

## Brain and mental health

A comprehensive international review of seaweed nutrition research shows how small daily amounts of whole seaweed of high nutritional quality can ameliorate depression, dementia, bipolar disease and progressive neurodegeneration. All the key nutrients are present in all **Seagreens®** nutrition products. Their natural relationship is more beneficial than the individual nutrients supplemented alone. Each product's non-allergenic nutrition profile is available at [seagreens.co.uk/nutrition](http://seagreens.co.uk/nutrition). One of the authors, Professor Ole Mouritsen is a member of our Advisory Group at Seagreens Seaweed Health Foundation. *Seagreens information website link: [Consumption of Seaweeds and the Human Brain Cornish 2017](#).*

Seagreens *Pelvetia Pieces* provide an ideal ratio of several times more Omega fatty acids than the other products. Our wild *Pelvetia* seaweed is also included in Seagreens *Food Capsules* and *Food Granules*. All our products contain iodine, especially important for cognitive function and child brain development, yet widely insufficient in the population daily diet. Please see our small booklet 'Iodine sufficiency from nutritious food seaweed'. *Seagreens information website link: [Iodine Sufficiency Booklet](#).*

A short research report about *Salt reduction and dementia* highlights the link between brain function and excess dietary salt. Seagreens products *The Mineral Salt* and *The Ruby One* reduce salt (sodium chloride) by up to 75% with no loss of flavour, balancing the salt among all their natural minerals and trace elements. *Seagreens information website link: [Salt Reduction and Dementia IHCAN 2018](#).*

Thank you for requesting this information. Please ask if I can help in any other way.

Kind regards

Simon Ranger

**Seagreens® Information Service**

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