

Purity

There are no additives or preservatives in our pure kelp powder.

Cabot Health Kelp (*Durvillea potatorum*) has been independently tested for any traces of heavy metals including cadmium, nickel, lead, arsenic and mercury. Any quantities detected were 2,700 times below levels accepted by the World Health Organisation (WHO).

Serving ideas

Sprinkle ¼ of a teaspoon on salads, meat, fish and eggs or use to season stir-fries, casseroles, soups, sauces and stocks.

For large casseroles or soups use more according to taste. Add to dough when baking bread or to the rice steamer when cooking rice.

Mix a ¼ of a teaspoon in a glass of fruit and vegetable juices. Use for the whole family and it is super healthy for children too.



Australian owned and made

*Always read the label. Use only as directed.
If symptoms persist, consult your healthcare practitioner.*

Call our friendly naturopaths for more information

02 4655 4666

or visit

www.cabothhealth.com.au
www.sandracabot.com

 **CABOT HEALTH**
Your health is your greatest asset

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Tasmanian Kelp
from Cabot Health

**Pure Australian Kelp from
the clean waters of Tasmania**

An Ocean Superfood for Health

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Cabot Health has sourced pure hand harvested kelp from the clean ocean waters of Tasmania.

Our southern Tasmanian bull kelp is known as *Durvillea Potatorum* and contains organic minerals including-

- **Iodine**
- **Calcium – kelp has more calcium than any other food**
- **Magnesium**
- **Zinc**
- **Sodium chloride (sea salt)**
- **Trace minerals such as boron, manganese, copper & selenium**
- **Sulphur**
- **Prebiotic fibres**
- **Fucoidan antioxidant**

The kelp is sun dried and then put in a wood fired kiln to dry further at low heat. This process gives our kelp a tasty smoky flavour and reduces the fishy smell and taste of the kelp. It has a very fine texture free of grainy bits or lumps.

The smoky flavoured kelp makes a tasty and nutritious addition to your food.

Cabot Health kelp powder is an Ocean Superfood and contains other healthful nutrients including vitamins B, C and E and choline and carotene. It also contains healthy fatty acids, fibre and alginates which are good for gut health.



Cabot Health Tasmanian Kelp is an excellent source of organic iodine containing 190mcg of elemental iodine in ¼ of a tsp of powder.

Iodine deficiency is common

Iodine deficiency can impact the function of the thyroid, ovaries, testicles, brain and immune system in a negative way. Iodine is a critical mineral for brain function and iodine deficiency is the most common cause of preventable intellectual disability in the world.

Many people are deficient in minerals due to processing of food, poor soil quality and over population. Kelp powder has the minerals freely available to be absorbed from the intestines.

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Cabot Health Kelp can be helpful as a unique source of organic and well absorbed minerals in people who –

Need more iodine for their thyroid and immune system

Need more calcium to strengthen their bones

Suffer with aches and pains

Suffer with a foggy brain

Suffer with low energy

Have weak nails and hair

Cabot Health Tasmanian kelp supports

- **Strong bones**
- **Immune health**
- **Energy**
- **Brain health**
- **Tissue regeneration**
- **Hair & Nails**

Try Cabot Health Tasmanian kelp as a dietary supplement, gourmet seasoning, alternative to salt or as a natural thickener in soups and casseroles. Add to rice, add to homemade bread mix - the uses are limitless! Use for the whole family and it is super healthy for children too.

Choose our pure Ocean Superfood with a smoky flavour and taste the difference!