



NATURE'S SUNSHINE

Algin

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **100 Capsules**

ITEM # **675**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules three times daily between meals. Drink two glasses of juice or water with each serving.

— How the Key Ingredients Work

Algin is a natural fiber drawn from brown seaweed that works in your digestive tract to help your body move things along and support your overall sense of wellness. Think of it as a gentle, plant-based helper that your gut will appreciate every single day.

Alginic Acid (Algin) — The star of this formula, alginic acid is a natural fiber found in brown seaweed. Once it reaches your digestive tract, it absorbs water and swells into a soft gel, helping things move through your system more comfortably and supporting healthy, regular digestion the way nature intended.

Sodium Alginate — This is the sodium salt form of alginic acid and one of the most common ways algin is delivered in supplements. It dissolves readily and forms a soothing gel in the gut, helping to support a smooth digestive experience and contributing to the overall fiber content your body benefits from daily.

Potassium Alginate — The potassium salt of alginic acid brings the same gentle gel-forming action to your digestive tract while also contributing a small amount of potassium, a mineral your body uses every day. It works alongside the other alginate forms to give this formula a well-rounded, balanced approach to digestive support.

Calcium Alginate — Calcium alginate is the calcium salt form of alginic acid. Calcium is a mineral the body relies on for many everyday functions, and this form of alginate delivers it in a naturally derived, seaweed-based package. In the digestive tract it continues the gel-forming work that makes algin such a valued fiber source.

Ammonium Alginate — Ammonium alginate is another member of the alginate family, rounding out the spectrum of naturally occurring salts found in seaweed-derived algin. It contributes to the overall fiber matrix of the formula, supporting the gentle, bulking action in the digestive system that helps keep things moving comfortably.

Propylene Glycol Alginate (PGA) — A derivative of alginic acid, propylene glycol alginate helps stabilize the formula and contributes to the smooth texture and consistency of the product. It is widely recognized as safe and plays a supporting role in ensuring the other alginate forms are delivered effectively throughout the digestive tract.

Brown Seaweed (Whole Plant Source) — All alginates trace back to brown seaweed, a remarkable ocean plant that has been part of traditional diets and wellness practices for centuries. Brown seaweed is naturally rich in fiber and trace minerals, making it a wholesome, time-honored foundation for a supplement focused on digestive and whole-body wellness.

Dietary Fiber Complex — The fiber naturally present in algin acts like a sponge in your digestive system, soaking up water and forming a soft, gel-like mass. This gentle bulking action helps support regularity, keeps you feeling comfortable after meals, and contributes to the kind of steady, day-to-day digestive health that makes a real difference in how you feel.

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