



## Precisely what is Fucoidan?

Fucoidan is a complex carbohydrate (sulphated polysaccharide). Fucoidan is obtained from Brown Seaweed. Brown Seaweed contains Fucoxanthin the pigment that gives the seaweed its brown color. Fucoxanthin helps the seaweed to transform sunlight energy into chemical energy. Fucoxanthin is being studied for the reasons like fat loss and cancer fighting ability.

Effects on Disease fighting capability and Blood System. In most research cases, Fucoidan has shown anticancer, anti-blood clotting, antioxidant and anti-inflammatory effects.



Fucoidan and Cancer. It is deemed an area of intrigue and active research. There's animal research which shows not simply the anti-clotting aftereffect of Fucoidan but also the compounds power to slow up the probability of a cancer spreading. Look for a few of the

research: Coombe, D.R. among others, Int J Cancer. 1987; 39(1):82-8. With regards to humans: Fucoidan was demonstrated to cause a cell distinct human lymphoma cells to self-destruct. You can read these studies article: Am J Hematol. 2005; 78(1):7-14.

Nutritional Value. Seaweed is often found in Asian Cuisine. A number of the cuisine includes sushi. Fucoidan draws lots of its nutrients from the native environment, the sea. Such nutritional elements include vitamin A, iodine and calcium. Others include zinc, selenium, iron and various others. These nutrients are important inside the proper functioning in the immune, blood, and neurological systems of the body.

Final Words. Fucoidan is a promising dietary or nutrition supplement which will help support the body's immune, blood and neurological systems. More research is under way.

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