

IODINE FROM THE ARCTIC

Iodine is an essential trace element needed for the proper functioning of the thyroid gland which, as you will have read in the conference report above, regulates the body's hormone system and whose malfunction can lead to a wide range of symptoms. There is concern that, because of the now widely recognised depletion of the micronutrients and trace elements in the soil (and therefore our food) as a result of intensive agriculture, iodine deficiency may be even more widespread than was suspected. Yet there are no easy or sure tests.

If you feel that you might be iodine deficient you might want to try Seagreen's new **Everyday Iodine Capsules**. Seagreens sustainably, organically and biodynamically harvests wild seaweed products from the Arctic coast of Norway. Their capsules contain a single wild brown seaweed called *Ascophyllum nodosum* which has very high levels of iodine. However because the iodine comes as a food, complete with a full range of other micro nutrients including selenium which is essential to allow the iodine to be metabolised by the body, it is easily absorbed. It is generally agreed that the safe maximum level for daily intake of iodine from all sources is 750µ per day; Seagreens Everyday Iodine provides approximately 350µg so is well within the safety limit. **They cost £4.99 for a 30 day supply.**



Seagreens are available in most health food stores or by mail order from Seagreens on 01444 400403 www.seagreens.com