



SUMMER TONIC or WINTERTEA

Highly antioxidant, remineralising, revitalising, cleansing



This amazing recipe makes a cool Summer Tonic or a warming Winter Tea. Its deliciously clean, complex taste is packed with minerals, vitamins and rich antioxidants! The base is Seagreens® native wild *Pelvetia* seaweed. To suit your taste, you can explore herbal, spice or fruit blends, for example *Elderflower* in summer or *Cloves* in winter. Jane Jamieson PhD, a nutritional therapist in Edinburgh, devised the original recipe. She can be contacted at: www.enabling-health.com. Thanks, Jane!

RECIPE

1.5 litre jug for 6 x 250ml glasses

Add half the contents of a 50g jar of **Seagreens® Salad & Condiment*** to a 1.5 litre jug of cold water.

- Grate and add a good sized Organic ginger root (or 4 Pukka 'Three Ginger' T-bags).
- Slice, squeeze and add 1 small unglazed Organic lemon and 4 heaped teaspoons Green tea (or 6 Pukka 'Lemon Green Tea' T-bags).
- Stir and leave to settle for up to 45 minutes and pour through a strainer.
- After straining from the jug, refrigerate liquid for up to 4 weeks.

FOR A WINTER TEA try a hint of cinnamon, half the fresh lemon, and 3 Pukka 'Green Spiced Chai' T-bags.

Seaweed nutrients typically available per 250 ml

Seagreens® *Pelvetia canaliculata* - one of the finest native seaweeds in the British Isles

Protein 198mg **Enzymes** 4,408 units/mg protein **Omega 3, 6, 9 EFAs** 138 mg

Vitamins A 371µg, B1 thiamin 3.25µg, B2 riboflavin 1.25µg, B3 niacin 525µg, B9 folate 2,808µg, B12 cobalamin 4.29µg, C antioxidant 258µg, D cholecalciferol 0.02µg, E with all the isomers of wheat germ 604µg, H biotin 0.63µg, K menadione 20.8µg

Minerals Calcium 47.5mg, Magnesium 36.5mg, Nitrogen 31.25mg, Phosphorus 4.6mg, Potassium 92.5mg, Sodium 173mg, Sulphur 259mg

Trace elements Antimony 0.29µg, Barium 37.2µg, Boron 280.75µg, Cerium 0.7µg, Cobalt 1.2µg, Copper 2.3µg, Germanium 0.29µg, Gold 0.125µg, Iodine 1,012µg, Iridium trace, Iron 635µg, Lanthanum 0.29µg, Lithium 1.94µg, Manganese 53.75µg, Molybdenum 1.21µg, Palladium 3.9µg, Platinum trace, Praseodymium 0.08µg, Rhemium 0.19µg, Rubidium 32.25µg, Ruthenium 0.02µg, Scandium trace, Selenium 1.67µg, Silicon 255.8µg, Silver 0.18µg, Thallium 0.002µg, Tellurium trace, Titanium 17.83µg, Vanadium 5.58µg, Zinc 78.5µg

Amino acids Alanine 11.83mg, Arginine 8.13mg, Aspartic acid 18.63mg, Cystein and Cystine 4.08mg, Glutamic acid 29.21mg, Glycine 10.13mg, Histidine 3.04mg, Isoleucine 7.46mg, Leucine 13.46mg, Lysine 9.46mg, Methionine 4.96mg, Phenylalanine 7.88mg, Proline 8.63mg, Serine 8.63mg, Threonine 8.33mg, Tryptophan 2.98mg, Tyrosine 4.38mg, Valine 10.13mg

Betaines trace Glycine, Gamma A1.94mino Butyric Acid, Delta Amino Valeric Acid, TML Laminine, L-Carnitine, Trigonelline, lipoproteins and many compound nutrients

Plus the antioxidants and other nutrients in green tea, ginger and lemon!

*** Seagreens® Salad & Condiment jars are available from good health stores (you may have to order) or by mail order from Oceans of Goodness: www.oceansofgoodness.co.uk telephone 020 3983 6439 email seaweed@oceansofgoodness.co.uk. Owners Robert & Stefani Monteath-Wilson**