

Immunity

Seagreens® nutrition products are pure non-allergenic whole seaweed which contains all the nutrients required for a well-functioning immune system. An international research review published in 2020, recommends supplementation with micronutrients and Omega fatty acids “to help eliminate nutritional gaps and support optimal immune function and therefore reduce the risk and consequences of infections”. *Seagreens information website link: [Optimal Nutrition in Immunity Calder 2020](#).*

A consistent balance of all the nutrients supports every aspect of immunity. The Seagreens project began in 1997 ‘to enable everyone to get a little of the most nutritious native wild seaweeds into their everyday diet’. This brief overview and the following articles on preventive health, examine how we can support healthy digestion and strengthen our resistance to degenerative diseases using this natural whole food. *Seagreens information website links:*

- [Why Seagreens Products Page](#).
- [Dietary Seaweed in Preventive Health PH 2016](#).
- [A Role For Dietary Macroalgae Cornish 2015](#).

All the nutrients mentioned in these papers are present in all [Seagreens nutrition products](#) in their natural relationship, more beneficial than individual nutrients supplemented alone. Additional supplementation of particular nutrients should only be required in response to known and measurable deficiencies if these persist beyond 3 months of beginning a daily **Seagreens** intake of 1 – 4 grams depending on age, weight, physical condition and therapeutic aims.

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

Kind regards

Simon Ranger

Seagreens® Information Service

Seagreens Ltd, The Warren Estate, Handcross, West Sussex RH17 6DX, Great Britain
Telephone +44 (0)1444 400403 Email info@seagreens.co.uk Website www.seagreens.co.uk
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