

# Seagreens® product range

Our products are designed to be easy to use almost anywhere in the everyday diet - every day! We believe this is what the body needs, not a special 'seaweed' meal even once a week.

All product ingredients are 100% whole Human Food Quality™ wild wrack seaweed from our own award-winning, sustainable production (Patents Pending) except the natural unrefined salt in The Mineral Salt. 100% Certified Organic by the Biodynamic Association, Kosher by the London Beth Din, and Vegan. 100% free from allergens, toxic contaminants, microbial pathogens and GMOs. Nothing added or extracted. Vegetable capsules. Recyclable jars. No fillers, binders, flowing agents, preservatives, colouring or anything else!



## Food Capsules & Food Granules

Unique mix of 3 Seagreens species - *Ascophyllum nodosum*, *Fucus vesiculosus* and *Pelvetia canaliculata* - providing a comprehensive balance of all the nutrients. Both the capsules and the granules are in a very fine ground form - an ideal foundation for special diets, nutritional and medical protocols. Used professionally at higher levels in connection with heavy metals detoxification such as dental mercury amalgam and many other therapeutic situations. Recommended daily intake 2 x 500mg capsules with the first meal, or a quarter teaspoon of the granules ideal to mix in smoothies and juices. Also delicious and rather good for you in chocolate!\*



## Iodine+ Capsules

This single species - Seagreens *Ascophyllum nodosum* - provides approx 350 micrograms iodine in a single capsule, approximately the same as in 2 Food Capsules, plus all the micronutrients required for its metabolism. So if it is mainly the iodine you want, in a natural whole food, with no additives, this is it! Can also be used to increase daily iodine together with Food Capsules or Food Granules. Iodine contributes to normal thyroid, nervous system and cognitive function, the normal growth of children, normal energy-yielding metabolism, and the maintenance of normal skin.

## Culinary Ingredient

This is now a Classic and will probably outlive Marmite. 100% Seagreens *Ascophyllum* milled in grains the same sort of size as ground pepper. Use raw with just about everything and in cooking, baking, soups, yoghurt, potatoes, eggs & bacon! Just use it. Launched in 1998 by Seagreens' founder this product suddenly made it possible for Everyone on the Planet - not just in the wonderful Planet Organic - to get seaweed into their daily diet - cheaply, quickly, easily - in or on any and every meal! Enough said.

## Salad & Condiment

Dried pieces of Seagreens *Pelvetia canaliculata*, a clever little species growing on the rocks half in, half out of the water. Internal channels hold water while the tide is out - hence its common name Channel Wrack. It is mild, gentle, highly nutritious and children love it. You can eat it as it is, mix with herbs, soak in cold or warm water for 6 minutes

and add to salads or vegetables, or infuse it with lemons and ginger for a refreshing, antioxidant tonic or tea (recipe available). And what a way to replace minerals!



## The Mineral Salt

Better for you than any kind of salt alone, this half-and-half ready-ground blend of Seagreens *Ascophyllum* and Soil Association certified unrefined Cornish Sea Salt in a glass shaker delivers the complete balance of minerals and trace elements - 'twice the flavour, half the salt'. A lovely addition to salad dressings, too!

\* Don't take our word for it, though chocolatiers please keep sending us samples! Google the queen of raw foods, the amazing Kate Magic. Her books have lots of Seagreens recipes, some very chocolatey! ■



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