

Premium Quality

GOLDEN KELP Meal



**The Food Tonic
of the Sea**

Hand harvested & naturally processed



Golden Kelp Meal is hand selected with care from the pristine waters of the far South Coast of New South Wales.

The product is hand washed & sun dried to preserve valuable nutrients & flavour.

Sea kelp is rich in vitamins A, B, C & E & contains over 60 minerals including calcium, zinc, iron, potassium, magnesium, copper & natural sea salt.

It is an excellent source of natural (organic) iodine & is high in fibre.

Serving ideas. Sprinkle on salads, fish & eggs or use to uniquely season stir-frys, casseroles, soups, sauces & stocks. Add to dough when baking bread or to the rice steamer when cooking rice. Mix a teaspoon in a glass of fruit juice or with fruit salad & yoghurt.

Adults may take up to two or three teaspoons daily (unless iodine is already being supplemented) and children only half the amount.

Contents 350 grams

NUTRITION INFORMATION

BASED ON SERVINGS PER PACKAGE: 35 SERVING SIZE: 10g

	Average Quantity Per Serving	Average Quantity Per 100g
ENERGY	83kJ	825kJ
PROTEIN	0.8g	7.7g
FAT - TOTAL	0.2g	1.5g
- SATURATED	0.1g	1.0g
CARBOHYDRATE	1.6g	15.5g
- SUGARS	0.3g	2.8g
DIETARY FIBRE	4.7g	47.0g
SODIUM	254mg	2543mg

No Additives. Store in a dry place.

Golden Kelp Meal is packed by Sea Health Products

P.O. Box 108 Narooma NSW 2546 AUSTRALIA

Email: shprod@bigpond.net.au

Premium Quality

GOLDEN KELP Meal



**The Food Tonic
of the Sea**

Hand harvested & naturally processed



Golden Kelp Meal is hand selected with care from the pristine waters of the far South Coast of New South Wales.

The product is hand washed & sun dried to preserve valuable nutrients & flavour.

Sea kelp is rich in vitamins A, B, C & E & contains over 60 minerals including calcium, zinc, iron, potassium, magnesium, copper & natural sea salt.

It is an excellent source of natural (organic) iodine & is high in fibre.

Serving ideas. Sprinkle on salads, fish & eggs or use to uniquely season stir-frys, casseroles, soups, sauces & stocks. Add to dough when baking bread or to the rice steamer when cooking rice.

Mix a teaspoon in a glass of fruit juice or with fruit salad & yoghurt.

Adults may take up to two or three teaspoons daily (unless iodine is already being supplemented) and children only half the amount.

Contents 180 grams

NUTRITION INFORMATION

BASED ON SERVINGS PER PACKAGE: 18 SERVING SIZE: 10g

	Average Quantity Per Serving	Average Quantity Per 100g
ENERGY	83kJ	825kJ
PROTEIN	0.8g	7.7g
FAT - TOTAL	0.2g	1.5g
- SATURATED	0.1g	1.0g
CARBOHYDRATE	1.6g	15.5g
- SUGARS	0.3g	2.8g
DIETARY FIBRE	4.7g	47.0g
SODIUM	254mg	2543mg

No Additives. Store in a dry place.

Golden Kelp Meal is packed by Sea Health Products

P.O. Box 108 Narooma NSW 2546 AUSTRALIA

Email: shprod@bigpond.net.au