

# Seagreens® Fact Sheet

Seagreens® feeds your **Foundation of Health** - every day!

It is high in antioxidants, contains all the vitamin groups, all the minerals, trace elements and all the essential amino acids in a balanced, comprehensive natural whole food.

Our aim is to see at least 1g a day of the best quality seaweed in the diet, and we have developed the products to make this easy, convenient and tasty to achieve! Choose from Seagreens' supplements, ingredients and condiments:



Seagreens is:

## ✓ THE Human Food Quality Seaweed

Patent Pending\*, with proven markers of quality (see table below).  
Produced as a raw food.

## ✓ Award Winning

for sustainability, research and products

## ✓ Certified Organic

## ✓ Sustainably wild harvested in Scotland

## ✓ Research Driven

working with 5 UK universities and the Seaweed Health Foundation

## ✓ Brown seaweed, of the wrack family

the most balanced of all the seaweeds

## ✓ 100% allergen free, gluten free, dairy free, Kosher, vegan and vegetarian

## ✓ More balanced than "kelp"

Kelp is a common deep water seaweed (*Laminaria*) that is often a by-product of industrial or very basic production practices

## ✓ Different from a fresh water micro-algae such as spirulina, chlorella & blue-green

which have the same nutrient gaps as other land grown foods

Some markers of Seagreens Quality	Seagreens compared to seaweed not produced to Seagreens production standards <sup>†</sup>
Antioxidants	Over 3.5 times higher
Phenols	Over 3.5 times higher
Vitamin C	Over 16 times higher
Tannins	2 times higher

\*Patent Pending No. GB1205419.3

<sup>†</sup>Typical analysis

## Your notes

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Please visit [www.seagreens.co.uk](http://www.seagreens.co.uk) for more information and contact us on [post@seagreens.co.uk](mailto:post@seagreens.co.uk) / 01444 400 403

Seagreens Health Care Summary : [www.seagreens.co.uk/University/SeagreensHealthcareSummary.aspx](http://www.seagreens.co.uk/University/SeagreensHealthcareSummary.aspx)

Seagreens nutritional information here: [www.seagreens.co.uk/University/NutritionalprofileofSeagreens.aspx](http://www.seagreens.co.uk/University/NutritionalprofileofSeagreens.aspx)

Seagreens is a highly nutritious daily food, with many specific benefits too...

## Tastes Great

Seagreens is THE seaweed ingredient, being used in foods from bread to sauces, soups and salads, to yogurts, smoothies and teas, and all special diets. It was selected by Research Councils UK as a "Big Idea for the Future" to reduce salt in foods for flavour and counter excess salt intake.

There are many top quality brands containing Seagreens you can buy in-store (e.g. Artisan Bread Organic, Clearspring, Pukka, Viridian), and you can try it yourself with Seagreens own products using our recipe card.

**BIG  
IDEAS  
FOR THE  
FUTURE**

## Weight Management

Seagreens has been shown to enhance weight management (published in the Journal of Appetite 2012).

The mechanisms involved may be:

**Alginate effect:** Seagreens' special polysaccharides such as alginic acid have a natural gelling effect in the stomach, so you feel fuller for longer.

**Reducing GI:** Seagreens is high in specific phenols, known to naturally inhibit starch enzymes, slowing the break-down of starch and the release of sugars to the blood; similar to eating low GI foods such as brown rice.

**Nutrient dense food:** Studies have shown that eating nutrient dense foods like Seagreens helps provide your body with its nutritional needs, and so reducing craving for more food.

Seagreens also detoxifies, which is important daily, and especially when losing weight.

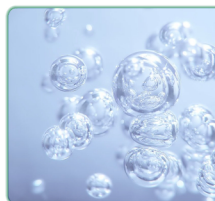
## Gut Health

High in specific polysaccharides, Seagreens is a natural prebiotic and anti-microbial, promoting the growth of 'good' gut flora. It is known to help protect the gut wall and is an alkalisising non-mucoid forming food which also stimulates the secretion of pancreatic and digestive enzymes. Seagreens is easily digested and assists in nutrient absorption and metabolism particularly through its rich content of micronutrients.



## Detoxification

The broad range of Seagreens' polysaccharides and rich mineral content including natural iodine, selenium and zinc are particularly effective in binding heavy metals for safe excretion through the bowel rather than the urinary tract; seaweed has also been shown to help dissolve fats in the blood, reduce blood sugar, triglyceride and cholesterol levels. It is a natural anti-inflammatory.



**Seagreens®**