

The Most Nutrient-Dense Organic & Raw Whole Food

Emerald Sea™



Miracle Nutrients From The Sea™

The Nutrients Found in Emerald Sea™ Help Support Every Single Structure and Function Throughout the Entire Human Body

Emerald Sea™ contains a special blend of seven (7) certified organic sea vegetables, sustainably hand-harvested and carefully sun-dried to retain all the natural raw food benefits of these amazing plants.

- Helps Your Body Regulate Metabolism and Supports Weight Management*
- Naturally Increases Energy Levels*
- Promotes Healthier Skin, Hair and Nails*
- Supports a Healthy Digestive System*
- Benefits Cardiovascular Function*
- May Help Maintain Existing Healthy Blood Sugar Levels*
- Promotes Proper Thyroid Function & Protects the Thyroid*
- May Help Maintain Existing Healthy Cholesterol Levels*
- Supports Bone & Joint Health*
- Inhibits Uptake of Heavy Metal Toxins and Radioactive Elements*
- Aids in the Removal of Toxins and Heavy Metals*
- Powerful Nutrients for the Immune System*



Plus, Emerald Sea™ Is a Critical Source of Iodine...

In fact, sea vegetables are now widely recognized as being the last and only natural living plant source of every trace mineral needed in our diet. Demographic studies have shown that people who regularly incorporate edible seaweeds into their diets have fewer problems from mineral depletion and live longer.

Emerald Sea™ is loaded with macro nutrients, micro nutrients, vitamins, plant sterols, antioxidants, trace minerals, omega 3's, omega 6's, phytonutrients, enzymes, organic iodine and many more power packed nutrients!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

©2011 Emerald Express International, Inc.

The Perfect Superfood

Miracle Nutrients of the Sea

Through the miracle of photosynthesis, sea vegetables capture the vital energy of the sun and a full spectrum of nutrients from the sea. It is believed by some that a balanced combination of sea vegetables may possibly contain every essential nutrient known to man.

Organic sea vegetables are a gold mine of power-packed vital nutrition!



Plus, sea vegetables contain various naturally-occurring compounds that have been proven to be antibiotic, antiviral, and antifungal. These compounds can work as a great boost to your immune system, and assist in enhancing your overall health and well being.

10-20 Times More Nutrient-Dense Than Land Based Plants

When compared to plants that grow on land, sea vegetables are 10 to 20 times higher in vitamins, minerals and amino acids. Ounce for ounce, along with herbs, sea vegetables are higher in vitamins and minerals than any other food on the planet!

Certain species can contain up to 10 times the calcium of milk. Sea Lettuce can have up to 25 times more iron than beef, and Wakame four times more. Nori can pack a walloping protein content as high as 25-50% of its dry weight – the highest protein content of any ocean vegetable!

According to noted herbalist, Dr. Ryan Drum, you would have to eat about 40 lbs of fresh vegetables and/or fruits to get as much Iodine as you would from 1 gram of whole leaf kelp.

By taking just 1 or 2 capsules with your 3 daily meals, you'd get the benefit and nutrients equal to taking 10 to 40 land-based vegetable capsules on a daily basis.

You now have a simple and easy way to make every meal a more nutritious meal with the full-spectrum of vital nutrients necessary for optimal health, Emerald Sea™.

The Oldest and Most Powerfully Nutritious Plants on Earth

Consumption of seaweed for vibrant health is not some current fad or new idea. For thousands of years, many Asian cultures have attributed their long life spans and overall good health to their daily intake of sea vegetables.

Seaweed as a staple item of diet has been used in Japan and China since prehistoric times. In fact, seaweed has been part of the traditional diet of all coastal cultures, including the people of Japan, Korea, China, Iceland, Sweden, Wales, Scotland, Hawaii, and the South Pacific Islands.

Critical Nutrients For Health

Weight Management & Metabolism

Emerald Sea's™ select species of organic seaweed support weight management like no other whole food on the planet:



- **Targets Abdominal Fat:** Chemists in Japan have found that certain species of seaweed contain a compound that appears in animal studies to promote weight loss by reducing the accumulation of fat. A unique nutrient called **Fucoxanthin** achieved a 5 to 10 percent weight reduction in test animals. The compound targets abdominal fat in particular, and may help reduce oversized guts, scientists say.*
- **Reduces Fat Absorption:** Conclusive research has uncovered that special fibers found in certain species of seaweed can actually help to reduce our fat intake. The fibrous material called **Alginate** is said to have been proven to absorb greater levels of body fat than the majority of over-the-counter slimming treatments! Co-leader of the study, Dr. Brownlee of the University of Newcastle, stated, "There are countless claims about miracle cures for weight loss, but only a few cases offer any sound scientific evidence to back up these claims...these natural fibers can be incorporated into our diets easily".*
- **Supports Thyroid Function and Metabolism:** Emerald Sea™ is a rich source of natural organic iodine, a vital nutrient for optimal thyroid function. "The healthy functioning of the thyroid is essential to maintaining metabolism and preventing the accumulation of body fat," writes Burton Goldberg in *Alternative Medicine*.*

"I believe that an insufficient intake of organic iodine in today's modern diet has led to a serious and chronic form of low-grade hypothyroidism," writes Donald R. Yance, Jr. in *Herbal Medicine, Healing and Cancer*. Increasing your iodine level will allow your thyroid function and metabolic rate to return to normal.*

- **Boosts Your Daily Nutrition:** The plants found in Emerald Sea™ are known to contain every essential vitamin and trace mineral known to man, macro nutrients, micro nutrients, plant sterols, antioxidants, omega 3's, omega 6's, phytonutrients, enzymes, organic iodine and a host of many more power-packed nutrients.*

Nourishing your body every day with all the trace minerals and other nutrients currently missing from your daily diet helps promote better overall health and wellness.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Critical Nutrients For Health

Iodine:

According to studies by leading iodine experts, Dr. Guy Abraham and Dr. David Brownstein, as many as 96% of Americans are critically deficient in iodine.

It has been proposed that this one deficiency could be an underlying nutritive factor in a multitude of health epidemics: obesity, various cancers including breast, ovarian and prostate cancer, fibrocystic breast disease, thyroid disorders, chronic fatigue, fibromyalgia, mental retardation, low I.Q., and numerous other issues.

"Seaweed is one of the most abundant sources of iodine because seaweed has the ability to concentrate a large amount of iodine from the ocean water," Dr. David S. Brownstein.

Safe and natural sources of iodine are now more important than ever as Americans learn about iodine's ability to protect the thyroid and the entire body.

The amount of iodine in one capsule of Emerald Sea™ capsule averages 200 – 250 mcg.

Fucoidan:

About 4 percent of the total dry weight of many brown seaweed species consists of a polysaccharide known as fucoidan.

Research has shown that when fucoidan was administered to cancer cells they dissipated within 72 hours. This process is known as apoptosis; the destruction of cells from within. Currently, efforts are under way to find the consensus concerning the precise nature of fucoidan.

Interestingly, Okinawa, Japan has the lowest cancer mortality rate in Japan where Kombu is predominantly consumed.

Alginate:

As levels of heavy metals and radioactive isotopes continue to rise across the globe, alginates provide a critical first line of defense. Of primary concern is the ingestion of these toxins from our food and water supply.

It is well established that alginates from brown species of seaweed offer protection from radiation and environmental pollutants. Alginates bind with heavy metals such as lead, mercury, and radioactive elements (strontium, cesium, etc.), and are then safely excreted from the body. They have also been shown to actually remove Strontium 90 from the bones.

Laminarin:

Laminarin is a polysaccharide which helps control excess blood coagulation and clotting. It is 30 percent effective as the anticoagulant heparin. In addition, laminarin supports cardiac health by encouraging healthy blood pressure levels. It also possesses anti-cancer properties and has been shown to inhibit basic fibroblast growth factor (BFGF) and angiogenesis.

Emerald Sea™ Stands Alone

Emerald Sea™ is the **ONLY organic, raw whole food plant supplement** that has our unique blend of premium, nutritious sea vegetables coupled with our highest standards of quality.

- **Norwegian Kelp** (*Ascophyllum Nodosum*) - Contains over 12 vitamins, 20 amino acids, and naturally-occurring trace minerals.
- **Dulse** (*Palmaria*) - A red sea vegetable very rich in enzymes, potassium, zinc, iron, calcium, magnesium and iodine.
- **Kombu** (*Laminaria Digitata*) - A brown sea vegetable with health benefits that include wellness support and thyroid balance.
- **Bladderwrack** (*Fucus Vesiculosus*) - Bladderwrack absorbs marine minerals from the sea water and bio-enhances them creating a marine super-food.
- **Sea Lettuce** (*Ulva Lactuca*) - A green sea vegetable that is a rich source of iron with a high protein content.
- **Wakame** (*Alaria Esculenta*) - A great source of Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Niacin and Manganese.
- **Nori** (*Porphyra Umbilicalis*) - Nori has a high-fiber, high-protein content and has been traditionally eaten by Asian cultures to strengthen the circulatory system, and to help lower cholesterol.

Unsurpassed Quality:

- Each Emerald Sea™ 100% vegetable capsule contains our proprietary blend of seven (7) sea vegetables that are individually certified organic by QAI/OCIA.
- Our product is 100% natural with no binders, preservatives or excipients.
- All vitamins, minerals and nutrients are naturally-occurring. No synthetics or hidden ingredients.
- All seven of our sea vegetables are sustainably harvested by hand.
- Our sea vegetables are rigorously tested for pesticides, petrochemicals and other contaminants.
- Emerald Sea™ contains a powerful combination of red, brown and green organic sea vegetables.
- All seven of our sea vegetables are carefully sun-dried to retain the raw whole food nutrients.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Suggested Use for Adults:
Three to six capsules daily with food.

Supplement Facts	
Serving Size: 3 Capsules	
Servings Per Container: 30	
Amount Per Serving	% Daily Value
Emerald Sea™ Proprietary Blend	1,545 mg *
Organic Norwegian Kelp (<i>Ascophyllum Nodosum</i>), Organic Dulse (<i>Palmaria Palmata</i>), Organic Kombu (<i>Laminaria Digitata</i>), Organic Bladderwrack (<i>Fucus Vesiculosus</i>), Organic Sea Lettuce (<i>Ulva Lactuca</i>), Organic Wakame (<i>Alaria Esculenta</i>), Organic Nori (<i>Porphyra Umbilicalis</i>)	
* Daily Value not established	

Other Ingredients: Cellulose (Vegetarian Capsule).

WARNING: This product contains organic iodine. If you are currently taking thyroid medication, please consult with your physician before use.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.