



Advanced  
Bionutritionals™

Cutting Edge Nutraceuticals Formulated by Doctors

Alginol®

## Have These Deep-Sea Diving Grandmothers Found The Fountain Of Youth?

**They dive 65 feet underwater ... hold their breath for minutes ... and bring up treasures from the sea. And some of them are over 70 years old!**

It's been called one of the seven new wonders of the world...

A craggy volcanic island in the Pacific, where 70-year-old grandmothers dive up to 65 feet underwater ... hold their breath for minutes ... and bring up treasures from the sea.

Each day, they walk down to the ocean's edge wearing nothing more than a wet suit, fins and goggles, and plunge into the cold sea. They disappear for minutes and return to the surface with octopus, sea urchin, seaweed and shellfish.

They are called the Haenyeo – the “mermaids” of Jeju Island, just off the coast of Korea. They're part of a tradition that dates back hundreds of years. And surprisingly, it's only *older women* who do the diving.

Their age ranges from 58 to well into their 70s. Yet their energy and fitness allow them to make a living out of harvesting the sea floor ... free diving to depths of 65 ft. without any oxygen tanks.

No doubt daily exercise and a high protein diet help with their remarkable stamina. But they have another secret up their sleeve, too. A nutritional powerhouse that, until recently, was practically unknown outside of this small Korean community.

The mermaids of Jeju Island — and the active elders in their community — all include a special type of brown seaweed in their diet. Lots of it.

It's called *ecklonia cava*. And when scientists looked closely at this brown seaweed, what they found astonished them.

This brown seaweed was packed with more antioxidants than anything found on dry land. And these antioxidants were up to *100 times*

### The Mermaids of Jeju Island



Each day, the Haenyeo – the women divers of Jeju Island near Korea – disappear beneath the sea, hunting for octopus, sea urchin, seaweed and shellfish. These grandmothers are part of a diving tradition that dates back hundreds of years.

### What Is Ecklonia Cava?



as blueberries, green tea catechins and even resveratrol.<sup>1,2,3</sup>

This brown seaweed had another big advantage, too. Most land-based antioxidants are water-soluble. That means they have a hard time crossing the blood-brain barrier to protect your brain cells. But ecklonia cava is *fat-soluble* as well as water-soluble. Which means it can penetrate the membranes of your brain and nerve cells to give them the protection they need.

With all this antioxidant power, you'd expect ecklonia cava to have some pretty amazing benefits for your health. And you'd be right! Dozens of studies over the years have revealed...



**E**cklonia cava is an edible brown seaweed that grows deep in the pure ocean waters off the coast of Korea. It contains unique and very powerful antioxidants not found on dry land. Now it's available as a concentrated extract called **Alginol**.

### Ecklonia Cava Can Work Wonders For Your Cholesterol, Blood Pressure and Circulation

In one study, it helped lower "bad" LDL cholesterol and boost "good" HDL cholesterol in just 8 weeks. It's also been shown to lower triglycerides and C-reactive protein<sup>4</sup> — two big risk factors for heart problems. That's almost unheard of for a natural remedy. And that's not all...

- **For Healthy Blood Pressure:** Ecklonia cava blocks ACE (angiotensin-converting enzyme). Blocking ACE helps relax blood vessels and keeps your blood flowing freely.<sup>5,6,7</sup>
- **For Healthy Blood Viscosity:** When your blood is too thick, it can make your circulation sluggish. That makes your heart work harder.<sup>8</sup> But ecklonia cava helps improve the viscosity of your blood by balancing plasmin and fibrin.<sup>9,10</sup> These are the natural thinning and thickening agents in your blood.
- **For Healthy Arteries:** Ecklonia cava can even help "rejuvenate" blood vessels and keep them healthy and flexible. In one study, patients with damaged artery walls took ecklonia cava. Their artery health improved significantly in just 6 weeks. Blood flow increased by more than 50%. This confirmed ecklonia cava's ability to support healthier circulation.<sup>11,12</sup>

All these benefits can be a lifesaver for your heart health and circulation. But there's more to ecklonia cava than this...

### Sharpens Your Memory and Mental Focus

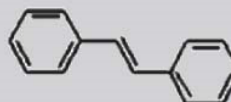
Do you ever misplace your car keys or eyeglasses... forget names ... or have "senior moments"? Do you want to keep your memory sharp as a tack for life?

Since ecklonia cava can cross the blood-brain barrier, it has a unique ability to nourish your brain and memory.

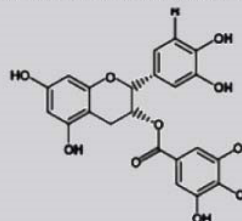
### Could This Be The Most Powerful Antioxidant On Earth?

**E**cklonia cava has a unique molecular structure that gives it a big advantage over land-based antioxidants. You see, the power of an antioxidant depends on its structure, which is made up of rings. Antioxidants use these rings to capture rogue electrons and neutralize free-radicals. The more rings, the better it works.

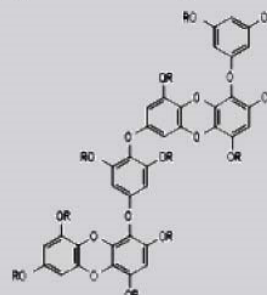
Resveratrol from red grapes has 2 rings:



Catechins from green tea have 4 rings:



But ecklonia cava has 8 interconnected rings. Making it a veritable electron-trapping, free-radical killing machine!



For instance, your brain depends on a neurotransmitter called acetylcholine (ACh) to remember and learn new things. In animal tests, ecklonia cava increased ACh by 140% in the brain regions responsible for learning and memory. And it did so in just 7 days of treatment!<sup>13</sup>

In another study, it increased alpha waves in the brain. Alpha waves promote mental sharpness and enhance your overall sense of calmness and ability to complete tasks.<sup>14</sup>

Plus ... ecklonia cava has been found to reduce beta-amyloid plaque in the brain. As you may know, beta-amyloid has been linked to some of the most serious memory problems of old age.<sup>15</sup>

All this makes ecklonia cava a "must-have" nutrient for your battle against brain aging. It can give you more "quick on your feet" thinking and help keep your memory razor-sharp well into your 80's and 90's. And there's more...

### Soothes Joint Pain and Inflammation

Ecklonia cava also has the amazing ability to soothe your stiff joints. It does so by reducing COX and LOX enzymes. These enzymes can get out of whack due to stress, injury, infection and toxins.<sup>16</sup> When they do, they can trigger inflammation, joint pain and discomfort.

But ecklonia cava reduces these enzymes. This has been shown to significantly help knee and joint pain. And unlike conventional COX-inhibiting treatments, ecklonia cava soothes your joint pain *without* damaging your stomach ... or putting your heart in jeopardy.<sup>17</sup>

Ecklonia cava does more than work on COX-2. It also inhibits another nasty enzyme called MMP-9. This enzyme actually eats away at your collagen, the primary building block of the cartilage in your joints.

Yet clinical studies show that ecklonia cava reduces MMP-9 by a whopping 80%! That means less pain, less stiffness, and more mobility for you.

I think you'll agree this is landmark stuff. But that's not all...

### Boosts Your Immune System

Last year's flu shot didn't do much to protect those over 65 from getting sick. Even the Center for Disease Control (CDC) admits it only helped 1 out of 4 adults over age 65 from getting the flu.<sup>18</sup> And only reduced your chances of a serious flu by a paltry 9%.

So if you'd like to boost your immune system without getting stuck by a needle, try ecklonia cava. It contains a substance called fucoidans. Fucoidans protect against 3 different kinds of the flu.<sup>19</sup>

Fucoidans also kill viruses. In a double-blind, placebo-controlled study, men and women over 65 took a supplement with fucoidans. By the end of the study, they had boosted their immune systems and had more infection-fighting "T cells." They also had half as many sick days.<sup>20</sup>

The germ-fighting power of ecklonia cava is so strong, it even kills Salmonella bugs and methicillin-resistant staph germs (MRSA).<sup>21</sup> That's good news if you're anywhere near a hospital, where these super-bugs run rampant.

### Helps Maintain Healthy Blood Sugar

My friend Ron M. had a long-term problem with his blood sugar. Ron followed my strict dietary suggestions. He took supplements. He even

### It's Like Getting A Day's Worth of Fruits and Vegetables In A Single Capsule!

Scientists measure the power of antioxidants with something called the ORAC score. The more free radicals a substance traps, the higher the ORAC score.

Nutritionists say we should consume around 5,000 ORAC units a day to reduce free radical damage. One serving of most fruits and vegetables (half a cup), gives you roughly 500 ORAC units. So you'd have to eat roughly *5 cups a day*.

But **Alginol** with ecklonia cava has an ORAC score of more than 8,300. That's like getting your entire day's worth of antioxidants in a single capsule!

Keeps Working

eliminated his craving for coffee. But Ron still had morning blood sugar in the range of 140 mg.

But within two weeks of using ecklonia cava, his blood sugar plummeted to an average of 100 mg! What's more, his blood sugar rapidly normalized after he "cheated" once and ate wedding cake. Before taking ecklonia cava, that would have sent his blood sugar skyrocketing to over 300!

**S**ince it's fat-soluble, ecklonia cava has a much longer active life in your body than ordinary antioxidants. Up to 12 full hours. Compared to land-based polyphenols like blueberries and pomegranates, which are expelled from your body in just 30 minutes. This means ecklonia cava can work its magic inside your body *up to 24 times longer*.

### Zaps the Enzyme that Destroys Your Eyes and Nerves

You probably know that high blood sugar can lead to all sorts of health problems. One of them involves an enzyme called aldose reductase.

When your blood sugar gets too high, aldose reductase converts some of the excess glucose into something called sorbitol. Sorbitol can build up in your eyes and nerve cells and damage them.

But ecklonia cava is a potent inhibitor of aldose reductase. So if you have high blood sugar or the pre-condition that leads to it, this is one supplement you want in your arsenal.

### BOOSTS Your Metabolism and Fires Up Fat-Burning

New research shows that a pigment found in ecklonia cava — called fucoxanthin — can even help you maintain a healthy weight. Fucoxanthin gives brown seaweed its distinctive brown color. You won't find it in any other type of edible seaweed.

Researchers found that fucoxanthin fights fat in 2 ways. First, it stimulates a protein which causes fat to break down. That's good news for fighting abdominal fat. Second, fucoxanthin helps your liver make more DHA. DHA is an omega-3 fatty acid that helps reduce LDL (bad) cholesterol — which contributes to weight gain and heart problems.

Korean researchers confirmed this in a double-blind, placebo-controlled study. They took 97 overweight men and women and gave them ecklonia cava. In just 12 weeks, test subjects had a significant decrease in their weight, body mass, body fat, and waist size. What's more, their "bad" cholesterol dropped and their "good" cholesterol went up. The placebo group didn't change one bit.<sup>22</sup>

So along with a healthy diet and moderate exercise, ecklonia cava can help you get rid of belly fat, too!

### Sleep Better at Night and Enjoy a Big Boost in Energy

Getting a good night's sleep is essential for a strong immune system, weight control and your overall health. Once again, ecklonia cava can help.

Researchers gave ecklonia cava to people in an 8-week sleep study. The results were startling. Ecklonia cava cut the time it took for people to fall asleep by 47 minutes. It improved soundness of sleep by a whopping 80%. It even gave them a big boost in energy.<sup>23</sup>

Imagine how much better you'll feel with a full night's sleep. You won't be so drowsy during the day. You'll fight off colds and flu better. And you'll have the energy and stamina to have more fun with friends and family.

### So Many Health Benefits In One Super Antioxidant

Researchers have found so many benefits to ecklonia cava, it's impossible to list them all here. But let me just highlight a few more...

- **Younger-Looking Skin and Appearance.** Ecklonia cava is a potent sun-blocker. It can protect your skin from harmful UV rays from the inside out.<sup>24</sup> It also blocks an enzyme that creates wrinkles. So your skin feels smoother and you look younger.

- **Fights Allergies.** Ecklonia cava can slow down the release of histamine—common to many allergic reactions.<sup>25</sup>
- **Helps Detoxify Your Body:** Brown seaweed preparations are rich in iodine and other minerals that flush toxins out of your body and even get rid of radioactive elements.<sup>26</sup>
- **Better Endurance:** Scientists gave an ecklonia cava drink to cyclists during a 4-week training program. The cyclists showed a big improvement in oxygen capacity, heart rate and endurance.
- **Beats Fatigue and "Mystery Pains:"** Are you one of the 10 million Americans who suffer from unusual muscle pains and excessive fatigue? In a double-blind study, people suffering from these symptoms took ecklonia cava for 8 weeks. They reported 31% less pain, 71% more energy, better nighttime sleep, and more "good days" per week.
- **Better Sexual Performance and Enjoyment:** Here's an added bonus: When men with erectile difficulties took ecklonia cava, it improved erections by 81%. It also boosted orgasmic function and overall satisfaction by a whopping 60%.<sup>27</sup> That's because ecklonia cava helps your body release nitric oxide — which relaxes blood vessels and opens up blood flow.

Are you starting to see why ecklonia cava should be part of your daily plan to protect your heart, arteries, nerves and brain?

### The Only Type of Ecklonia Cava I Recommend Now

Because of its amazing health benefits, a lot of companies are jumping on the bandwagon and trying to sell ecklonia cava.

Unfortunately, many of them don't guarantee purity or the right dosage. That's why I looked far and wide to find a trusted source.

I found it in a little-known South Korean company. Scientists from this company spent \$39 million researching a precise extract of ecklonia cava. They call it Seanol<sup>®</sup>, and it's the form used in nearly all of the research studies.

Advanced Bionutritionals now offers Seanol to you in a supplement called **Alginol<sup>®</sup>**.



Each daily dose of **Alginol** gives you an impressive 800 mg of ecklonia cava extract. That's almost *triple* the amount used in some of the clinical studies. And it's 11% more than the other leading brand. Yet you pay the same low price — just \$29.95 for a one-month supply.

But you don't have to pay that much! Thanks to a special discount available with this report, you can pay as little as \$24.95 per bottle.

### Safe and Effective

**Alginol** has been studied by researchers and doctors for more than 15 years. There have been dozens of clinical studies<sup>28</sup> in the U.S., Japan, and Korea and over \$35 million in research. Patients have taken tens of thousands of doses, with no serious adverse events.

Here's what the recommended two capsules daily provide:

|   |               |          |
|---|---------------|----------|
| <b>Seanol<sup>®</sup>** Brown Algae (Ecklonia Cava)</b> | <b>800 mg</b> | <b>†</b> |
| dried extract   |               |          |

\* Daily Value not established

**Other ingredients:** Dextrin, vegetarian capsule, (hydroxypropyl methylcellulose, water), cellulose, silicon dioxide, and magnesium stearate.

\*\*Seanol<sup>®</sup> is a registered trademark of Simply Healthy, LLC.

What's more, **Alginol** is a "superfood" — not a pharmaceutical or synthetic product. People in Asia have been eating brown seaweed for centuries. There are no known interactions with drugs, so you can take **Alginol** without worrying about your other medications or supplements.

**It Works For You Or It's FREE!**  
**With Our Down-to-the-Last Pill Guarantee**



It's easy to order **Alginol**. Just [click here](#) to fill out the secure online order form. Or call us toll-free at **1-800-791-3395** (24 hours a day, 7 days a week). Once we receive your order, we'll rush it right out to you. You should have it in 5-7 business days.

To give your body time to get the full effect, I suggest you take advantage of our 3-month value pack. You'll receive enough **Alginol** for 90 days and save \$9.90 off the single bottle price. Or better still ... order a 6-month supply. You'll save a whopping \$30.00 off the single-bottle price – and shipping is FREE!

As with every Advanced Bionutritionals product, you're completely covered by our unconditional guarantee. If at any time you're not satisfied with **Alginol**, just return the unused portion for a full refund of every penny you paid, including shipping charges. They'll even refund your money if you've finished the last capsule!

### **Experience the Energy Boost, Mental Sharpness and Feeling of Wellness of *Alginol*® today**

When free radicals build up inside you, due to stress, toxins and chemicals in your food, your whole body can suffer. But when you have a healthy balance of free radicals kept in check by powerful antioxidants, you feel great and age gracefully.

That's why I'm so excited to bring you news about **Alginol**. This super-antioxidant from the sea can help you stay active and healthy well into your 80s and 90s.

You know, I've had patients come up to me and say, "Dr. Rowen, I've started taking **Alginol** and my circulation has gotten better ... my mind seems sharper ... my joints feel better ... and I feel great!" Now it's time to experience the miracle of **Alginol** for yourself.

Imagine finally having the energy to do all the things you love. Imagine being able to make plans with your friends and family, enjoy your hobbies, exercise, garden. And to really live your life to the fullest.

It's time to experience all this and more. Time to enjoy the improved blood flow ... sharper memory ... comfortable joints ... and even better sleep that **Alginol** can deliver.

And remember ... if you *don't* feel the difference after trying **Alginol**® for 60 days ... it's **FREE**. Even if you've finished the last capsule. So order your supply today!

Yours for better health,



Robert J. Rowen, MD

P.S. **Alginol** contains pure ecklonia cava extract. It's an absolute miracle food! I give it my highest endorsement. I take it. My wife takes it. And I urge every one of my patients and readers to take it. You should, too!

P.P.S. Remember, you can try **Alginol** for as little as \$24.95 a month with this special invitation. And get FREE shipping, too. And with our Down-to-the-Last-Capsule Guarantee, you don't risk a cent. So order yours today!

**[Please follow this link](#) to order, or call 800-791-3395, 24 hours a day 7 days a week.**

#### ABRRALGINOL2

Dr. Robert Rowen is compensated by Advanced Bionutritionals for his work in formulating and endorsing this product.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent a disease.

1. <http://www.ncbi.nlm.nih.gov/pubmed/22259673>
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