



Sea Vegetables

Type of Plant/Fruit:

- “Sea vegetables” are seaweed/marine algae which are edible. Sea vegetables are neither plants nor animals but classified in a group known as algae.
- There are thousands of types of sea vegetables. We have chosen to use the varieties that we believe are the highest in nutritional value. Our formula contains the following: (1) Ascophyllum Nodosum (2) Kelp (3) Fucus Vesiculosus (4) Fucus (5) Chondrus Crispus (6) Nori (7) Ulva Lactuca.

Origin and Native Uses:

- Archaeological evidence suggests that Japanese cultures have been consuming sea vegetables for more than 10,000 years. The Greeks collected seaweed, as early as 100 B.C. All along the Mediterranean coast, red algae was used as a source of dye and as a method of dispelling parasitic worms since pre-Christian times. In fact, most regions and countries located by waters, including Scotland, Ireland, Norway, Iceland, New Zealand, the Pacific Islands and coastal South American countries have been consuming sea vegetables since ancient times.

Form Used in Chiropractor's Choice:

- Our Perfect 7 Sea Vegetables are harvested from the coldest and purest waters in the world (Iceland & Northern Coast of Canada). Instead of using microportions of thousands of sea vegetables, we have chosen (through our extensive research) what we believe to be the perfect 7 and the most beneficial of all sea vegetables.

Primary Ingredients and Benefits:

- Sea Vegetables are nutrient rich and are good sources of important nutrients such as selenium and iodine.
- Sea Vegetables are excellent sources of heart protective magnesium, potassium, and beta carotene.
- Sea vegetables also contain organic (photo-synthetic) vitamins, trace minerals, lipids, plant sterols, amino acids, omega 3's and 6's, anti-oxidants, polyphenols, flavenoids, and much more. They also contain powerful Fucoidan, Laminarin and Alginate compounds which studies suggest to be beneficial to support normal immune function. These photochemicals are not found in land plants.
- Sea Vegetables are the richest natural source of minerals, trace minerals and rare earth elements. Sea vegetables contain a large variety of vitamins and amino acids known to man.

References:

Antitumor activity of low molecular weight fucans extracted from brown seaweed *Ascophyllum nodosum*. Ellouali M, Boisson-Vidal C, Durand P, et al. *Anticancer Res* 1993;13(6A):2011-2020.

Antioxidant and pro-oxidant activities of the brown algae, *Laminaria digitata*, *Himantalia elongata*, *Fucus vesiculosus*, *Fucus serratus* and *Ascophyllum nodosum*. Le Tutour B, Benslimane F, Gouleau MP, et al. *J Applied Phycology* 1998;10(2):121-129.

Methanol extract of the seaweed *Gloiopeltis furcata* induces G2/M arrest and inhibits cyclooxygenase-2 activity in human hepatocarcinoma HepG2 cells. Bae-SongJa; Choi-YungHyun. *Phytotherapy-Research*. 2007; 21(1): 52-57.

Antioxidant and neuroprotective activity of the extract from the seaweed, *Halimeda incrassata* (Ellis) Lamouroux, against in vitro and in vivo toxicity induced by methyl-mercury. Linares,-A-F; Loikkanen,- J; Jorge,-M-F; Soria,-R-B; Novoa,-A-V. *Vet-Hum-Toxicol*. 2004 Feb; 46(1): 1-5.

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