

## Gift of the sea

*Limu moui*, a sea plant from the Pacific island of Tonga, has been found to contain fucoidan, which may have antioxidant effects.

### Fucoidan

Polysaccharide found in cell walls of limu moui, other seaweeds

Limu moui is used in beverages with aloe vera and green tea

### Possible health benefits

- Prevents tumors
- Boosts immune system
- Stabilizes blood sugar levels
- Reduces cholesterol level



Source: Takara Shuzo's Biomedical Research Laboratories,  
Food and Agriculture Organization of the United Nations  
Graphic: Jutta Schelbe, Eell Poll