

# Seaweed Slimix

## Therapeutic indication:

English Herbal Medicines Seaweed Slimix is a traditional herbal medicinal product used as an aid to slimming as part of a calorie controlled diet, based on traditional use only.

## Components:

Each 5ml of oral liquid contains 5ml of liquid extract from dried Bladderwrack (*Fucus vesiculosus* L.) thallus (1:1). Extraction solvent: ethanol 21% v/v. Also contains ethanol and water.

## Dosage:

Take 5ml twice a day with water.

## Enviro Friendly Label and Packaging:

Almost zero new paper packaging is produced for the manufacture of this product. The Patient Information Leaflet is found behind the peel-and-reseal front label. There is no bottle box and product is re-delivered in the same outer card wrapping that the empty bottles are received in by the final dosage form manufacturers (subject to quality checks).

## Pack Size:

Available in 200ml amber glass bottle with 20mm screw top. Supplied in boxes of 10 bottles. Nominal weight per box of 10 is 4.4 kg.



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# SEAWEED CAN HALT OBESITY

**Plant reduces fat intake say scientists**

SEAWEED could hold the key to conquering obesity, experts believe.

Their research shows that it can stop the body absorbing up to three-quarters of the fat in a meal.

Scientists are adding the seaweed fibre to bread and launching trials to see if foods can be developed which can even help people lose weight.

The seaweed extract alginate is a natural fibre and so it has none of the

By Jo Willey

unpleasant side effects that have been linked to some of the most popular over-the-counter weight-loss pills.

The more alginate consumed, the more fat is removed from food and passed through the body.

Experts believe that by adding extracts from the seaweed to fast foods that are high in fat and calories they will be able to make them healthier.

Previous research by scientists at

Newcastle University found alginate could be used to increase the fibre content of pies, burgers, cakes and other high fat foods.

They claim this will allow people to keep eating junk food while enjoying the benefits of healthier alternatives.

In further research that will be presented today to the American Chemical Society's spring meeting in San Francisco, the team led by Dr Iain

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**Why Kelly's giving away her clothes**

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The formula for Seaweed Slimix was a traditional herbal remedy originating from Potters, the first English herbal medicine company, founded in 1812 and which became the main supplier of medicines in the nineteenth century. The plant was used for centuries for obesity, only losing favour with modern pharmacy which extracted its iodine for use in hypothyroidism. The British Pharmacopoeia and British Pharmaceutical Codex listed Bladderwrack (*Fucus*) as specific for certain types of obesity throughout the twentieth century<sup>1</sup>

The French Medicaments a Base de Plantes gives Bladderwrack as a traditional adjuvant to slimming regimes.

“This plant has a reputation as an antifat, claiming that it diminishes the fat without in any respect injuring the health. It influences the mucous membrane, the serous membrane and the lymphatics. It is a gently stimulating and toning alterant. It is one of those slow, persistent agents that require time to accomplish the desired results”<sup>2</sup>

Preparations of Bladderwrack have been used medicinally to reduce obesity<sup>3</sup>

“In 1862, Dr. Duchesne-Duparc found...that weight was reduced without injuring health, and used the drug successfully for the latter purpose. During the first world war, the French government found that feeding horses on Bladderwrack, caused them to lose lost weight, but with a general increase in health. Dr. Godfroy experimented on himself, losing five and a quarter pounds in a week after taking, before three meals a day, an extract.....  
.....without any detrimental effect”<sup>4</sup>

Bladderwrack Liquid Extract is ....used in obesity<sup>5</sup>

Bladderwrack is one of the richest sources of micro-nutrients and is used in obesity of low thyroid function,.. faulty nutrition.. and general debility.<sup>6</sup>

**References:**

1. The Pharmaceutical Society of Great Britain, 1949. The British Pharmaceutical Codex, London: The Pharmaceutical Press
2. Lyle, T.J.,1897. Physio-Medical Therapeutics, Materia Medica and Pharmacy . USA:Ohio
3. Greenish, H.A., 1929. A Text Book of Materia Medica London: Churchill
4. Mrs. M Grieve, 1931. A Modern Herbal, London:Tiger Books
5. Pharmaceutical Society of Great Britain, 1973. Martindales Extra Pharmacopoeia, London: The Pharmaceutical Press
6. Bartram, T., 1995. Encyclopaedia of Herbal Medicine, Christchurch: Grace Publishers

#### HOW TO TAKE THIS PRODUCT:

For oral use only.

**Adults (18 years and above):** Take 5ml twice a day with water.

#### DO NOT EXCEED THE STATED DOSE

This formulation is not suitable for children under 18, the elderly, patients with a thyroid disorder, patients who are allergic to any of the ingredients, pregnant or breastfeeding women or patients taking an anticoagulant treatment.

Keep all medicines out of the reach and sight of children.

Peel where shown for further precautions.



Certification  
Mark



Batch No:  
Expiry:

EHSUML200/001

ENGLISH HERBAL  
MEDICINES

# Seaweed Slimix

A traditional herbal medicinal product used as an aid to slimming as part of a calorie controlled diet, based on traditional use only

200ml

#### PRODUCT DESCRIPTION:

English Herbal Medicines Slimix is a traditional herbal medicinal product used as an aid to slimming as part of a calorie controlled diet, based on traditional use only.

**Ingredients:** Each 1 ml of oral liquid contains 1 ml of liquid extract from dried Bladderwrack (*Fucus vesiculosus* L.) thallus (1:1). Extraction solvent: ethanol 21% v/v.

**This product also contains the following ingredients:**  
Ethanol (from tincture).

#### Manufacturer and Traditional Herbal Registration Holder:

Rutland Biodynamics Ltd.,  
Town Park Farm, Brooke, Rutland  
LE15 8DG  
THR No: 28255/0020

Label last revised in October 2010.

PEEL HERE BUT DO NOT REMOVE

#### BEFORE YOU TAKE THIS PRODUCT

##### Do not take this product if you:

- have a thyroid disorder
- are allergic to any of the ingredients
- are pregnant or breastfeeding
- are under 18 years old
- are elderly
- are taking an anticoagulant treatment

**If your symptoms worsen or do not improve during the use of this product, or adverse reactions not mentioned in the leaflet occur, speak to your doctor, pharmacist or healthcare practitioner.**

##### You should also know:

This product contains approximately 828 mg ethanol (alcohol) per dose, equivalent to 21 ml of beer or 8.3 ml of wine. Harmful for those suffering from alcoholism.

**If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or healthcare practitioner.**

#### POSSIBLE SIDE EFFECTS

There are no known side effects.

If you notice any side effects after taking the product tell your doctor or pharmacist.

Stop taking this product immediately if you experience any allergic skin reaction.

#### STORING THIS PRODUCT

**Do not use after the expiry date shown on the bottle.**

Return any out of date medicine to your pharmacist who will dispose of it for you.

This product does not require any special storage conditions. Keep the bottle tightly closed.

#### FURTHER INFORMATION

##### If you take too much of this product (overdose)

If you take more than the recommended dose, speak to a doctor, pharmacist or healthcare practitioner and take this leaflet with you. Overdose of this product may result in alcohol intoxication and should be treated accordingly.

##### If you forget to take this product

Continue to take your usual dose at the usual time. It does not matter if you have missed a dose.

**This product is available in packs of 50ml, 100ml and 200ml.** Not all pack sizes may be marketed.

##### If you would like further information about this product, contact:

English Herbal Medicines Ltd, Town Park Farm, Brooke, Rutland LE15 8DG.

ENGLISH HERBAL  
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