

BLADDERWRACK

Helps in the normal function of the thyroid gland.

90 capsules

VEGETARIAN

PESTICIDE FREE

GMO FREE

NPN 80001245

Fucus vesiculosus

Bladderwrack is a brown algae commonly found in the North Sea, Baltic Sea, English Channel, and Atlantic and Pacific Oceans.

It contains many active ingredients, particularly iodine, but also polyphenols, polysaccharides, mucilages, micronutrients, proteins, and vitamins. The algae is consumed in Japan as part of the human diet. In Europe and North America, it is used by industries to obtain alginine, which in turn is used as a binding agent in meats and various desserts.

Léo Désilets Maître Herboriste uses iodine from bladderwrack as the medicinal ingredient in these capsules to help with the normal functioning of the thyroid gland.



**BPF
GMP**

MEDICINAL INGREDIENT

Iodine (from Fucus vesiculosus).... 127 µg

NON-MEDICINAL INGREDIENTS

Magnesium stearate, cellulose and hypromellose.

RECOMMENDED DOSE

Adult: 1 to 2 capsules 3 times daily with meals. Take with a glass of water.

ZINGIBER OFFICINALE

Classification

Kingdom : Plantae

Division : Phaeophyceae

Order : Fucales

Family : Fucaeeae

Genus : Fucus

Species : Fucus vesiculosus L.

Iodine

Iodine is a micronutrient essential for the proper functioning of the body. It is one of the main components of thyroid hormones, which play a major role in thermoregulation, basic metabolism, reproduction, growth, blood cell production, as well as the development of the nervous system and functioning of muscles. A large part of iodine that is consumed is converted into iodide to be absorbed by the intestines. The RDA (Recommended Daily Allowance) is 150 mcg/day for adults, and the UL (Tolerable Upper Intake Level) is 1100 mcg/day.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Varech**. *Passeport Santé*. Available online at: http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=varech_ps (accessed on 17.03.2015)

² **Iode**. *Passeport Santé*. Available online at: <http://www.passeportsante.net/fr/Nutrition/PalmesNutriments/Fiche.aspx?doc=iode> (accessed on 17.03.2015)

