

# Herbal Actives Rhodiola

Instant herbal energy anytime, anywhere! Herbal Actives Rhodiola-exclusively from Nature's Plus-provides not just support for general well-being, and dynamic phytonutrient support for the natural defenses, but energy as well... energy that favourably impacts endurance and mental alertness too. Another great benefit of Rhodiola is that it helps the body adapt to the mental and physical stress associated with dieting and life's everyday ups and downs. Made only from the highest quality, hydroponically grown Rhodiola

rosea plants, Herbal Actives Rhodiola delivers standardized levels of salidroside, rosavin, rosin, rosarin, beta-vicianosides and polyphenols as well as a select mix of enhancing cofactors that include grape seed, green tea, chlorella, and spirulina. To receive a FREE coupon book with more than £30 in discounts on SPIRU-TEIN and dozens of other quality products from Nature's Plus, FREEPHONE 0800 917-3086 x 961. [www.naturesplus.com](http://www.naturesplus.com)

Rhodiola 250 Mg - 60 vegicaps Retail: £ 18.95



# Seagreens everyday iodine capsules



Seagreens Everyday Iodine Capsules the natural food source for IODINE 350µg

Seagreens Everyday Iodine Capsules contain a single wild brown seaweed called *Ascophyllum nodosum*. It is the finest source of stable, chelated iodine in Nature, and because it is a whole food, it contains virtually all the other nutrients.

Many of these, like selenium, are essential for the body to make proper use of the iodine. It is of special value to vegans and vegetarians.

One capsule daily provides approximately 350µg of natural iodine, just over twice the RDA. Higher levels should not be necessary because the iodine in Seagreens is easily metabolised. Each pack contains a month's supply.

Where do Seagreens come from?

Seagreens are sustainably wild harvested without harm to the marine environment, among remote conservation islands some 60 miles off the Arctic coast of Norway; the only ocean-to-table seaweed producer Certified in accordance with EC biodynamic and organic standards, approved by Demeter and the Soil Association.

Why is Seagreens iodine so important?

In Seagreens the iodine is naturally bound to protein ions, so that as it travels through the body it remains stable and can be unbound and used as and when the body has need of it. Iodine is one of the most important elements and a vital food for the thyroid gland, where most of our body's iodine is stored. The thyroid in turn regulates our hormone system, which controls all our key biological functions. Thyroid hormones, with iodine as an essential ingredient, control normal growth and development, and many other functions including immunity and fertility. Thyroxine and triiodothyronine are necessary for metabolic rate, cellular metabolism, and the integrity of connective tissue. During the first 3 months of pregnancy iodine is particularly important to the fetus for development of the nervous system.