

AlgAran is situated in Malinmore, Glencolmcille, South-west Donegal. AlgAran seaweeds are sustainably hand harvested locally with **maximum respect for the marine environment**.

The harvested seaweed is decontaminated with a unique **Ultrasound washing system** and processed within a few hours.

Seaweed is a valuable source of nutrients. It contains high levels of Carbohydrates, Vitamins & Minerals (including Iodine), and Trace elements.

The **ORGANIC CERTIFICATION BODY** requires:

- that the seaweed is grown on clean shores
- that the harvesters have the maximum respect for the marine environment
- that the labels are conforming current EU Regulations
- that there is no possible contamination throughout the whole process

"Choosing the combinations of various natural substances, I was inspired by an old book written by old Cistercian friars, which my family has owned for decades and which I have always consulted as a valuable guide for my health and that of my family"

Rosaria Piseri  
founder and CEO  
of AlgAran Teoranta

#### PROCESSING METHOD AND SHELF LIFE

Our Ultrasonic system allows us to avoid adding solvents and/or using high temperatures that would be necessary to extract the Active Principles and Nutrients, which are tenaciously preserved in the indestructible structure of Seaweed cells. Our technology has been developed in our laboratory to achieve the maximum extraction from any ingredient. The processing temperature doesn't exceed 36° C. for a few minutes, to which follows the sealed bottles' pasteurisation. The Shelf life of the product is nine months from the production date.

#### STORAGE

Bottles can be stored at room temperature, but once opened, they must be kept in the Refrigerator and should be consumed within 30 days.

#### INSTRUCTIONS FOR USE

SÚ (from Gaelic "Juice") can be consumed straight from the bottle as a vitamin and mineral supplement, but given the high iodine content, it should be diluted 1:4 in other drinks, both cold and hot. Its versatility can extend to Ingredients for Cocktails, Ice Creams, and other types of desserts.

#### BIBLIOGRAPHY

The above information is taken from Dr. Michael T. Murray and Joseph Pizzorno's books: Encyclopaedia of Nutritional Supplement, The Encyclopaedia of Natural Medicine, The Encyclopaedia of Healing Food, The Magic of Food.

# ALGARAN

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[www.seaweedproducts.ie](http://www.seaweedproducts.ie)



CONCENTRATED EXTRACT  
OF FRESHLY HARVESTED SEAWEED  
WITH FRUITS, BERRIES, HERBS, AND SPICES

# ALGARAN



## IRISH SEAWEED CHONDRUS CRISPUS GEL

50%

It is obtained in our laboratory through an **Ultrasound assisted extraction system**. The **Irish Chondrus crispus** is a red seaweed growing along the Atlantic coast of Ireland, where it has been used for centuries for various purposes, and it is known for its potential health benefits:

- **RICH IN NUTRIENTS** Good source of vitamins and minerals, including Iodine, Iron, Magnesium, Calcium, and Vitamins A and K.
- **HELPS RESPIRATORY HEALTH** Traditionally, Irish Sea Moss has been used to soothe the respiratory system and alleviate conditions such as coughs and bronchitis.
- **HELP THYROID FUNCTION** Due to its Iodine content, Chondrus crispus may play a role in supporting thyroid function. Iodine is essential for the production of Thyroid Hormones.

## APPLE

20%

It gives the juice the **sugar base** but also contains **pectin**, which keeps tabs on and regulates the absorption of sugars. There are also traces of minerals, including Potassium, Sulphur, Phosphorus, Calcium, Magnesium, Iron, Copper, and Silicon. Apples also contain **Vitamin A, B1, B2, PP, Terpenes, Tannins, and Aldehydes**.

## BLUEBERRY

15%

Blueberries are, in effect, powerful **natural antioxidants** that can **counteract free radicals**. This is because they contain several vitamins with this capacity, mainly thanks to their content in **anthocyanins**, which belong to the **flavonoid class**. Blueberry has excellent anti-inflammatory properties, especially in the intestine, thanks to its ability to act on the enzyme activity of the intestine, deflating and contributing to its regular motility. Blueberries promote diuresis; thanks to their active ingredients, they also prevent cystitis and other urinary tract infections.

## RASPBERRY

15%

Raspberries are **rich in fibers** that promote a sense of satiety and ensure that the sugars contained do not immediately go into circulation. It contains **folic acid, Vitamin P**, and traces of mineral salts, such as **Calcium, Potassium, and Magnesium**, that promote cleansing from toxins and reduce swelling. Finally, in the raspberry, a particular ketone stimulates the production of **adiponectin** (a hormone that acts on metabolism and causes the body to burn fat to produce energy).

## FENNEL SEEDS

2%

Fennel is a popular ingredient in Mediterranean culture. It **helps digestion** and, thanks to its flavonoid content, serves as a mild diuretic and counteracts the formation of free radicals.

## TURMERIC

2%

Spice of everyday use, especially in the Far Eastern countries where it grows spontaneously, is a remedy used in Ayurvedic medicine to **counteract inflammatory processes**. It stimulates bile production by the liver and prevents the formation of gallstones. In addition, it is recognised as the **protective property of the immune system** and counteracts the formation of free radicals.

## ROSEHIP

1%

Rosehip has been used in traditional medicine to treat a variety of ailments. Native Americans have used Rosehip tea to **soothe sore throats and indigestion**. Research is focusing on the **antioxidant effects** of its fruit's compounds. Rosehip contains **Vitamin B, E, and C, phenolic compounds** and **healthy fatty acids**.

100%  
ORGANIC  
& WILD



### NUTRIENTS PROVIDED BY THE SEAWEED CONTAINED IN 100 ML OF SÚ

|                        |         |
|------------------------|---------|
| Beta-carotene          | 22.6 mg |
| Vit. B2                | 1.47 mg |
| Vit. B3                | 2.26 mg |
| Vit. B6                | 5.75 mg |
| Vit. B12               | 0.3 mg  |
| Calcium                | 1554 mg |
| Iron                   | 15.9 mg |
| Magnesium              | 1000 mg |
| Manganese              | 1.63 mg |
| Zinc                   | 6.66 mg |
| Potassium              | 730 mg  |
| Alginic acid& Mannitol | 500 mg  |
| Laminarin              | 10 mg   |
| Fucoidan               | 0.7 mg  |
| Iodine                 | 150µg   |
| Other Microelements    | traces  |