

## Hair, skin, nails and bones

The oceans contain all the mineral elements, available to us in soluble form in **Seagreens®** wild seaweeds, produced to the highest standards for human nutrition. Daily dietary use, as well as topically on the hair and skin, has noticeable, cumulative effects on the quality of hair, skin and bones. **Seagreens** helps maintain firm, healthy skin, renew its cellular structure, improve its moisturization and overall physiological condition. It nurtures hair, improves structure and strengthens nails. Consumers report reducing hair loss and improving thickness and appearance.

The fine granular form of Seagreens *Food Granules* can be mixed to a loose paste in luke warm water, then blended with a natural herbal shampoo. The moist paste can also be applied to skin as a compress or poultice, especially to burns and any damaged tissue. Keep moist, bandaged and left on the skin overnight, moistening again if it dries out. Healthy hair requires many nutrients, particularly protein, vitamins A, B, C, D and E, essential fatty acids (EFAs) especially Omega 6, and a range of micronutrients particularly zinc" (161), "all of which are present in seaweeds" (162). *References are provided at this link on our information website: [Research References](#).*

*Seagreens information website link: [Potential Use of Seaweed Bioactives in Skincare Jesumani 2019](#).*

**Seagreens** astonishing mineral wealth is summarized in the following pages, from independent nutrition research on **Seagreens** between 2008-15.

A range of other nutrients are important, especially in the maintenance of bone health, including K Vitamins and many compound nutrients. These are found in [Seagreens nutrition products](#) in their natural form and relationship. On the skin use a paste, poultice, or wash using the *Food Granules*, or soak in a bath using [The Mineral Bath](#).

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

Kind regards

Simon Ranger

**Seagreens® Information Service**

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## Hair, skin, nails and bones

### Seagreens® specific mineral comparison with other foods

mg/100g (dry weight)	Calcium	Potassium	Magnesium	Sodium	Copper	Iron	Iodine	Zinc
Seagreens <i>Ascophyllum</i>	1,350	1,820	826	3,440	0.10	14.20	71.20	4.39
Seagreens <i>Fucus</i>	1,090	1,880	687	2,890	0.15	14.20	52.20	3.52
Seagreens <i>Pelvetia</i>	1,140	2,220	876	4,150	0.15	18.40	24.30	1.87
Brown rice	110	1,160	520	28	1.3	12.9	NA	16.2
Whole milk	115	140	11	55	Tr	0.1	15	0.4
Cheddar cheese	720	77	25	670	0	0.3	39	2.3
Sirloin steak	9	260	16	49	0.1	1.6	6	3.1
Lentils green & brown	71	940	110	12	1	11.1	NA	3.9
Spinach	170	500	54	140	0	2.1	2	0.7
Bananas	6	400	34	1	0.1	0.3	8	0.2
Brazil nut	170	660	410	3	1.8	2.5	20	4.2
Peanuts	60	670	210	2	1	2.5	20	3.5

\*Values for whole foods other than Seagreens® from McCance et al (1993).<sup>16</sup> Abbreviations: NA, no data available. Tr, trace

## Hair, skin, nails and bones

Seagreens® are comprehensively more nutrient dense

### Fruit, veg and seaweed comparison

Nutrient density in most nutrient dense species in class

COMPARE

Seagreens in a loaf of bread has approximately the same amount of vitamin B2 as 100g of blackberries or broccoli

Nutrient	Fruit	Vegetable	Seaweed
per 100g	Raw Blackberry	Boiled Broccoli	Dried Ascophyllum
Vitamin B1	0.02 mg	0.05 mg	0.03 mg
Vitamin B2	0.05 mg	0.05 mg	0.75 mg
Vitamin B3	0.5 mg	0.70 mg	2 mg
Folate	34 mcg	64 mcg	60 mcg
Vitamin C	15 mg	44 mg	125 mg
Vitamin D	0 mcg	0 mcg	1 mcg
Potassium	160 mg	170 mg	2,500 mg
Calcium	41 mg	40 mg	2,000 mg
Magnesium	23 mg	13 mg	700 mg
Iron	0.07 mg	1 mg	57.5 mg
Zinc	0.2 mg	0.4 mg	13 mg
Selenium	trace	trace	15 mcg

– Food Standards Agency 2008, Seagreens Healthcare Summary 2009

Dried seaweed contains: 15 times the vitamin B2, 3-4 times the vitamin B3, 3-8 times the vitamin C. 15 times the potassium, 50 times the calcium, 50 times the iron, 30 times the magnesium, an element in which a large proportion of the population is deficient and in which deficiencies are well correlated to high blood pressure. Many elements present in seaweed are not present in fruit and vegetables, namely B12, D and K, trace elements such as selenium and zinc, and polysaccharides such as algin, fucoidan, laminarin and mannuronic acid.

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## Hair, skin, nails and bones

Seagreens® provide the full array of minerals and trace elements

***“In the 51 years from 1940 to 1991, farmed meat lost 41% of its calcium and 54% of its iron, while vegetables lost an average 50% calcium, 25% iron and magnesium, 76% copper and 59% zinc”***

– D. Thomas, research compilation for *“Overfed and Undernourished”*, London Conference on Obesity, April 2005

### **Fortunately...**

Seagreens wild Wrack species are the most comprehensive and consistent natural whole food source of minerals and trace elements.