

A large pile of harvested seaweed, likely wakame, is the central focus of the image. The seaweed is dark green and brown, with many small, bulbous structures (possibly eggs or young seaweed) attached to the blades. The background shows a rocky coastline with a mountain range in the distance under a clear sky.

Seagreens®

20 years in Seaweed Nutrition

For professional and consumer use



Daily use

Seagreens® are for daily use in nutrition. Their nutrient breadth and density helps restore dietary *micronutrient balance and vitality*, and is a *complete source of minerals*. Safe for all ages, *very easy to use* as capsules or everyday food ingredients. Higher levels are used in nutrition therapy. *No formulated supplement can replicate this primordial food.*

In the past 50 years, meat and veg have lost about half their calcium, iron, magnesium, copper and zinc. Strict vegetarian diets lack iodine. Our native seaweeds *complement and fill all the gaps in land grown foods and all special diets*. Seagreens® contain all the nutrient groups, vitamins and minerals, amino acids, protein, fatty acids, enzymes, antioxidants, polyphenols and soluble fibre.

All products provide iodine.*

www.seagreens.co.uk/nutrition

Access to research and nutrition data is readily available to healthcare professionals and students as well as consumers.

www.seagreens.co.uk/overview

** Iodine deficiency leads to exhaustion, temperature and weight fluctuation, dry skin and hair, and thyroid, gut and immune dysfunction.*



Nutritious Food Seaweed

BDA CERTIFICATION

Provenance

Sustainable wild harvesting in remote locations in the British Isles and Nordic region. Non-allergenic, vegan, kosher, halal, raw. Certified BRC, NFS, Organic. Recyclable packaging. Nothing added or extracted. Safe for all ages, special diets and health conditions. 10 years' unique compositional data and nutrition research. www.seagreens.co.uk/standards

Seagreens means you know what you're eating.

Choosing Seagreens[®]

It doesn't matter which Seagreens[®] products you choose.

It's just a question of how you want to use them.

All deliver Seagreens[®] valuable micronutrient balance and health benefits.

All the products mix and match.
Easy to use every day.





Food Capsules & Food Granules

This unique, classic blend of native wild wrack seaweeds (see jar label) has been widely used for over 20 years. Both products provide all Seagreens® nutritional benefits - *see opposite*.

Food Capsules are for daily convenience and a measured intake. Our Trufil® vegecaps contain pure seaweed, *nothing else*. 2 capsules each morning or higher levels with nutrition advice in supplementation and therapy. Suitable for safe, permanent use as a daily dietary foundation.

Food Granules - the microfine soluble version without capsules - are better for tonics, teas, smoothies, and as a food sprinkle - *great for kids*. Use in hot water will greatly reduce iodine. At least 1 gram or 1/2 level teaspoon daily.

Native wild seaweeds are produced by Seagreens® as natural nutrition supplements, which as mineral rich ingredients in the daily diet, provide a comprehensive source of nutrition including iodine sufficiency with no adverse effect on thyroid function, contribute to nervous system and cognitive function (1), reduce the glycemic index in carbohydrate foods (2), assist in the digestion of fats (3), reduce hunger via lower gastric emptying with a positive effect on nutrition and weight regulation (4) and their dietary fibre is an effective prebiotic (5). Two reviews of international research highlight nutrition groups in seaweed which may help reduce the risk of degenerative conditions (6, 7). References on back cover.

Iodine+ Capsules (*adults*) & Iodine Lite+ (*children*)



For sufficiency in iodine, *whenever there is a known deficiency*. A single capsule each morning. For long term use beyond 6 months, switch to Food Capsules or Food Granules *for broader nutrient balance including iodine*.

Seagreens® contains vitamins such as B9 and B12, minerals such as magnesium, selenium and zinc, and all the nutrients which the body needs from everyday foods to fully metabolise iodine.

This is why the products are called Iodine ‘plus’. Iodine Lite+ is best for children and some adults - a blend of seaweed species with lower iodine. Approximately 33% of iodine stated on jars can be expected for actual uptake.

Thyroxine may also be prescribed, preferably after dietary iodine has been supplemented, if the thyroid still needs support. Thyroxine replaces T4 hormone. *Seagreens® may improve thyroid function*.

Seagreens® *‘improved iodine intake by 60% with no adverse effect on thyroid function, normalised production of TSH (thyroid stimulating hormone), the iodine modestly bioavailable at 33%, with stable, prolonged release of the iodine. Would not exceed recommended daily intake even if consumed by those with sufficient iodine’* -

Combet E, et al. Low-level seaweed supplementation improves iodine status in iodine-insufficient women. *British Journal of Nutrition*, 9:1-9, 2014. *A Seaweed Health Foundation study at Glasgow University.*

Iodine contributes to the normal production of thyroid hormones, normal thyroid function, nervous system and cognitive function, the normal growth of children, normal energy-yielding metabolism, and the maintenance of normal skin.





Culinary Ingredient

This classic ingredient, the same seaweed as in Iodine+ Capsules, looks like olive green ground pepper. Its mineral and *umami* flavours enhance foods, sauces, soups, even yoghurt. Bake into bread, add to ready meals, mix in muesli, rub on fish, sprinkle on potatoes. A large pinch a day fills all the nutrient gaps in everyday foods.

“Breakfasting on a slice of bread baked with (this) brown seaweed could help burn more calories than half an hour on a treadmill” said The Daily Telegraph after award-winning obesity research found Seagreens® reduced hunger with no adverse effect on nutrient uptake - Hall AC, et al. *Ascophyllum nodosum* enriched bread reduces subsequent energy intake with no effect on postprandial glucose and cholesterol in healthy, overweight males. *Journal of Appetite*, 58:379-386, 2012. *A Seaweed Health Foundation study at Sheffield Hallam University.*

The Mineral Salt

Healthier than any kind of salt, 50% Seagreens[®], 50% natural sea salt. You get salty, mineral and *umami* flavours, and comprehensive nutritional balance. In research, 50% wrack seaweed was an antidote in rats fed salt at levels causing heart failure. The risk of stomach cancer on a low salt intake of 4-6g daily was half that of men consuming 12-15g per day, in women only slightly lower - Yamori Y, et al. Dietary prevention of stroke and its mechanisms in stroke-prone spontaneously hypertensive rats. *Journal of Hypertension*, 4:S449-452, 1986; *British Journal of Cancer*, reported in *The Week*, Health & Science section, Issue 443, 17.01.04.

Twice the flavour, half the salt!



When you need to know more

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Papers referenced in this booklet are available from info@seagreens.co.uk

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