

Supplement Facts

Serving Size: 1 Tablet

Amount Per Tablet		% Daily Value
Magnesium (Magnesium Oxide)	270 mg	67.5%
Iodine (Kelp)	400 mcg	267%

Other Ingredients: SeaPlex™ (Spirulina, Chlorella, Irish Moss, Dulse, Kelp, Bladderwack, Sodium Alginate), Cellulose, Potato Starch, Magnesium Stearate, Silicon Dioxide.