

The National Library of Medicine's On-Line Database At: www.pubmed.org

In May, 2005, *Natural Health Magazine* proclaimed Original Limu as the #1 liquid nutritional supplement. Even though The Limu Company was ONLY a one-year-old company at the time, *Natural Health Magazine* gave Original Limu the #1 ranking, saying THEY COULD NOT DENY THE SCIENCE BEHIND THIS SEA PLANT. See the science for yourself.

To do your own research, go to www.pubmed.org, put Fucoidan in the search. You will See over 750, 3rd party, independent studies from scientists all over the world dating back to the early 1970's. To narrow the search, put a forward slash and your health issue. For example: Fucoidan/cancer

Scientific studies from **The National Library of Medicine** confirm that the Fucoidan in Limu has the following health benefits:

1. Nutrients Easily Absorbed
2. Strengthens Bones & Teeth
3. Fights Depression
4. Builds Healthier Blood
5. Improves Thyroid Health
6. Alleviates Mood Disorders
7. Like Nature's Perfect Food
8. Resists Colds & Flu
9. Natural Antibiotic
10. Strengthens Immune Sys
11. Protects Against Disease
12. Speeds Immune Response
13. Stronger White Blood Cells
14. Fights Antibiotic Resistant Bacteria
15. Optimizes Immune Sys
16. Relieves Meningitis Swelling
17. Relieves Earaches
18. Relieves Eye Inflammation
19. Relieves Gingivitis
20. Relieves Headaches
21. Relieves Pain
22. Relieves Sore Throats
23. Relieves Backaches
24. Relieves Toothaches
25. Relieves Boils
26. Relieves Arthritis
27. Relieves Prostate Swelling
28. Relieves Fibromyalgia
29. Immune System Booster
30. Helps Fight Viruses
31. Herpes (cold sore) Relief
32. Halts Viruses
33. Specialized Immune Support
34. Reduces Fever
35. Relieves Mouth Sores
36. Alleviates Strep Infections
37. Minimizes Respiratory Infections
38. Lessens Allergies
39. Relieves Allergic Inflammation
40. Alleviates Sinusitis
41. Reduces Congestion
42. Lowers Cholesterol
43. Improves Blood Pressure
44. Breaks Down Dangerous Cells
45. Slows Tumor Growth
46. Inhibits Malignant Cells
47. No Side Effects
48. Inhibits Cancer Cell Growth
49. Constrains Carcinogenic Transformation
50. Inhibits Carcinogenic Bowel Toxins
51. Reduces Cancer Risk
52. Improves Hormone Levels
53. Protects Against Tumor Malignancy
54. Protects from Steroids
55. Protects Breast Tissue
56. Helps to Breast Health
57. Alleviates PMS Distress
58. Alleviates Bladder Infections
59. Reduces Yeast Infections
60. Balances Blood Sugar
61. Inhibits Insulin Over-Response
62. Improves GI Function
63. Reduces Occurrence of Ulcers
64. Relieves Peritonitis
65. Alleviates Constipation
66. Helps with Colon Disease
67. Reduces indigestion
68. Improves Stroke Damage
69. Lowers Stroke Risk
70. Inhibits Blood Clots
71. Aids Liver Repair
72. Stimulates Tissue Replacement
73. Helps Cope with Stress
74. Natural Detoxifier
75. Reduces Chronic Fatigue
76. Minimizes Mental Stress
77. Aids in Skin Repair
78. Boosts Wound Healing
79. Speeds Skin Healing
80. Hydrates Hair
81. Helps Skin Retain Moisture
82. Improves Moisture Absorption
83. Firms Skin
84. Strengthens Hair Nails Skin
85. Reduces Wrinkles
86. Restores Hair
87. Breaks Down Fat
88. Satisfies Appetite
89. Eliminates Cravings
90. Thyroid Stimulation
91. Improves Metabolism
92. Helps Reduce Obesity
93. Reduces Hyperactivity
94. Reduces Liver Problems
95. Aids Proper Scar Formation
96. Improves Tissue Healing
97. Improves Joint Health
98. Strengthens Heart Muscle Cell
99. Slows Aging

Treasured by the Tongans of the South Pacific for 3,000 years, Limu has developed a reputation for promoting good health and fighting disease.

Scientists have discovered Limu's amazing benefits can be attributed to its complex carbohydrates, called polysacchrides, as well as its glyconutrients, antioxidants, vitamins and minerals. Fucoidan--the most exciting of them all--has been cited in more that 650 research studies around the world.

ADHD HELP

Reduces Hyperactivity: Amino acids and polyphenois (antioxidants) in Limu are able to bind to heavy metals in the urinary tract, preventing a build up in the bloodstream. Heavy metals have been linked to learning disorders and hyperactivity in children.

ALLERGY RELIEF

Lessens Allergies: Fucoidan may lessen allergic reactions by stimulating interleukin 12 and interferon-fA production, proteins which suppress IgE production. Too much IgE causes sneezing, wheezing and nasal inflammation.

Relieves Allergic Inflammation: Fucoidan has anti-inflammatory properties which can also help reduce discomfort of allergies and skin disorders.

Alleviates Sinusitis: Limu's anti-inflammatory and antibiotic properties can alleviate a variety of sinus conditions.

Reduces Congestion: Limu's mucilage helps the body hold moisture which can reduce congestion.

BLOOD PRESSURE & CHOLESTEROL CONTROL

Lowers Cholesterol: The Journal of Nutrition cited data showing fucoidan alters the activity of liver enzymes that control the way fatty acids are metabolized, resulting in lower cholesterol levels in the blood.

Improves Blood Pressure: Studies show Limu's fucoidan improves blood pressure levels.

CANCER INHIBITING PROPERTIES

Breaks Down Dangerous Cells: A Japanese study showed fucoidan causes apoptosis—where DNA within cancer cells is broken down by the cell's own enzymes.

Slows Tumor Growth: Studies show that fucoidan effectively blocks the G1 phase of cell division, discouraging the growth of malignant tumors in tests using human bronchopulmonary carcinoma cells.

Inhibits Malignant Cells: Limu's fucoidan stimulates production of interleukin and interferon compounds, inhibiting malignant cell growth. Limu's lamarin also has anti-cancer compounds.

No Side Effects: Doctors in Japan have found no side effects from fucoidan supplementation in the treatment of colon and lung cancer as well as leukemia.

Inhibits Cancer Cell Growth: Limu's fucoidan helps the immune surveillance system recognize and inhibit cancer cell growth.

Constrains Carcinogenic Transformation: Limu compounds can inhibit transformation to phospholipids to carcinogenic substances.

Inhibits Carcinogenic Bowel Toxins: Limu's compounds inhibit the creation of carcinogenic flora in the bowel.

Reduces Cancer Risk: The Limu plant has compounds that reduce the risk of certain cancers by reducing plasma cholesterol.

DIABETES & HYPOGLYCEMIA HELP

Balances Blood Sugar: Limu's fucoidan can slow the infusion of glucose into the bloodstream, which stabilizes blood sugar levels.

Inhibits Insulin Over-Response: Fucoidan's affect on glucose can help prevent excessive insulin responses in diabetics, reducing the chance of hypoglycemia.

GASTROINTESTINAL ISSUES

Improves GI Function: Consistent fucoidan supplementation in studies, showed improved function of the upper gastro intestinal tract, according to studies conducted in Tokyo.

Reduces Occurrence of Ulcers: The Yakult Central Institute for Microbiological Research reported that C-fucoidan prevented the attachment of H.pylori (ulcer causing bacteria) to stomach lining cells.

Relieves Peritonitis: Limu's fucoidan presence may inhibit inflammation-causing white cells from migrating to the stomach lining, helping reduce peritonitic inflammation.

Alleviates Constipation: Limu's mucilage helps the body hold moisture which can reduce constipation.

Helps with Colon Diseases:

See Reason # 18 Improves GI Functions

Reduces Indigestion:

See Reason # 18 Improves GI Functions

HAIR, SKIN & NAIL HEALTH

Aids in Skin Repair: Japanese scientists reported in Biological Pharmacology Bulletin that fucoidan boosts the production of the integrin protein, which aids in skin repair.

Boosts Wound Healing: The same report states that fucoidan promotes the contraction of collagen gel, boosting healing.

Speeds Skin Healing: Laboratory tests suggest compounds in Limu shorten the skin cell replacement cycle, causing skin to heal faster and wrinkle more slowly.

Hydrates Hair: Limu's alginic acid helps it resist drying out from sun exposure.

Helps Skin Retain Moisture: Limu's mucilage provides protection for delicate membranes and helps hold in moisture.

Improves Moisture Absorption: Mucilage enhance the absorption of water molecules in the skin, reducing skin dryness.

Firms Skin: Limu's mucilage contributes to making the skin firm and resilient.

Strengthens Hair, Nails & Skin: Limu's mucilage can strengthen hair, nails and skin.

Reduce Wrinkles: Mucilage can help reduce wrinkles by boosting skin regeneration.

Restores Hair: Externally applied Limu gels and compresses, combined with internal supplements, may aid hair restoration from loss due to chemotherapy or radiation treatments.

IMPROVE YOUR HEALTH

Nutrients Easily Absorbed: Limu's 70+ vitamins and minerals are used by the body quickly and efficiently.

Strengthens Bones & Teeth: Limu is rich in calcium.

Fights Depression: Limu is rich in magnesium, considered elemental in fighting depression.

Builds Healthier Blood: The Limu plant absorbs iron from the pure South Pacific waters. Iron is necessary for healthy blood and prevention of anemia.

Improves Thyroid Health: Limu absorbs zinc and iodine crucial for optimal thyroid health.

Alleviates Mood Disorders: Limu is a rich source of natural vitamins B1, B2, B12 and lecithin, which help battle symptoms of moodiness.

OPTIMIZE YOUR IMMUNE SYSTEM

Nature's Perfect Food: Limu contains a unique polysaccharide called fucoidan, whose chemical composition closely resembles human breast milk.

Resists Colds & Flu: Limu has more vitamin C than oranges.

Natural Antibiotic: Limu's fucoidan has the same antibodies as human breast milk.

Strengthens Immune System: Limu's fucoidan stimulates production of vital immune cells, helping the body battle against bacteria, viruses, fungi, parasites, even cancer cells and helps mitigate dozens of autoimmune disorders.

Protects Against Disease: Limu's glyconutrients encourage "Natural Killer" (NK) cells to fight disease, enabling better protection from tissue breakdown.

Speeds Immune Response: Limu's glyconutrients also encourage NK cell and B-cell regeneration, speeding up the body's immune response.

Stronger White Blood Cells: Glyconutrients in Limu aids white blood cells to better destroy infectious microorganisms.

Fights Antibiotic Resistant Bacteria: Limu's fucoidan has powerful immune-boosting components that can strengthen the body's fight against antibiotic resistant bacteria.

PREMATURE AGING

Reduces Liver Problems: Fucoidan can significantly enhance the production of hepatocyte growth factor (HGF), which stimulates regeneration of liver cells, reducing the risk of hepatitis, cirrhosis and liver failure.

Aids Proper Scar Formation: Fucoidan's effect on HGF boosts production of skin cells, vital to scar formation.

Improves Tissue Healing: HGF boosts tissue healing by inhibiting the prevention of regeneration, challenging degenerative diseases such as diabetes and arteriosclerosis.

Improves Joint Health: Fucoidan's effect on HGF boosts cartilage regeneration.

Strengthens Heart Muscle Cells: HGF increases production of heart muscle cells, which may help pulmonary fibrosis.

Slows Aging: Studies show HGF slows the deterioration associated with aging by inhibiting a substance in the body that prevents the regeneration of tissue.

STRESS & HEALING

Aids Liver Repair: Fucoidan stimulates better liver cell regeneration/tissue replacement.

Stimulates Tissue Replacement: Fucoidan stimulates tissue replacement in organs and the skin. This is especially important for surgery recovery.

Helps Cope with Stress: Limu can help the body cope with stress by keeping it supplied with restorative compounds and minerals. Also Limu's nutritional boost allows the mind to be reassured the body is receiving optimal nutrition.

Natural Detoxifier: Limu alginate is a natural detoxifier.

Reduces Chronic Fatigue: Due to Limu's anti-inflammatory and energy-producing capability.

VASCULAR FLOW & STROKE IMPROVEMENT

Improves Stroke Damage: Limu's Fucoidan has strong anti-inflammatory properties that may help minimize brain damage and memory impairment in stroke sufferers.

Lowers Stroke Risk: There is evidence Limu's Fucoidan discourages the formation of blood clots, lowering the risk of both heart attacks and strokes. The Department of Surgical Sciences in Stockholm concluded that the anti-coagulating properties of fucoidan are more potent than the commonly prescribed Heparin.

Inhibits Blood Clots: Limu's Iamarin is a natural anti-clotting compound.

WEIGHT & APPETITE CONTROL

Breaks Down Fat: Lecithin in Limu may help break down fatty deposits under the skin.

Satisfies Appetite: The high mucilage content of Limu helps satisfy hunger.

Eliminates Cravings: Limu's balance of nutrients, often eliminates food cravings.

Thyroid Stimulation: The iodine in Limu can stimulate an underactive thyroid, which has been linked to slower metabolism and weight gain.

Improves Metabolism: The organic iodine in Limu also supports increased metabolism function.

Helps Reduce Obesity: As Limu helps stabilize blood sugars, food can be used as energy rather than stored as fat.

WITH ITS ANTI-INFLAMMATORY QUALITIES, LIMU ALSO:

Relieves Meningitis Swelling

Relieves Earaches

Relieves Eye Inflammation

Relieves Gingivitis

Relieves Headaches

Relieves Pain

Relieves Sore Throats

Relieves Backaches

Relieves Toothaches

Relieves Boils

Relieves Arthritis

Relieves Prostate Swelling

Relieves Fibromyalgia

Immune System Booster: Limu's Fucoidan can do what no synthetic drug can: fight bacteria while boosting the immune system rather than weakening it.

Helps Fight Viruses: Limu's fucoidan increases the production of some types of interleukins and interferons secreted by immune cells (like T cells). This can be an effective treatment against viruses that cause hepatitis, chronic fatigue and even AIDS.

Herpes (Cold Sores) Relief: Fucoidan may be beneficial for people who suffer from chronic viral infections such as herpes or cytomegalovirus, which can cause miscarriages and birth defects.

Halts Viruses: Fucoidan has been shown to bind to enveloped viruses, interfering with their ability to attach to host cells and preventing replication.

Specialized Immune Support: Laboratory tests show fucoidan boosts the level of immune defense cells specifically designed to attack invaders that are present, rather than boosting random defense cells.

Reduces Fever

Relieves Mouth Sores

Alleviates Strep Infections

Minimizes Respiratory Infections

WOMEN, HORMONES & BREAST HEALTH

Improves Hormone Levels: A combination of soy and Limu's fucoidan impacts hormone levels in postmenopausal women.

Protects Against Tumor Malignancy: A University of South Carolina study demonstrates that soy and fucoidan work synergistically, possibly protecting against the formation of malignant breast tumors.

Protects From Steroids: Protects against the negative effects of steroids.

Protects Breast Tissue: Limu helps protect breast tissue against pollutants and toxins.

Contributes to Breast Health: Limu supplies vital trace minerals that protect breast tissue.

Alleviates Premenstrual Distress: Limu is a rich source of vitamins B1, B2 and B12.

Alleviates Bladder Infections:

Specialized Immune Support

Reduces Yeast Infections:

Specialized Immune Support

* These statements have not been evaluated by the FDA and dietary supplements are not intended to cure, prevent or treat any illness or disease. These experiences are provided for informational purposes and are not meant to substitute for the advice provided by your own physician or other medical professional. If you have or suspect you have a medical problem, promptly contact your health care provider. Rita Elkin's book, "Limu Moui: Prize Sea Plant of the South Pacific," is an independent publication and is not endorsed in any way by The Limu Company.