

The Nutrients Found in Limu

Limu grows naturally in the ocean, not synthesized in a lab, therefore percentages of each nutrient cannot be quantified. You can be sure however, that each bottle of Original Limu contains 83% limu.

Saccharides--Glyconutrients (Essential Sugars)

Alginate Acid	Block absorption of radioactive material and free radicals
Fucoidan	Limu's Miracle Nutrient- see page 2
Galactose	The typical diet yields only galactose and glucose. Glyconutrients encourage natural killer cells to fight disease. These will make the immune system more able to fight illness and degenerative disease.
L-Fucose	
Mannose	
Sulfate	
Uronic Acid	
Xylose	Glyconutrients promote cellular communication.

Amino Acids (Building Blocks of Proteins)

Alanine	
Arginine	These are the building blocks of life.
Asparagine	They are involved in every metabolic process occurring in the body such as brain activity, hormone secretion, and enzyme manufacture.
Aspartic Acid	
Cysteine	
Glutamic Acid	
Glutamine	
Glycine	
Histidine	
Isoleucine	
Leucine	
Lysine	
Methionine	
Phenylalanine	
Proline	
Serine	
Threonine	
Tryptophan	
Tyrosine	
Valine	

Sterols	Form part of the cellular membrane. These are non-cholesterol that block the absorption of cholesterol.
24-Methylene-Cholesterol	
Fuco-sterol	Increases antioxidant enzymes in the body.

Mucilage	Satisfy hunger, strengthen hair, skin, nails
Chlorophyll	Nourishes red blood cells

Minerals

Boron	Works with other nutrients for optimum function
Calcium	Strong teeth & bones, muscle & nerve function
Organic Chlorides	Essential for stomach acid production
Chromium	Cell nourishment and energy
Copper	Essential for all life
Iodine	Optimal thyroid health and metabolism
Iron	Thyroid health, formation of red blood cells
Magnesium	Fights depression
Manganese	Fertility and bone formation
Phosphorus	Bone and tooth health
Potassium	Essential for nerve and heart function
Selenium	Protects against cancer, thyroid function
Sodium	Essential for nerve function
Zinc	Optimal thyroid health, wound healing

Vitamins

A	Vision, cell division, reproduction, immunity
B1 (Thiamine)	Regulates mood
B2 (Riboflavin)	Regulates mood
B3 (Niacin)	Nerves, skin, digestive system
B5 (Pantothenic Acid)	Anti-stress and fat metabolism
B6	Needed for enzymes and protein metabolism
B9 (Folic Acid)	Used to make new cells
B12	Regulates mood
Beta Carotene	Cancer prevention and bone health
C	Wound healing, Limu has more than oranges
D	Maintains normal calcium levels in the blood
E	Antioxidant, anti-coagulant, cell development
Lecithin	Breaks down fatty deposits under the skin
Biotin	Cell growth, fat metabolism

Essential Fatty Acids

Omega 3	Good fat, prevents cardiovascular disease
Omega 6	Works with omega 3 for optimal health

Laminarin	Anticlotting and anticancer compound
Polyphenols	Anti-oxidants, prevents heavy metal buildup
Fiber	Aids digestion, promotes feeling of fullness

FUCOIDAN

To view over 650 independent scientific studies, visit the National Library of Medicine at www.pubmed.gov - Search for: fucoidan
If the language in the studies is difficult to understand, Breakthroughs in Health magazine and Rita Elkin's book are excellent resources.

Also known as Fucans and Fucoindans

A large sugar molecule called a polysaccharide, found in the cell wall of the limu moui plant. When bonded with sulphate groups, becomes more beneficial to health and immunity.

Scientists are excited about its potential use against:

- * Cancer
 - Blood flow to the cancerous cells is blocked thereby inhibiting cell growth
 - Promotes apoptosis, or cell death, of cancer cells
 - Enhances the effectiveness of natural killer cells so that our immune system can detect and destroy cancer cells
 - Stops cell division of the cancer cells
- * Heart Disease
 - Inflammation is a key indicator of heart disease, fucoidan reduces inflammation in the body
 - Inhibits the activation of smooth muscle cells, which has a role in plaque formation in blood vessels
 - Acts as an anti-coagulant, preventing stroke and thrombosis
 - Lowers blood cholesterol, lowering the risk of clogged vessels
 - Controls blood pressure
- * Anti-viral & antibacterial
 - Blocks the adhesion of the bacteria that causes ulcers
 - Boosts the immune system to fight viruses and bacteria
- * Diabetes
 - Stabilizes blood sugar levels and prevents excessive insulin responses
- * Alzheimers
 - Blocks toxicity caused by amyloid plaque formation in the brain
- * Allergies
 - Supresses the production of Immunoglobulin E which causes allergic reactions
 - Increases T helper cells to fight allergic inflammation
- * Skin problems
 - Stimulates skin cell replacement by increasing the body's production of integrin and collagen
- * Bone and Joint problems
 - Reduces inflammation seen in arthritis
 - Promotes creation of fibronectin which keeps joints lubricated and healthy
 - Rebuilds bone marrow tissue when taken intravenously

JUST TO NAME A FEW!!!

Fucoidan and Human Breast Milk?

A Japanese doctor concluded that fucoidan is similar to human breast milk in structure and function.

It is a complex sugar molecule, just like that present in breast milk and gives our bodies immunity against viruses and bacteria, much the same way that breast milk does for nursing infants. An American study compared human milk molecules (oligosaccharides) to those of fucoidan (low molecular weight carbohydrate). Both were found to mature the immune system and prevent allergies. These findings have positive implications for those women who are unable or choose not to nurse.