

Sea Miracle is an exclusive blend of these 7 sea vegetables.

abnormal menstrual cycles and/or menstrual-related disease histories.



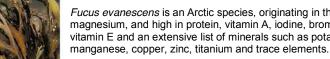
Ascophyllum nodosum is a large, common brown alga, the only species in the genus Ascophyllum. It is a seaweed of the northern Atlantic Ocean, also known as Norwegian Kelp, Knotted Kelp or Knotted Wrack. The species grows slowly and plants can live to be several decades old. Chemical and nutritional analyses indicate that it contains vitamins such as thiamine, folic acid and vitamin C, and amino acids and minerals such as sodium, potassium, calcium, iron and iodine, according to the Journal of Nutrition.



Chondrus crispus, known under the common name Irish Moss or Carrageen Moss, is a species of red alga which grows abundantly along the rocky parts of the Atlantic coast of Europe and North America. It consists of nearly 10% protein and about 15% mineral matter, and is rich in iodine and sulfur. Known mostly for aiding in digestion and intestinal disorders, it possesses antibacterial and antiviral properties. It is also considered an anticoagulant and



research has claimed that it may reduce high blood pressure and the risk of arteriosclerosis. Fucus vesiculosus, known by the common names Bladder Wrack, Red Wrack, Red Fucus and Sea Oak, is a seaweed found on the coasts of the North Sea, the western Baltic Sea, and the Atlantic and Pacific Oceans. It was the original source of iodine, discovered in 1811, and was used extensively to treat goiter, a swelling of the thyroid gland related to iodine deficiency. Primary chemical constituents of this plant include mucilage, algin, mannitol, beta-



Fucus evanescens is an Arctic species, originating in the North Atlantic. As with other brown algae, it is very high in magnesium, and high in protein, vitamin A, iodine, bromine and phosphorous. It also contains vitamin C, vitamin K, vitamin E and an extensive list of minerals such as potassium, calcium, sodium, sulfur, chloride, silicon, iron,

carotene, iodine, bromine, potassium and many other minerals. This species has been shown to help women with



Laminaria is a genus of 31 species of large, brown algae, all sharing the common name of kelp. Aside from its high vitamin B-12 and mineral content, kelp has strong anti-carcinogenic properties. Also, the sodium alginate in kelp has been shown to reduce the body's absorption of radiation.



Porphyra Leucosticta

Porphyra may be the most domesticated marine alga, also known as laver, or nori (Japanese), zakai, gim (Korean) and zicai (Chinese). This red alga has been cultivated extensively in Asia as an edible seaweed used to wrap the rice and fish for the Japanese food, sushi. Containing more vitamin C than oranges and minerals that include manganese, copper and selenium, it is particularly high in trace elements such as zinc.



Ulva Lactuca, a bright green alga in the division Chlorophyta, is also known by the common name Sea Lettuce. It is high in protein and a variety of vitamins (A, B1, C) and minerals (potassium, magnesium, calcium) especially iron.

Contact us today to learn more about the advantages of making Sea Miracle a part of your daily nutrition.