

NAPIERS THE HERBALISTS

HEBRIDEAN SEAGREENS® ORGANIC KELP *A Natural Food Supplement*

INDICATIONS

- **A dietary supplement for enhanced wellbeing and vitality**
- **May support the metabolism**
- **May support a weight management program**



ABOUT THE PRODUCT

Hebridean Seagreens® is an excellent natural source of stable, chelated iodine. This wild organic kelp also contains a host of other vitamins, minerals and amino acids required by the body to stay fighting fit. It has an outstanding, balanced profile of virtually all the known nutrients -including the B vitamins and trace minerals, often deficient in our modern diet. Hebridean Seagreens® was selected for independent Food Innovation studies at Sheffield Hallam University and is reputed to help nutrient absorption and metabolism, support the bowel, cardiovascular, lymphatic and endocrine systems.

Hebridean Seagreens® is the only Kelp product to be certified to international Organic and Biodynamic® standards and is certified with the Soil Association. It is uniquely certified free of environmental contaminants, toxic metals and microbial pathogens, to HACCP manufacturing quality standards.

INGREDIENTS

Glass jar containing 90 vegetarian capsules.

Active Ingredients: 500mg 100% certified organic *Ascophyllum nodosum*. Suitable for vegetarians and vegans.

CAUTIONS

Always read the label before taking.

We recommend that anyone with a thyroid condition or taking thyroid medication should consult a qualified practitioner before use.

RELATED PRODUCTS

For Weight Management

SUGGESTED DAILY ALLOWANCE

Adults: One capsule per day, with food.

Children over 4 years of age: Contents of half a capsule per day in food or juice.

CONTRAINDICATIONS

None known.

Napiers Detox Blend

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PRODUCT ADVICE SHEET NOTES TO PRACTITIONERS

HEBRIDEAN SEAGREENS® ORGANIC KELP

A Natural Food Supplement

TRADITIONAL PRACTITIONER USES

- Nutritional deficiencies
- Thyroid dysfunction and goitre (only under the supervision of a qualified practitioner)
- Convalescence
- Cardiovascular Disease
- Impaired Gut and bowel health
- Obesity
- Impaired immunity
- Heavy metal toxicity (particularly mercury)

BACKGROUND AND RESEARCH

Seaweed has a long tradition of dietary use, particularly in Japan. This history, coupled with recent scientific research, shows that Hebridean Seagreens® has a unique ability to fill nutrient gaps left in the modern diet. The nutrients include an ideal balance of all the mineral salts with only 3.5% of sodium instead of the 40% typically found in common salt. Because of this, it can be taken where salt is contra-indicated and it has been shown to offer significant benefits to cardiovascular health - including effectively lowering cholesterol.

Nutritional imbalance is widespread and is implicated in health problems as diverse as obesity, diabetes, degenerative diseases, cancers and auto-immune conditions. Kelp is reputed to improve nutrient absorption while supporting gastro-intestinal health and this makes it a key dietary supplement. It is also indicated for convalescence and inflammatory bowel disease where absorption is impaired or exclusion diets limit nutrition. For example, Seagreens® contains vitamin E in forms only found in seeds like wheatgerm that many cannot tolerate.

By improving lymphatic and endocrine function, Seagreens® also helps the body to detoxify and balance hormone production. Kelp has long been used to treat thyroid dysfunction and goitre, mainly because of the iodine content. Additionally, it benefits obesity and diabetes by improving metabolism which may in turn help weight loss.

In 2001 a pioneer in amalgam-free dentistry chose Seagreens® to remove toxic metals like mercury from patients. It has now been adopted by experts in the autistic spectrum disorders field, where mercury retention is thought to be a common factor.

INTERACTIONS

With reference to the Caution on Public Advice Sheet: The thyroid condition caution is not a formal contra-indication. Naturally 'colloidal' and chelated iodine is attached to protein ions and is not known to interfere with thyroxin or suppressant drugs like Carbimazole or radiotherapy. In both hypo-thyroidism and hyper-thyroidism it provides a sound nutritional basis for hormone regulation. However, as every case is different, caution is has been advised and consultation with a practitioner advised.