

# Better than to recover is to stay *completely well*

Whole books are written on the contribution certain seaweed varieties can make to our health. Used every day, they complement and fill gaps in the 'partial' nutritional profile of land foods, supporting the intricate balance of nutrients, especially micronutrients, we need to stay in peak performance. For 10 years we have made the best seaweed available in convenient forms, easy to include in your daily diet, because its special contribution makes sense not once in a while, but every day. Seagreens® are distinctive varieties of wild seaweed from carefully monitored, cold, clean waters where the most nutritious seaweeds grow.

Seagreens® wild harvesting among the remote islands of the Scottish Outer Hebrides is sustainable, our products approved for use in Biodynamic® and organic foods



in line with Demeter, EU and NOP Organic Standards. Nothing is added or extracted.

Seagreens® are free from irradiation, GMOs, wheat, dairy, gluten and other known allergens. Medically, there are virtually no contraindications. Our products are widely endorsed by nutritionists, medical and dental practitioners, health and food societies. Where encapsulated, we use



'true-filled' Vegan, Kosher Certified capsules of 100% plant origin free of ingredients like fillers, binders, flowing agents, stabilisers, preservatives. Our

jars are 100% recyclable. Our website has comprehensive information including the provenance and nutritional profile of our products. Please keep your Seagreens® dry and away from sunlight.

## SEAGREENS INFORMATION SERVICE

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## ► Health / Natural Remedy Products

**A comprehensive dietary foundation for convenient everyday use**



**FoodCapsules**  
**60 :: 1 month**  
60 x 500mg capsules  
RSP £16.95  
(£16.95 per month)



**Food Capsules**  
**180 :: 3 months**  
180 x 500mg capsules,  
RSP £45.95  
(£15.32 per month)

This unique mix of 3 species of Seagreens® shallow-water wild Wrack - *Pelvetia canaliculata*, *Fucus spiralis*, *Ascophyllum nodosum* - is a natural food source of micronutrients helping to balance the diet, strengthen metabolism and immunity and much else besides. Also an ideal nutritional input in a wide range of conditions and special diets for all ages with numerous references for Healthcare Practitioners.



**Food Granules**  
**100g :: 3 months**  
100g granules  
RSP £34.95  
(£11.65 per month)

Recommended daily intake: normally 2 x 500mg capsules or 1g granules (quarter teaspoon); less for children, more in pregnancy, physical training or recuperation, and under professional guidance in detoxing, chronic health conditions and during treatment; best taken early every day with food.



Welsh laver soup with Seagreens®

*"Anti-oxidant with more minerals than land vegetables"* - Woman & Home

*"And in infant feeds from six months."*

- Organic Baby Book

*"The best kelp product in the U.K."*

- The Mail on Sunday

## Additive-free whole food iodine

One capsule of Seagreens® *Ascophyllum nodosum* typically provides 350µg naturally chelated iodine (twice the RDA) plus the micronutrients needed for its metabolism - easily absorbed, stable and colloidal. The body will eliminate any excess to requirement. As most iodine is from dairy and meat, this is ideal in vegan, vegetarian, allergy and intolerance diets. Helps regulate the thyroid and hormone system, disperse toxins, metabolise and circulate other nutrients. The whole body and nervous system needs iodine, especially under stress.



**Iodine+ Capsules**  
**60 :: 2 months**  
60 x 500mg capsules  
RSP £13.95  
(£6.95 per month)

Recommended daily intake: 1 capsule provides adequate iodine; half for children over 4.

**Seagreens®**

## ► Culinary / Dry Grocery Products

**A highly nutritious taste of the wild**



Seagreens® classic ready-milled grains of wild *Ascophyllum nodosum* seaweed are used in cooking and baking, or sprinkled on almost any raw or cooked food. Use sparingly, for example, half a teaspoon per person in plain broccoli soup. It broadens the nutritional profile, combines well with other foods, and brings out

### Culinary Ingredient

200g ready-ground  
RSP £14.95

their natural flavour. Use instead of salt: it has an ideal natural balance of all the mineral salts your body needs - if only for the sake of your cardiovascular system!



Artisan were first to use Seagreens® in place of salt in their award-winning biodynamic breads.

## ► The Mineral Salt

**Twice the flavour, half the salt**



Better for you than any kind of salt alone. It is 50% Seagreens® sustainable Organic wild wrack seaweed in the Scottish Outer Hebrides, with 50% unrefined sea salt from Cornwall, Soil Association Certified. The combination is delicious, halves the sodium and chloride in every kind of salt, and gives you a complete balance of minerals and trace elements, vitamins, antioxidants, amino acids and protein.

### The Mineral Salt

90g ready-ground  
RSP £6.95

**Dry grind, soak in water, or just chew!**



These dried pieces of Seagreens® wild *Pelvetia canaliculata* can be milled in a table grinder or soaked in cold water for use as salad, garnish or warm vegetable. Complements herbs and spices and is an ideal mineral-balanced alternative to table salt. It's even good to chew! Try mixing with unrefined salt, herbs

### Salad and Condiment

50g dry pieces  
RSP £8.95

and spices- or try this award-winning product with Seagreens® from Bart Spices!

Bart won a Taste of the West Gold Food Award for its salt and Seagreens® mix.



Chips with Seagreens®



Pizza with The Mineral Salt



Swedish whortleberry bread with Seagreens®

Seagreens® supports the Seaweed Health Foundation for whole food seaweed research and education.

## ► Animal Health Products

**Strengthens and protects cats, dogs and horses**



Nutrient imbalance, micronutrient and mineral deficiencies and metabolic disorders are often rooted in inadequate natural forage, feed processing and 'fashion' trends in equine and pet feed formulation. Like human Seagreens®, these easily digested seaweed granules help balance

### Pet Granules

200g granulated  
RSP £12.95

the animal's nutritional profile, regulate metabolism, strengthen immunity and vitality and support the mineral balance in performance. Owners often notice a better coat and temperament; internally the granules enhance the value and absorption of other feed nutrients. 200g lasts a large dog 2 months, a large working horse 20 days - a dietary inclusion table on the jar covers most pets. Hooray for Seagreens®. Woof!



*"The renewed vitality to heal ourselves"*

- British Naturopathic Journal

*"Supports digestion, helps alkalise the body"* - Sunday Mirror

*"Using it instead of salt the loaf rises as well if not better...3.5 per cent sodium against 40 per cent in salt"* - unsolicited letter in The Independent from Elizabeth Hale, Gloucester.

# Seagreens®