



Seagreens®: Independent research demonstrates superior performance of Seagreens iodine in nutrition

A 2013 study at Glasgow University addressed the different behaviour of Seagreens Ascophyllum (~700mg/kg iodine) in the body compared to potassium iodide. The study found that the potassium iodide is highly bioavailable and quickly excreted, whereas the Seagreens Ascophyllum is less bioavailable and remains in the body for longer, being excreted in higher amounts from the body. Essentially, the body takes what it needs and gets rid of the rest. We know that the Laminaria species will act in the same way, as evidence from Japan shows. Japanese fishermen eating a massive 20,000 times the WHO upper safe limit per day have very low instances of any thyroid issues - only 6% and even in these cases it was reversible.