

Weight regulation

Ground-breaking independent research in obesity demonstrated for the first time that including a few teaspoons of **Seagreens®** [Culinary Ingredient](#) in our daily diet, is effective in controlling weight gain. In an independent double-blind trial, **Seagreens** wild Wrack seaweed *Ascophyllum nodosum*, was mixed into bread at 4% (16g per 400g loaf) and fed in scrambled eggs on toast as their breakfast, to overweight men during a working week. Each man ate 100g of the bread with **Seagreens** in it each day, providing 4 grams of Seagreens® seaweed per day. Following this they consumed less calories than was needed to prevent weight gain with no detrimental effect. The study, at Sheffield Hallam University, won the 2011 Alpro Foundation Masters Award. Several nutrition groups may be involved in achieving weight loss including improved digestion and nutrition (less 'hunger'); prolonging the digestion of carbohydrates by naturally inhibiting digestive enzymes; and the prebiotic nature of the seaweed which means it 'feeds' intestinal bacteria and beneficially alters the gut microbiome.

Weight regulation can be permanently assisted by the daily dietary inclusion of up to 4 grams of **Seagreens** [Culinary Ingredient](#) (a teaspoon of seaweed dried granules) per day whether or not in food, or by a mix of our nutrition products on a daily basis - for example 2 [Food Capsules](#), a teaspoon of the [Culinary Ingredient](#) included in any food during the day, and a couple of pinches of [The Ruby One](#). Any mix will provide a comprehensive natural balance of micronutrients. Weight loss in underweight does not occur as the seaweed is then a valuable nutritional input. The key scientific paper is Hall AC et al. *Ascophyllum nodosum enriched bread reduces subsequent energy intake with no effect on post-prandial glucose and cholesterol in healthy, overweight males*. Appetite. 2012;58(1):379-86. [Seagreens information website link: Obesity Appetite Paper Hall 2012.](#)

The relevance of these award-winning studies is fully reviewed in the context of other seaweed nutrition benefits. [Seagreens information website link: Seaweed in Weight Regulation and Nutrition PH 2013.](#) See also pages 45 – 60 in 'Seagreens: Pioneering Nutritious Food Seaweed since 1998' a brief review of our nutrition research programme from 2008-15. [Seagreens information website link: Seagreens Research Summary Presentation 2016.](#)

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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