

A close-up photograph of various types of seaweed floating in clear, blue water. The seaweed includes long, flat, yellowish-green blades and darker, more complex, branching structures. Sunlight reflects off the wet surfaces of the seaweed and the water's surface, creating a vibrant, natural scene.

Seagreens®

Pioneering Nutritious Food Seaweed since 1998

How much do we know about the food we eat?

- Every day food leaves gaps in our diet.
- Land grown foods alone do not contain all the nutrients we need, neither do fish.
- Manufactured foods often have limited nutritional value.
- Minerals are widely deficient in agricultural soils.
- Today, vegetables are even grown solely in water.



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

– Thomas. D. (April 2005),
Research compilation for ‘Overfed
and Undernourished’, London
Conference on Obesity. British
Government figures.



- Dietary imbalance may also be due to allergy, intolerance, illness and lifestyle.
- Some of the reasons why millions of people supplement their diet with vitamins and minerals.
- But mass market supplements are artificial formulations, not whole foods.
- Many contain more excipients and additives than manufactured foods.



Seaweed is the missing ingredient

- Distinctively among natural whole foods, particular seaweed species have an outstanding balance of all the nutrients.
- Especially, all the micronutrients missing from a normal daily diet.
- Seagreens® research and business began 20 years ago, in response to a single question.
- How would it improve our health, to have even a gram of nutritious food seaweed in our daily diet?

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.

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).¹⁶ Abbreviations: NA, no data available. Tr, trace



1 Seagreens® are particularly well researched, nutrient dense, mineral rich seaweeds. Their nutrient profile is independently verified: www.seagreens.co.uk/nutrition

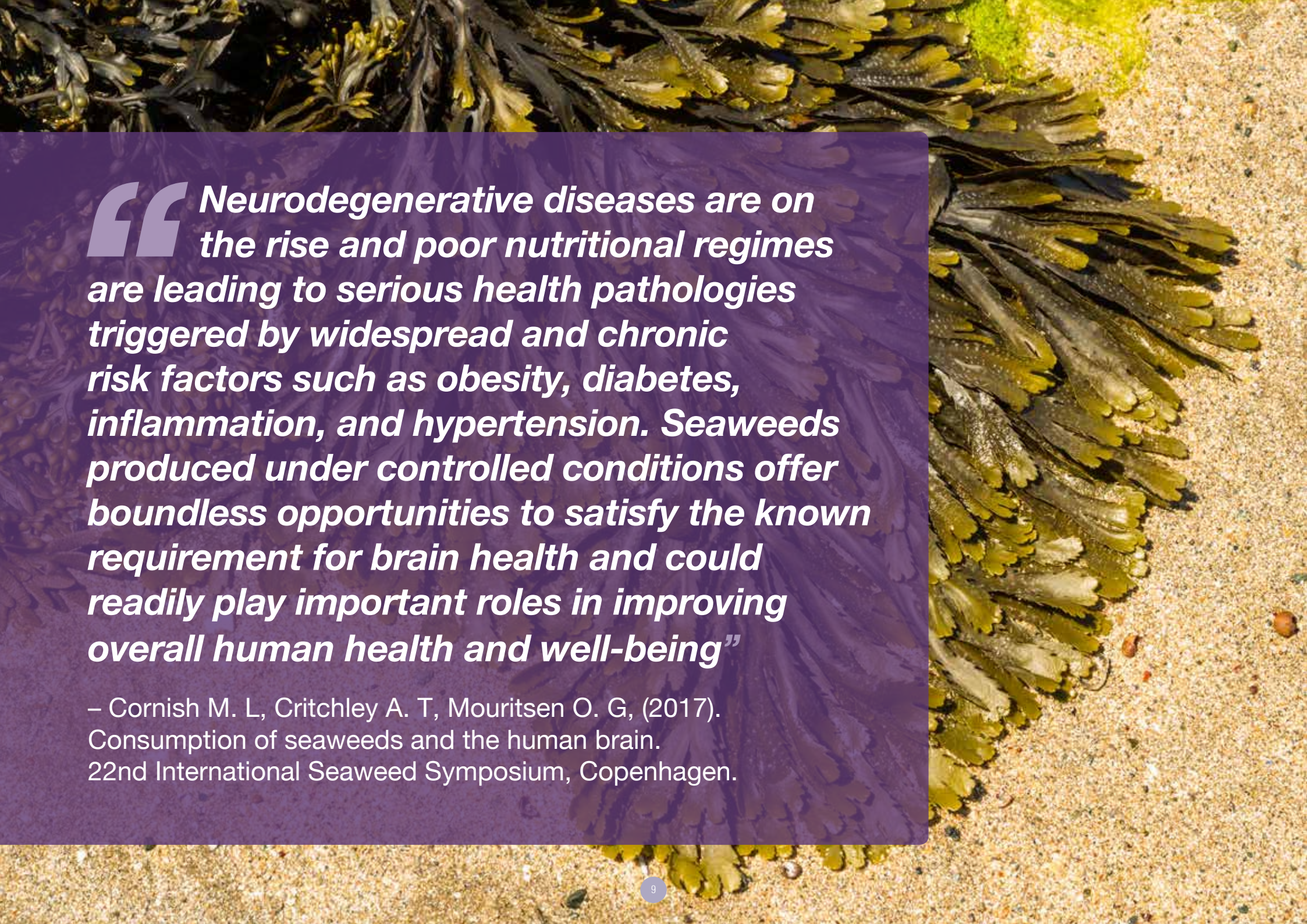
2 They have ordinary names like Bladder, Knotted, and Channel Wrack, abundant around our cold Atlantic shores.

3 For two decades, Seagreens® has pioneered their production to the highest standards for human consumption.

4 Not only do these remarkable ocean vegetables perfectly complement other foods in our diet. Responsible harvesting is sustainable.

5 40% of land is already used for food production. The oceans are seven times larger. And seaweeds need no soil, no fertilisers, no fresh water.

6 Nutrition studies on Seagreens® are published in international scientific journals like the *British Journal of Nutrition*, *Appetite Journal*, and the *Journal of Applied Phycology*.

The background of the slide is a photograph of seaweed washed onto a sandy beach. The seaweed is dark green and brown, with some yellowish-green patches. It is scattered across the light-colored sand. A semi-transparent purple rectangle is overlaid on the left side of the image, containing the text.

“ Neurodegenerative diseases are on the rise and poor nutritional regimes are leading to serious health pathologies triggered by widespread and chronic risk factors such as obesity, diabetes, inflammation, and hypertension. Seaweeds produced under controlled conditions offer boundless opportunities to satisfy the known requirement for brain health and could readily play important roles in improving overall human health and well-being”

– Cornish M. L, Critchley A. T, Mouritsen O. G, (2017).
Consumption of seaweeds and the human brain.
22nd International Seaweed Symposium, Copenhagen.



“It doesn’t matter how you use them – capsules, granules, or large pieces of Seagreens®. Just as long as a person has at least a gram in the daily diet – every single day. Nutritionally, that’s what is needed – better than a whole meal of seaweed every week.”

- Simon Ranger, Seagreens’ founder

Seagreens® products are quick and easy to use as food ingredients or capsules

Half a teaspoon or a couple of capsules a day is enough to fill the gaps in our daily diet.

9 products to choose from for everyday use and in nutritional therapy.

Nothing added or extracted.





**Nutritious
Food Seaweed**

BDA CERTIFICATION

Seagreens Ltd was Britain's first certified Organic seaweed food producer in 1998.

Today, Seagreens® are produced in the British Isles and the Nordic region to British Retail Consortium and international Nutritious Food Seaweed standards.

Free from harmful allergens, contaminants, and pesticides. Suitable in raw, vegan, kosher, halal, and special needs diets for all age groups.

With Seagreens®, you know what you are eating.



A unique seaweed blend.
Two capsules daily with food.
What could be simpler?

Seagreens®

Feed the Foundation of Health

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