
² Patrick L. *Iodine: Alternative Medicine Review*. 2008. 13(2):116-127.
³ Combet, E., et al. *British Journal of Nutrition*. 2014. 112(5):753-61.
⁴ Khotimchenko M., et al. *Int J Toxicol*. 2006 May-Jun;25(3):195-203.
⁵ Savchenko OV, et al. *Environ Sci Pollut Res Int*. 2015 Jan;22(1):293-304.

For more information about VitaKelp™ go to: RFlngredients.com

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