

# ESSENTI'ALG



## THE WEALTH OF SEAWEED AT THE SERVICE OF NUTRITION

Algae are a **sustainable source of bioactive compounds** for human health and functional food applications and are suitable for vegan, kosher and halal diets. Nutritional studies have shown that green, brown, and red seaweeds have **good nutritional characteristics** and could be used as an **alternative source** of dietary fiber, protein (without the saturated fat associated with meat), vitamins and minerals, including trace elements (Chojnacka and 2012, Raposo et al 2013), and polyunsaturated fats. Other global dietary studies have shown that countries where seaweed is consumed regularly have significantly less obesity and diet-related diseases (Iso 2011; Nanri et al 2017).

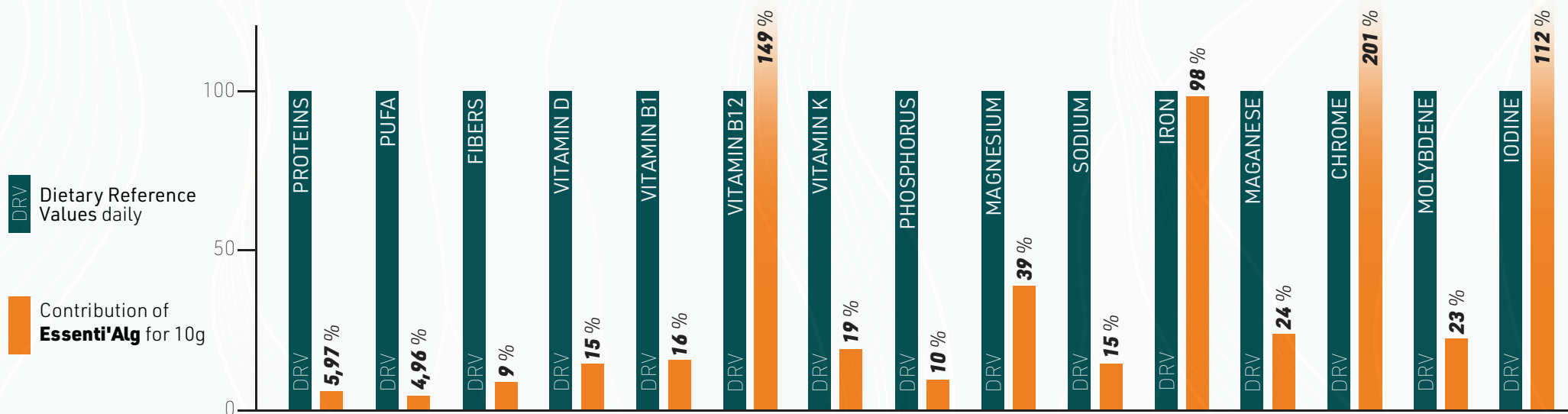
Seaweed is a **low-calorie food** that provides protein without saturated fat and is an excellent alternative to dietary fat for fish-derived EPA and DHA. Seaweed is a low-cost, sustainable crop that does not occupy farmland, does not need fresh water and does not produce greenhouse gases..

**Essenti'Alg** | Nutritional and technological improvements of your recipes thanks to marine algae resources.

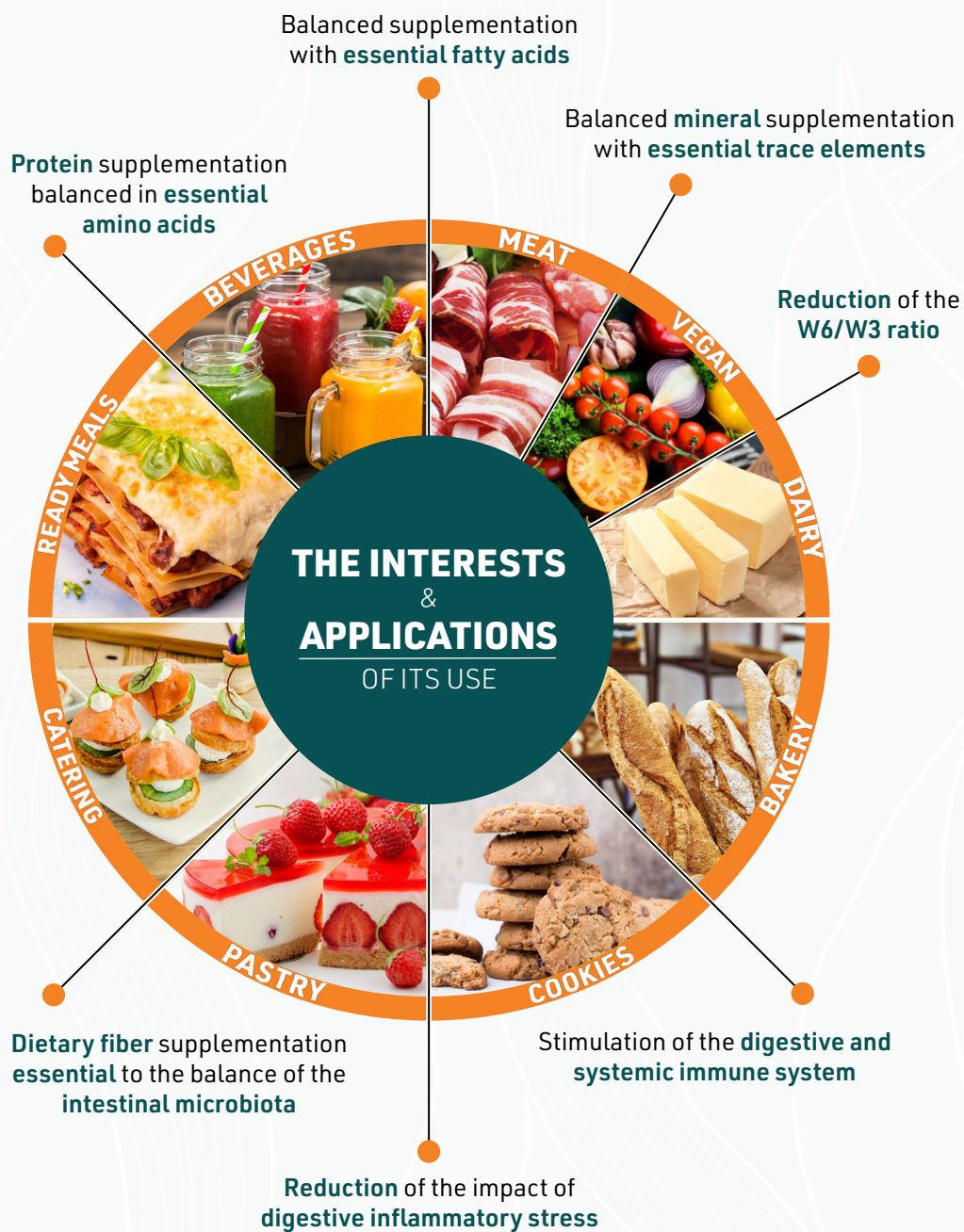
Due to their **high natural nutrient concentration**, algae are indeed excellent candidates for functional use as a food resource. In addition, **their physical ability to emulsify and retain water** enhances their techno-functional properties as highly versatile food ingredients.

**Essenti'Alg** | Formulation of food algae in powder form for a 100% natural food supplementation.

Important and balanced nutritional contributions in proteins (essential amino acids), polysaccharides, essential fatty acids, minerals, essential trace elements and vitamins thanks to an algal mix for a nutritional enrichment of formulation for all types of food preparations: processed meats, dairy products, baked products, prepared dishes, juices, cookies, ect...



Comparative input of 10g of **Essenti'Alg** intakes as part of the Dietary Reference Values



## COMPARATIVE TABLE OF **ESSENTI'ALG** COMPOSITION

(on a 100 grams basis)

		<b>Essenti'Alg</b>	<b>White bread</b>	<b>Beef meat</b>	<b>Pizza</b>
Calories	kcal	176	236	170	272
Sugar	g	0,2	49,3	1	30
Fibers	g	<b>28,4</b>	2,6	6	2,9
Fat	g	4,2	1	5	9,8
Saturated	g	1,8	0,27	2	3,6
Polyunsaturated	g	0,9	0,42	0,22	1,9
W6/W3 ratio	ratio	<b>2,1</b>	13	10	6,7
Proteins	g	<b>34,6</b>	7,4	20	12,2
Folic acid B9	µg	<b>126</b>	39,5	10	4
Niacin Vit B3	mg	<b>5,8</b>	1,2	4	0,9
Thiamine Vit B1	mg	0,12	0,15	1,7	0,1
Vitamin B12	µg	<b>60</b>	0,01	1,73	0,4
Vitamin E	µg	<b>2440</b>	530	230	1200
Iron	mg	<b>108</b>	1,3	2,5	1,09
Potassium	mg	<b>2170</b>	87,8	380	223
Phosphorus	mg	<b>550</b>	77,1	210	179
Calcium	mg	<b>390</b>	21,7	10	217
Magnesium	mg	<b>1360</b>	26,5	22	24
Sodium	mg	<b>2300</b>	519	62	519
Copper	µg	<b>710</b>	160	70	208
Manganese	µg	<b>7100</b>	690	0,02	200
Selenium	µg	<b>34</b>	5,5	8,83	7,2
Zinc	µg	<b>3160</b>	1270	3200	1000
Iodine	µg	<b>6700</b>	6,5	5,4	11,8
Chromium	µg	<b>803</b>	n.s*	n.s*	n.s*

\*n.s.: not significant