

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 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.



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an International Partnership® business

► Health / Natural Remedy Products

A comprehensive dietary foundation for convenient everyday use



FoodCapsules
60 :: 1 month
60 x 500mg capsules
RSP £15.95
(£15.95 per month)



Food Capsules
180 :: 3 months
180 x 500mg capsules,
RSP £44.95
(£14.98 per month)

This unique mix of 3 species of Seagreens® shallow-water wild Arctic 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



Food Granules
100g :: 3 months
100g granules
RSP £39.95
(£13.32 per month)

wide range of conditions and special diets for all ages with numerous references for Healthcare Practitioners.

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

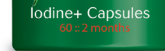
"And in infant feeds from six months."
- Organic Baby Book

"One of the two best detox aids on the high street" - The Guardian

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 £12.95
(£6.47 per month)

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

Seagreens®

Feed The Foundation Of Health

► Culinary / Dry Grocery Products

A highly nutritious taste of the wild



Culinary Ingredient 200g
200g ready-ground
RSP £9.99

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

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.



Swedish whortleberry bread with Seagreens®



"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.

"Wild organic seaweed collected in crystal clear Arctic waters for cooking and seasoning" - Harper's Bazaar

"Aquatic edibles may look strange, but they're dripping with health benefits" - You Are What You Eat

Dry grind, soak in water, or just chew!



Salad and Condiment 50g
50g dry pieces
RSP £9.75

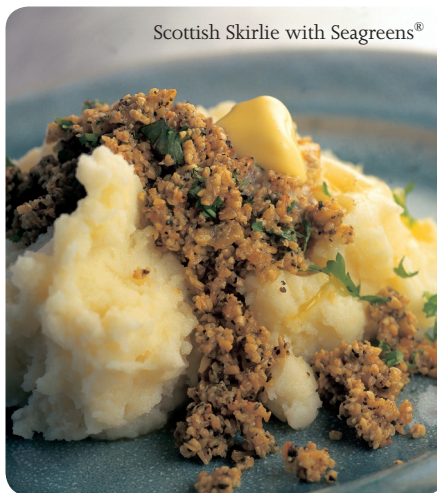
These dried pieces of Seagreens® wild *Pelvetia canaliculata* can be milled in a table grinder or soaked in cold water for use as salad, garnish or warm vegetable. Complements herbs and spices and is an ideal mineral-balanced alternative to table salt. It's even good to chew! Try mixing with unrefined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



Scottish Skirlie with Seagreens®



Chips with Seagreens®



► Animal Health Products

Strengthens and protects cats, dogs and horses



Pet Granules 200g
200g granulated
RSP £9.95

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 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

"Pure, simple, effective and essential"

- The Autism File

"Good for you and good for the homeless" - Glasgow Sunday Herald

Seagreens®