Fiber, that are prebiotic, viscous and readily fermented in the colon, digestibility of these carbohydrates is low (3). For this reason, most algae cannot be considered a potential energy-rich food, as caloric intake. Algal polysaccharides content is relatively high, be ingested in controlled quantities in order to maintain the correct carbohydrates and general food carbohydrates.

Typical nutritional analysis of Norwegian Ascophyllum nodosum have identified high levels of carbohydrates, as well as vitamins, minerals and trace elements. In this article we want to underline the difference between algal carbohydrates and general food carbohydrates. "Normal" foods containing high levels of carbohydrates are to be ingested in controlled quantities in order to maintain the correct intake. Algal polysaccharides are often considered Fibers, that are prebiotic, viscous and readily fermented in the colon, digestibility of these carbohydrates is low (3). For this reason, most algae cannot be considered a potential energy-rich food, as caloric intake. Algal polysaccharides content is relatively high, be ingested in controlled quantities in order to maintain the correct carbohydrates and general food carbohydrates.

It is apparent that alginate can moderate a number of physiological processing controlling food intake; an effect related to its ability to viscously and gel within the gastrointestinal tract. In a recent published randomized, controlled two-way crossover intervention of 7 days on free-living adult healthy subjects, a small dose of alginate in a preload formulation produced a significant reduction in mean daily energy intake (-135 Kcal). This reduced energy intake was underwritten by significant reduction in mean daily carbohydrates, sugars, fats, saturated fats and protein intake. The efficacy was unaffected by gender, BMI, and timing of dosing, and reduction in energy intake was in-line with that proposed for weight management. These findings suggest a possible role for alginates in the management of the growing problem of overweight and obesity (8).

An accurate revision of the scientific data suggests that, in the right combination with calcium salts or other substances, even a small amount of alginate is effective (10), (11), (12). AlgeaFood Powder and Powder Micro are phyto-complex of Norwegian Ascophyllum nodosum, harvested in a total sustainable way in the cold water of Arctic Sea and processed in respectful condition, in order to protect all the valuable components of this precious resource. Alginates content of AlgeaFood (expressed as Alginic Acid), monitored through the years, has revealed a mean value of 20% by weight, ranging from 15 to 35%. For all the reasons mentioned above, due to its high content of alginates, AlgeaFood products can play an important role in the development of foods, supplements or beverages intended to positively affect the weight management, both in healthy and overweight subjects.

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