

# SEA VEGETABLES LIST

**FUNCTIONAL MEDICINE Ltd.**

Your health today and tomorrow

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✓	<b>ALARIA (175mcg/g)</b>			
✓	<b>AONORI</b>			
✓	<b>ARAME (590mcg/g)</b>			
✓	<b>BLADDERWRACK (275mcg/g)</b>			
✓	<b>DULSE (75mcg/g)</b>			
✓	<b>IRISH MOSS (400mcg/g)</b>			
✓	<b>KELP (1,250-1,500mcg/g)</b>			
✓	<b>KOMBU (1,350mcg/g)</b>			
✓	<b>HIJIKI (630mcg/g)</b>			
✓	<b>NORI (16mcg/g)</b>			
✓	<b>OGONORI</b>			
✓	<b>ROCKWEED (835mcg/g)</b>			
✓	<b>SAMPHIRE</b>			
✓	<b>SARGASSUM (1,900mcg/g)</b>			
✓	<b>SEA GRAPE</b>			
✓	<b>SEA LETTUCE (150mcg/g)</b>			
✓	<b>SEA PALM (875mcg/g)</b>			
✓	<b>WAKAME (35-115mcg/g)</b>			

## IODINE

Sea Vegetables represent a major source of iodine, a trace mineral essential to thyroid function and others. The amount of iodine found in sea vegetables varies greatly both between species and within species according to geographical conditions. Where available, data is provided per gram in brackets, as a guide. As a general rule we recommend an intake of circa 150mcg of iodine per day from the diet, which means some can be used more liberally than others, e.g. *nori* or *wakame* can be used more than *kelp* or *kombu*...