

# Icelandic Kelp Blend™ (IKB) Information Sheet



**IKB** is a blend of three “brown” sea vegetables from the cold, nutrient-dense waters of the North Atlantic (*Laminaria hyperborea*, *Ascophyllum nodosum*, *Laminaria digitata*). Seawater contains all the essential minerals for sustaining our lives, and sea plants absorb these nutrients directly through extensive leaf-like fronds. Kelp, a common name for multiple species of brown seaweed, is a particularly powerful bioaccumulator and has long been used to support healthy thyroid function and mineral balancing.

A blend of three seaweeds, **IKB** provides more than sixty bioavailable minerals, vitamins, fiber, amino acids, and beneficial phytonutrients, including a *guaranteed Iodine content in the range of 9,000-10,500 mcg per 3g serving*. It is dried at low temperatures using geothermal energy.

**IKB** is a new product, currently available in powder only. As with our other products, **IKB** is certified organic, sustainably harvested, and tested for pesticides and herbicides, petroleum residues, microbiological contaminants, and heavy metals. For test results, see our website.

IKB NUTRITIONAL ANALYSIS*					
based on a 3 g serving of powder (about 1 tsp)					
Protein	0.42 g	Calcium	N/A	Vitamin A	ND
Carbohydrate	0.9 g	Magnesium	20.4 mg	Vitamin B1	ND
Fiber	0.78 g	Iron	N/A	Vitamin B2	0.008 mg
Fat	0.01 g	Phosphorus	10.2 mg	Vitamin B3	0.035 mg
Calories	5.5	Manganese	0.28 mg	Vitamin B5	0.009 mg
Sodium	69.1 mg	Zinc	0.07 mg	Vitamin B6	ND
Potassium	129 mg	Copper	0.024 mg	Vitamin B12	0.027 mcg
Iodine	9,000-10,500mcg	Chromium	N/A	Vitamin C	ND
Sulfur	42 mg	Vanadium	0.06 mg	Vitamin E	ND

\*Please note that values are averages, not exact amounts per serving. Nutritional content varies with season, location, weather, tidal flow, and other conditions, as well as with form (powder, granule, flake, whole leaf).

ND = Not Detected



*Ascophyllum nodosum* (Wikimedia Commons), *Laminaria hyperborea* (World Register of Marine Species, author NIVA, used with permission), *Laminaria digitata* (Wikimedia Commons)



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**DISCLAIMER:** The information provided here has not been evaluated by the U.S. Food and Drug Administration. It is not intended to diagnose, treat, cure, or prevent any disease. Please consult a health professional before undertaking any new health regime.

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