

Dave's Ocean Tonic

- **Plant source of iodine**
- **Nutrition from sea vegetables**
- **Mineral source**

Ocean Tonic is a synergistic blend of herbs from the sea which are high in a vast array of vitamins, minerals, fibers and other nutrients. Fennel is added for additional digestive support.

What's so great about sea greens?

There are over 15,000 species of seaweed, and almost all of them are edible. Six capsules of dried seaweed is equivalent to 3 ounces of fresh seaweed.

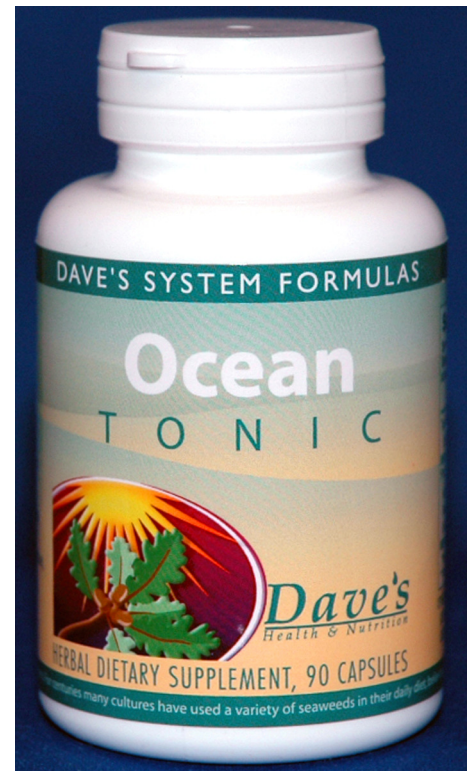
This formula harnesses the power of greens from the sea. Science has found more than 93 vitamins, nutrients and antioxidants in these sea greens, and is just beginning to unlock the secrets of ocean nutrients.

Folk usage in the orient includes sea greens as daily food and healthy thyroid support. Studies have shown that sea greens may improve overall nutrition, longevity and protect against today's pollutants. It is also rich in iodine that may protect and support thyroid health. Ocean foods are rich in fiber.

This formula is generally safe for everyone except those who are pregnant, nursing or have an overactive thyroid.

The ocean is the mother of life with a nourishing soup of green foods that chemically resemble the blood of the human body. Now you can enjoy the bounties of the ocean without getting your feet wet.

Formula includes: Kelp, Wakame, Kombu, Dulse, Fennel and Irish moss.



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Herbal Formula

Dulse is popular around the world as a food source that is rich in minerals. It has been used to support thyroid, respiratory, adrenal, and the digestive health.

Fennel is used in this formula to warm up the cooling energy of the ocean herbs and support healthy digestion to ease symptoms of gas. It supports healthy muscle function.

Irish moss is used as a thickener for foods whose fiber is helpful for detoxification and bowel health. It is also rich in trace minerals, vitamins, and nutrients. It has been used to support the immune, respiratory and digestive systems.

Kelp is an herb rich in iodine and trace minerals. It has been used to support thyroid health.

Kombu is a Japanese favorite for its flavor. Like the others, it is rich in micronutrients and antioxidants. It has been used for thyroid and circulatory support. It may protect against toxins, and has been used for female support.

Wakame has been used in Japan for its good taste and mild flavor. It is rich in calcium, B vitamins, and many other nutrients. In folk medicine it is used for cardiovascular health, liver protection and detoxification.

Traditional herbal uses

- Adrenal support
- Cardiovascular health
- **Detoxification**
- Digestive support
- Liver health
- **Micronutrient rich**
- **Mineral source**
- Respiratory support
- **Thyroid support**