

REACH FOR THE SEAWEED, NOT THE SALT

One of our most familiar natural resources – seaweed – could soon become a more common ingredient than salt in the food we eat, if Simon Ranger of Seagreens has his way.

And now, thanks to an in-depth study of his special seaweed carried out at Sheffield Hallam University, he's got quite a story to tell.

The adverse effects of too much salt (sodium chloride) are well-documented, but it's hard for consumers to give up. It's such a good food preservative and appetite-enhancer – and so cheap – that food manufacturers add it to everything they can. But now intensive testing has shown that Seagreens wild wrack seaweed can be used instead of traditional salt to reduce the salt content of food, while maintaining flavour and taste.

Nutritionally, Seagreens contains an ideal balance of all the mineral salts, including sodium at around 3.5%, instead of 40% typically found in table salt.

"Seaweed has already been shown to offer significant benefits for heart health". Says Simon, "and now scientists have shown that it not only matches salt in terms of food flavouring and its comprehensive nutrient profile, but that it can also effectively extend the shelf life of food".

He hopes that food manufacturers will start using his organic, toxin-free seaweed "salt" instead of sodium. But Seagreens is not just a condiment available in granules for adding to food, it is also a totally natural "food state" multi-nutrient supplement available in capsules. Some

customers are telling Seagreens that this is the only supplement they are taking – and some are seeing significant results.

That's because this Arctic seaweed seems to be able to supply all the nutrients that are going missing from soil-based foods. "These cold water 'brown' seaweeds particularly, provide in themselves, a remarkably balanced profile of virtually all the known

nutrients, including a significant proportion of nutrients like the B vitamins and trace minerals as well as complex micronutrients." They also contain significant levels of special seaweed polysaccharides, slow-digesting sugars which among other things, aid detoxification and intestinal healing.

* www.seagreens.com

ARCTIC
FRESH

Seagreens®

Helps You Reach
Optimum Health & Vitality

Healthy Salt Replacement

High levels of Minerals, Vitamins and Trace Elements
Improves Nutrient Absorption, Gently Detoxifying,
Boosts Immunity, A Natural Wholefood



Culinary Ingredient

£9.99 200g

Sprinkle on to food or use as a replacement for salt in cooking. Add to stir-fries, salad dressings, baked beans, pizzas, sauces and dips. Fabulous on chips too!



Salad & Condiment

£9.75 50g

Soak the seaweed pieces in cold or warm water for 8 minutes to produce a wonderful addition to salad or warm vegetables.

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