



BLADDERWRACK (FUCUS VESICULOSUS)

Helps with the normal functioning of the thyroid gland.

Product number NPN 80001245
Dosage form Vegetable capsule
Quantity 90
Recommended route of administration Oral
Dosage Iodine (from *Fucus vesiculosus*) 127 µg

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.

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 Adult, and the UL (Tolerable Upper Intake Level) is 1100 mcg/day.



Therapeutic indications

- Helps the normal functioning of the thyroid gland.

RECOMMENDED DOSAGE

Adult, 1 to 2 capsule(s), 3 times per day, with a glass of water.
This provides 762 mcg of iodine, which is in compliance with the maximum daily dose set by Health Canada. The maximum daily dose is determined by subtracting the average dietary intake from the tolerable upper intake level.

Fucus vesiculosus L.

USDA Classification¹

Kingdom: *Plantae*
Division: *Phaeophyceae*
Order: *Fucales*
Famiy: *Fucaceae*
Genus: *Fucus*
Species: *Fucus vesiculosus* L.





Medicinal ingredient

Iodine (from *Fucus vesiculosus*) 127 µg

Non-Medicinal ingredients

Magnesium stearate, cellulose and hypromellose

Contraindications

- Do not use if you have an allergy to iodine.



REFERENCES

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

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

Léo Désilets
Master herbalist

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.

