

- Food
- Food Additive
- Cosmetic
- Quasi-drug



Hokkaido Hakodate

Healthy Do

Technical  
Data

# 『 Gagome Kelp Powder 』

## The Strong Stickiness of Water-Soluble Polysaccharide



More than 95% of the natural kelp distributed in Japan is produced in Hokkaido. Typically the kelp of the Laminaria family is commonly used in cooking, but there are several types of kelp. Kelp of the genus Laminaria is harvested in a wide area along the coast of Hokkaido, but Gagome kelp of the genus Kjellmaniella crassifolia is an endemic species found only in the sea around Hakodate. The viscous polysaccharide, which is the thickening ingredient, is mainly fucoidan, alginic acid, and laminaran, and has a strong stickiness.

Due to the decline in natural resources, we only use specially cultivated kelp in joint research with Hokkaido University, and can be displayed as "Hokkaido University Marine Cultivated Gagome Kelp."

### Expected Function

- ◎ Activation of immune system
- ◎ Weight-loss with water-soluble polysaccharide
- ◎ Cleaning of gastrointestinal & Improvement of constipation

### Recommended Dosage

- ◎ Less than 800mg/day

At 800mg/day, it reaches the upper limit of daily iodine intake recommended by the Ministry of Health, Labor and Welfare. However, since there is no way to measure the amount of iodine that is simultaneously ingested from other foods, the current recommended daily intake is set at less than 800 mg.

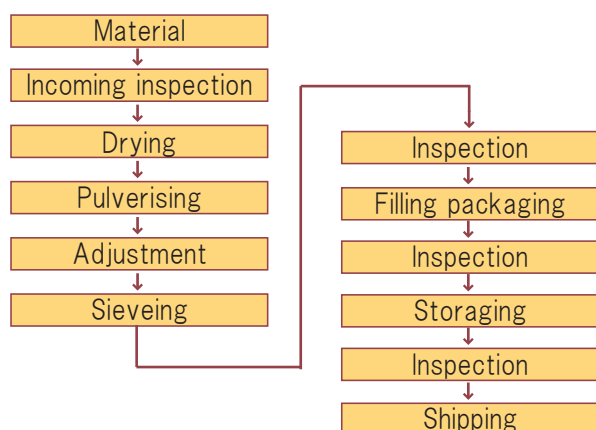
### Display Name Example

- ◎ Seaweed powder, Gagome kelp, Gagome powder, etc.

### Uses

- ◎ Health supplements, processed foods etc.

### Production Process



### Allergen

Gagome kelp does not contain any allergens, but it is collected from sea areas where shrimp and crabs inhabit. For this reason, it is not possible to remove shrimp and crabs that are too small to be seen with the naked eye, so please take precautions such as listing shrimp and crabs as allergens.

### Quality Standard Composition

Particle size	80 mesh pass
Viable count of bacteria	Less than 3,000 pcs/g
Fungus	Less than 3,000 pcs/g
Coliforms	Negative
Moisture	Under 9%

### Chemical Analysis Value (/100g)

Energy	142 kcal
Protein	7.9 g
Fat	0.5 g
Carbohydrate	62.1 g
Salt equivalent	7.6 g
Dietary fiber	34.2 g
Iodine	340 μg

※ Numbers are just an analysis example.  
It does not guarantee the content of the product.

### Other

Quantity	1kg
Shelf life	3 years from the production date
Storage condition	Keep in cool dry place and avoid direct sunlight

## Company Information

Ver.2304

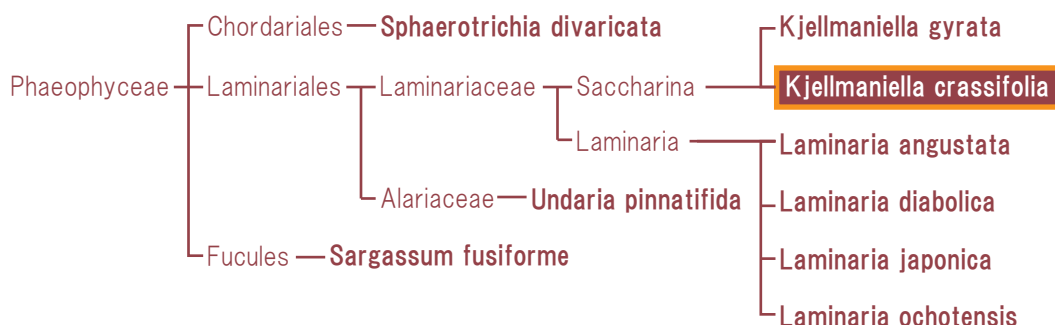
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### ■ Gagome kelp is a local specility of Hakodate

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#### 〈Distribution area of Kjellmaniella crassifolia〉



### ■ Water-soluble polysaccharide

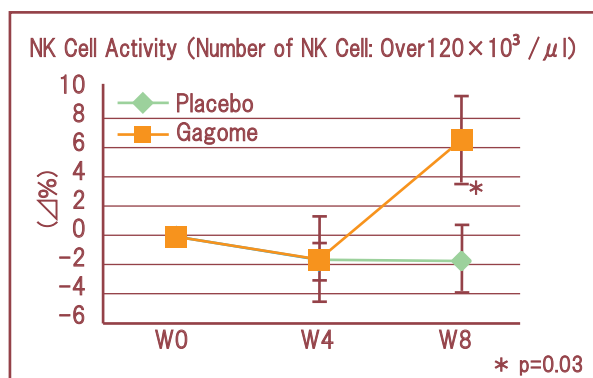
Water-soluble polysaccharides are sticky components contained in seaweed such as kelp. It has a very high ability to retain water, and once it absorbs water, it becomes jelly-like and embraces moisture. It is widely used in the food field as a thickener, and in the medical field as a humectant and hemostatic agent. This jelly-like natural gel has a very large molecular weight, so it cannot be absorbed into the body even if taken orally. It passes through the body in a sticky state, absorbs excess material, and then exits the body. It also stays hydrated on the skin, covering the surface with a thin veil to protect your bare skin from dryness.

Kelp is a very low calorie food and is effective for dieting. 10g of dried kelp has only 14 kcal. It absorbs water in the stomach and expands to several times its size. This will help you feel full and reduce your intake of excess calories. The components of kelp that absorb water in the body become jelly-like and are excreted while stimulating the stomach and intestines. This action also promotes bowel movements. Along the way, it supplies the body with the vitamins and minerals it needs, which is a unique feature.

### ■ Activation of immune system



A double-blind study in which 200mg of dietary fiber (about 80mg of fucoidan) is ingested at 0.8g/day of Gagome kelp powder for 8 weeks is conducted, and the natural killer (NK) cell activity, immunoglobulin (IgM and IgA) and other immune-related biomarkers such as cytokines (IL-12 and IFN- $\gamma$ ) are evaluated. As a result of the test, NK cell activity increases in the subject group with relatively high NK cell counts before intake. All subjects also show a tendency to stimulate IgA secretion. These results indicate that ingesting Gagome kelp may strengthen the body's defense system in humans.



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