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Original Limu (TM) is not a drug and it has not been evaluated by the FDA. It is simply a dietary supplement and is not intended to diagnose, cure or treat any illness or disease. While your body may experience amazing positive health responses when you feed it the right nutritional building blocks, and there is indeed reliable scientific evidence supporting the beneficial effects that limu's ingredients have on the immune system and numerous other biological functions, there is insufficient scientific evidence to support some of the specific therapeutic results reported by users of the product. We therefore promote the product for its benefit on the immune system but we do not, and you must not, promote the product on the basis that it will cure, prevent or treat any disease.

# The Nutrients of Original LIMU

## 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) Minerals**

- Alginate Acid Block absorption of radioactive material and free radicals Boron Works with other nutrients for optimum funx
- **\*\*Fucoidan\*\* *Limu's Miracle Nutrient- see page 2*** Calcium Strong teeth & bones, muscle & nerve funx
- Galactose The typical diet yields only galactose and Organic Chlorides Essential for stomach acid production
- L-Fuctose glucose. Glyconutrients encourage natural Chromium Cell nourishment and energy
- Mannose killer cells to fight disease. These will make Copper Essential for all life
- Sulfate the immune system more able to fight illness Iodine Optimal thyroid health and metabolism
- Uronic Acid and degenerative disease. Iron Thyroid health, formation of red blood cells
- Xylose Glyconutrients promote cellular communication. Magnesium Fights depression
- Manganese Fertility and bone formation

### **Amino Acids (Building Blocks of Proteins) Phosphorus Bone and tooth health**

- Alanine Potassium Essential for nerve and heart function
- Arginine These are the building blocks of life. Selenium Protects against cancer, thyroid function
- Asparagine They are involved in every metabolic process Sodium Essential for nerve function
- Aspartic Acid occurring in the body such as brain activity, Zinc Optimal thyroid health, wound healing
- Cysteine hormone secretion, and enzyme manufacture.
- Glutamic Acid

### **Vitamins**

- Glutamine A Vision, cell division, reproduction, immunity
- Glycine B1 (Thiamine) Regulates mood
- Histidine B2 (Riboflavin) Regulates mood
- Isoleucine B3 (Niacin) Nerves, skin, digestive system
- Leucine B5 (Pantothenic Acid) Anti-stress and fat metabolism
- Lysine B6 Needed for enzymes and protein metabolism

- Methionine B9 (Folic Acid) Used to make new cells
- Phenylalanine B12 Regulates mood
- Proline Beta Carotene Cancer prevention and bone health
- Serine C Wound healing, Limu has more than oranges
- Threonine D Maintains normal calcium levels in the blood
- Tryptophan E Antioxidant, anti-coagulant, cell development
- Tyrosine Lecithin Breaks down fatty deposits under the skin
- Valine Biotin Cell growth, fat metabolism

**Sterols** Form part of the cellular membrane. These are non- **Essential Fatty Acids**

- 24-Methylene-Cholesterol cholesterol that block the absorption of cholesterol. Omega 3 Good fat, prevents cardiovascular disease
- Fuco-sterol Increases antioxidant enzymes in the body. Omega 6 Works with omega 3 for optimal health

**Mucilage** Satisfy hunger, strengthen hair, skin, nails Laminarin Anticlotting and anticancer compound

- Chlorophyll Nourishes red blood cells Polyphenols Anti-oxidants, prevents heavy metal buildup
- Fiber Aids digestion, promotes feeling of fullness

## FUCOIDAN

- To view over 700 independent scientific studies, visit the National Library of Medicine at [www.pubmed.gov](http://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 Fucoïdians
- 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 Suppresses 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.

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