NutraMedix

Algas

Applications

- Detoxification Support
- Antioxidant Support

Introduction

NutraMedix Algas is a hydro-ethanol extract of **Pacific cold-water red seaweed** (*Chondracanthus chamissoi*). *C. chamissoi* belongs to the Gigartinaceae family.[1] It is also known as *Sphaerococcus chamissoi*, *Gigartina chamissoi*, and *Chondroclonium chamissoi*.[1] Nutrient-rich macroalga, also known as seaweed, has been consumed as a dietary staple in Asia for centuries.[2,3] Of all of the seaweed groups—Chlorophyta (green), Phaeophyceae (brown), and Rhodophyta (red)—red seaweed contains the highest percentage of bioactive compounds, including 53% of the total compounds known in seaweed.*[2]

Pacific cold-water red seaweed (*C. chamissoi*) contains sulfated polysaccharides such as carrageenans, including 24.6% xi/theta and 13.5% kappa/iota carrageenans per dry weight.[2,4,5] It contains chlorophyll and carotenoid pigments as well as antioxidant mycosporine-like amino acids (MAAs).*[2,6] It also contains vitamins, minerals, and essential fatty acids in a beneficial omega 3:6 ratio, in addition to phenolic compounds including polyphenols, flavonoids, and phenolic acids.*[2,7,8] It is worth noting that not all carrageenans are equal; only chemically unaltered, native carrageenans, such as found in Pacific cold-water red seaweed, may help with health support.*[9]

NutraMedix Algas is made at our U.S. manufacturing facility using a specialized proprietary extraction process that optimizes the constituents of the herbs in their original, unprocessed state to obtain broad-spectrum concentration. Because our extracts are made in our own facility, we control all aspects of quality, including stringent ID testing, microbial testing, and heavy metal testing. NutraMedix rigorously follows current good manufacturing practices (cGMP), as do our suppliers.

Detoxification Support

Pre-clinical studies have shown that **Pacific cold-water red seaweed** (*C. chamissoi*) is an effective biosorbent for metals, which is attributed to cation exchange via carboxylic and sulfonic functional groups.*[10-13] Seaweeds naturally concentrate metals from seawater as the structural polysaccharide carrageenan is a cation salt of sodium, potassium, and other metals.[10,11]

Antioxidant Support

Pacific cold-water red seaweed (*C. chamissoi*) may contribute antioxidant support as determined by TRAP, FRAP, and DPPH assays.*[3,7] Several components of red seaweed may contribute to its antioxidant effects.* Red seaweed contains phenolic compounds such as polyphenols, flavonoids, and phenolic acids, which are known to help with antioxidant support.*[2,7,8] The compound fucoidan as well as the mycosporine-like amino acids (MAAs) palythine (PI) and shinorine (SH) may also contribute to antioxidant support.*[2,6]

Safety and Cautions

Pacific cold-water red seaweed (*C. chamissoi*) has been consumed as a food for centuries and is generally well-tolerated.[2] While carrageenan degraded by acid hydrolysis may have negative effects, this process can only occur under laboratory conditions at very low pH and extremely high temperatures (>80°C or 176°F); acid hydrolysis of carrageenan cannot occur in the human stomach.[9] Native, undegraded carrageenan such as found in red seaweed is approved by the European Food Safety Authority (EFSA) and is generally recognized as safe (GRAS) in the United States.[4] Very little data is available regarding the potential for drug interactions or adverse effects.

Safety is not documented in breastfeeding or pregnant women, or in children under age 3, due to insufficient safety research.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any diseases.

References

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