Digestion

Seagreens® seaweed improves beneficial bacteria in the gut microbiome. A natural prebiotic, it is also antibacterial against gram-negative pathogenic bacteria, and anti-inflammatory. Its polysaccharides (soluble and insoluble dietary fibre up to 45% of its composition), help protect the epithelial lining and gut mucosa. It reduces oxidative stress from gut free radicals and toxins because it is rich in polyphenols, phlorotannins and its antioxidant capacity remains effctive against free radicals in the digestive tract. It is non-allergenic, non-mucoid forming and has beneficial effects on the secretion of pancreatic and digestive enzymes. Used daily at even a gram (a 1/4 teaspoon), it helps balance the diet and regulate metabolism, providing comprehensive micronutrients including an ideal ratio of all the essential fatty acids, rare vitamins, and all the minerals and trace elements. **Seagreens** benefit carbohydrate digestion: they prolong the release of sugars, reduce the glycemic index, assist in the digestion of fats. Our native brown wrack species *Ascophyllum* (Knotted Wrack) and *Fucus* (Bladder Wrack) 'support gastrointestinal health and digestion, the maintenance of intestinal and bowel function, and are a good source of dietary fibre' (allowable EU Nutrition and Health Claims, 2012). In the scientifically proven macrobiotic diet, rooted in Japanese culinary tradition, a small amount of sea vegetables is taken daily, as a condiment, in soup, cooked with grains, beans or vegetables, as a seasoning to supply minerals, and as a small side dish twice a week . A gram is sufficient in an otherwise healthy diet to balance the micronutrients, and this is how seaweed has been used traditionally. In Japan at 4.6 grams daily (latest data 1969), is a heaped teaspoon of **Seagreens** whether in capsules or granulated form or pieces, which our research shows is therapeutic. All Seagreens products are easy to use on a permanent basis, alone or with any meal, preferably in the morning. Incidental health benefits accrue from daily use, particularly in diabetes, dieting, mineral deficiencies, obesity, special needs, heavy metals and bacterial toxicity. 4 research summaries follow on dietary fibre, prebiotic, and antioxidant capacity. This article examines seaweed benefits and compares it to land grown foods.
Seagreens information website link: Daily Diet and Nutrition PH 2013.

Thank you for requesting this information. Please ask if I can help in any other way.

Kind regards

Simon Ranger
Seagreens® Information Service

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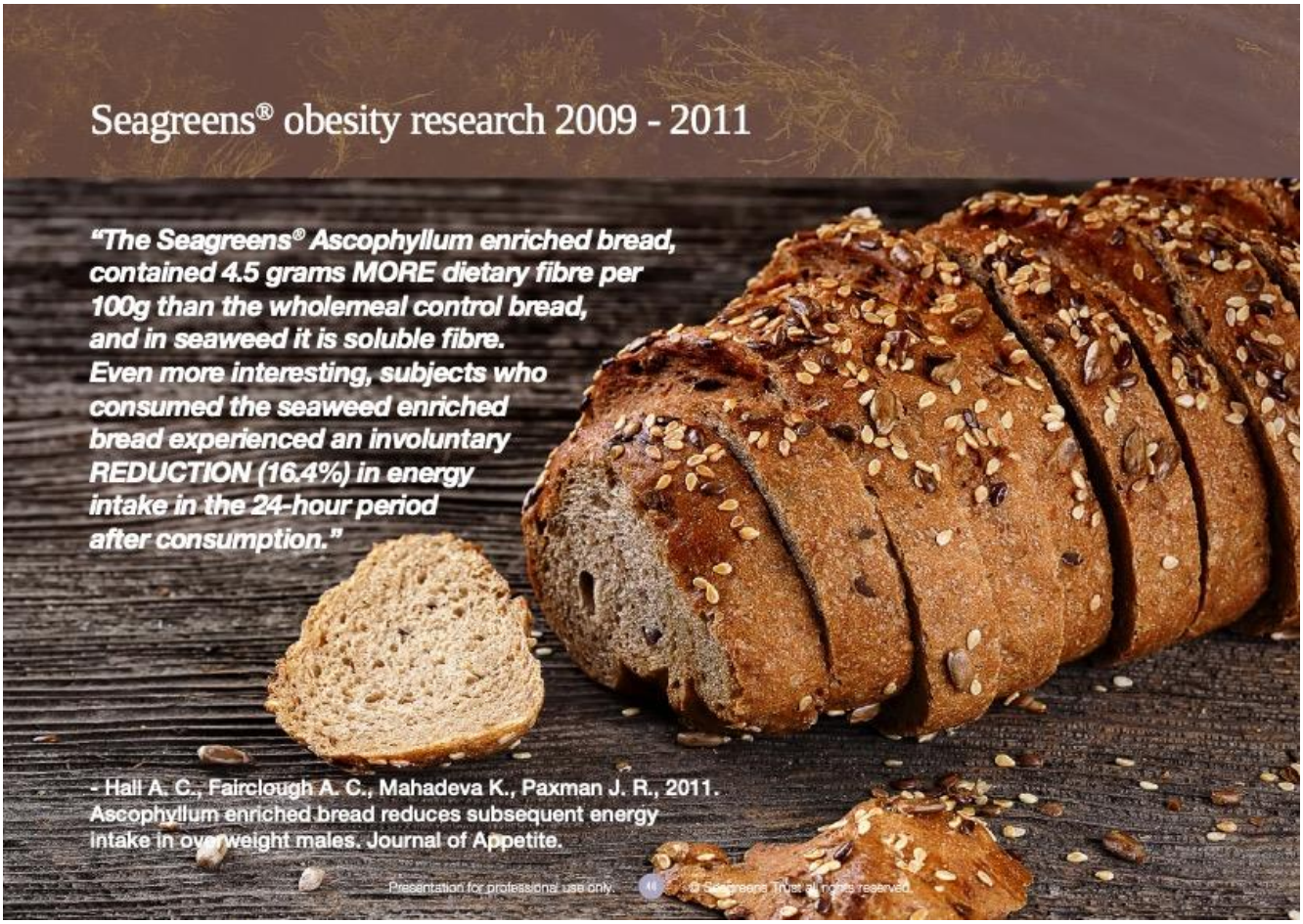
Digestion



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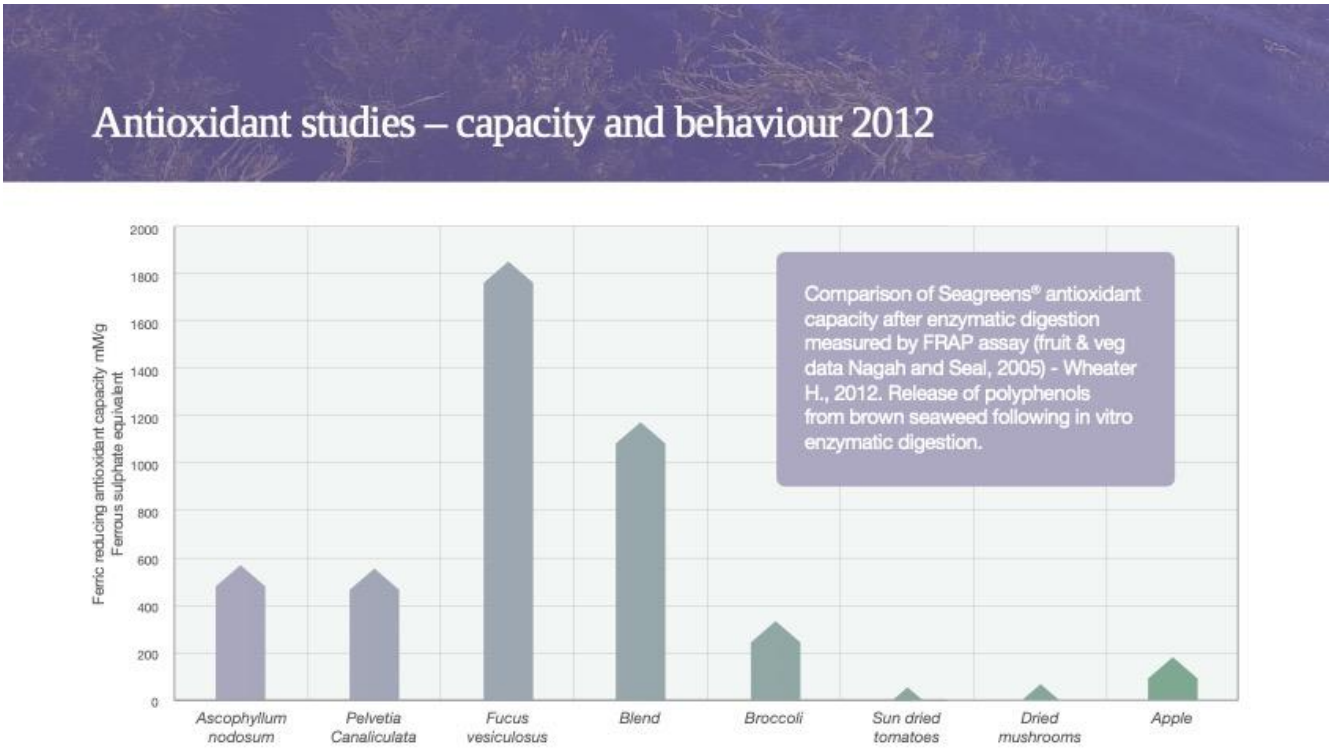
Fibre composition of Seagreens® species compared to whole foods

Food type	Total fibre	Soluble fibre	Insoluble fibre	Carbohydrates
Seaweed (g/100g wet weight)*				
Ascophyllum nodosum	8.8	7.5	1.3	13.1
Whole food (g/100g weight)†				
Brown rice	3.8			81.3
Prunes	2.4			19.7
Porridge	0.8			9.0
Lentils green/brown	8.9			48.8
Cabbage	2.9			4.1
Carrots	2.6			7.9
Apples	2.0			11.8
Bananas	3.1			23.2

*Values for seaweeds from the Institut de Phytonutrition (2004).[15]
†Values for whole foods from McCance et al. (1993).[15]

Digestion



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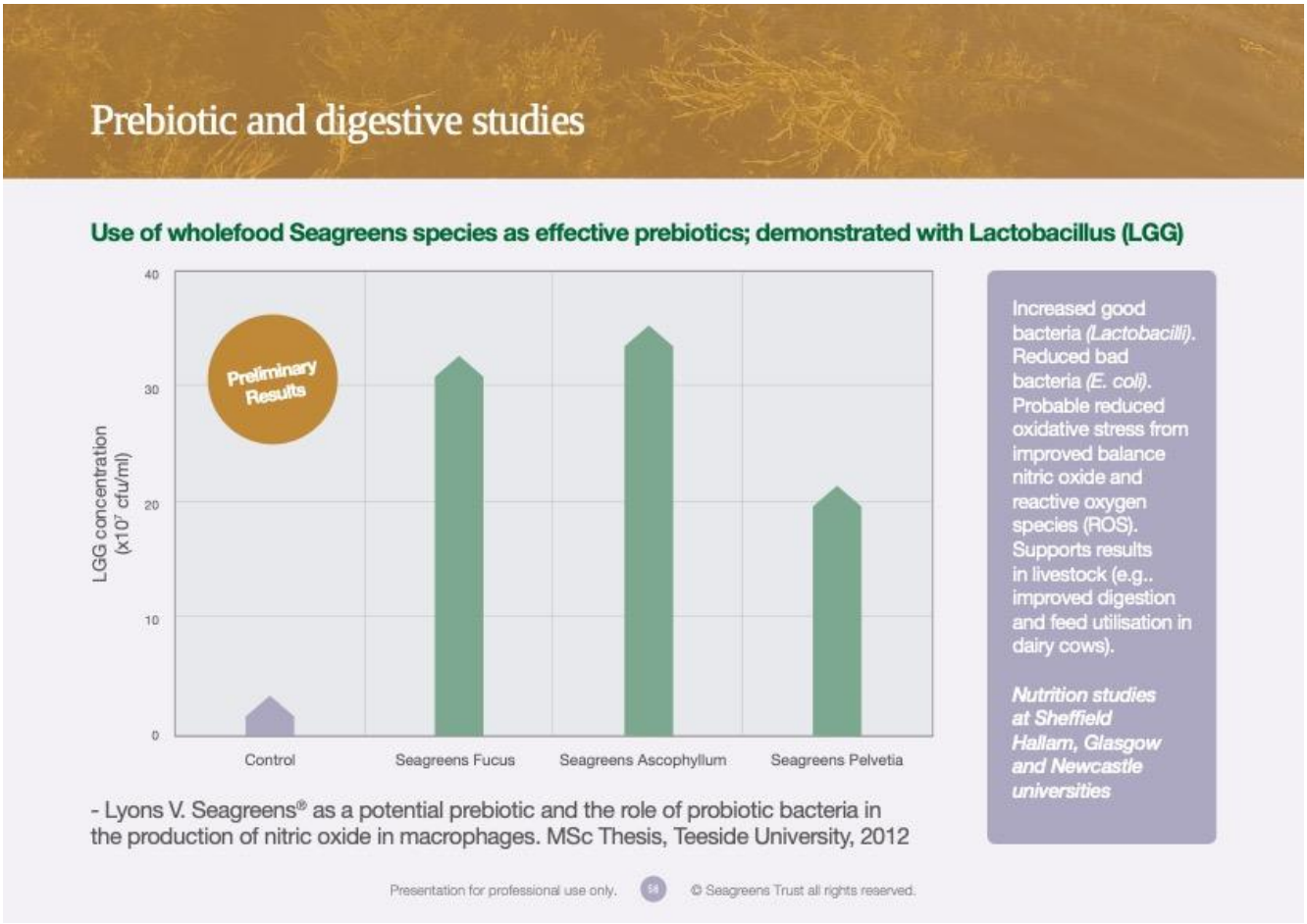

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