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Dear friends,

our association deals among other things with natural products that can promote and maintain our health and can be used to support the treatment of illnesses.

We've tested the special algae products from the neurobiologist Dr. Heidi Wichmann www.dr-wichmann.com and want to share our research results below.

A happy and long health!

Dr. Patrick Assheuer (Chairman)

Why algae?

Algae have been an integral part of the human diet for millennia. Even today, algae are daily consumed in many countries, and the health benefits of microalgae and cyanobacteria, such as chlorella and spirulina, are now widely known. However, macroalgae, the trees of the sea, are mostly unknown in the western countries. In addition to many antioxidants, immune system-stimulating and anti-inflammatory properties, they contain numerous building blocks, which are very important for balanced body processes. Among other things, they contain - depending on the species specifically and in varying amounts - for instance, essential amino acids, minerals and trace elements (calcium, magnesium, lithium, etc.), vitamins (A, B complex, C, E, etc.), essential fatty acids and iodine. Additionally, they are a rich source of various bioactive natural products. Another advantage of algae is that they help the body to detoxify by binding certain substances to themselves and so they can be excreted from the body. Algae will play an increasingly important role in the future, especially to ensure the healthy nutrition of us humans.

Often the question arises as to which algae to take and whether the ones from the sea are not all poisoned. A legitimate question, but they are still in a high quality available. Additionally, you should check your fish and meat consumption first and foremost. Fish and fishmeal, which are used in factory farming as a feed additive, enrich toxic substances in their adipose tissue and subsequently on our table. If, as in many cases with microalgae and cyanobacteria, the algae are derived from aquaculture, they are not exposed to all the substances in the sea, and thus they are not filtered out. On the other hand, these are artificially produced living conditions under which the algae grow, and comparable to our vegetable crops in contrast to edible wild plants, which have a much higher nutrient density. The sea can not be simulated in its diversity, because even if the water composition can be more or less imitated, other factors are missing such as the wind, tides, symbionts, animals that eat them and so much more. These are all parameters that significantly influence the production of the ingredients.

Of course, this basic principle can be applied to land plants and fungi. Although it goes without saying that heavy metal pollution, etc., algae are evolutionarily far superior in terms of their adaptability. In order to withstand the increasing challenges of the environment, they adapt themselves and their protective substances much faster in order to survive. They are one of the first creatures to inhabit and inhabit the earth, form the basis of the food chain, and ultimately our ancestors found their way to the land from the sea, which suggests, not least, the similar chemical composition of our blood and seawater.

Algae, especially macroalgae from the sea, are one of the few sources of primordial, nutrient rich food and are far from getting the attention they deserve.

The products:

In Algenglück natural components such as algae, mushrooms or spices are combined with high-quality, study-based extracts of turmeric, black pepper or frankincense, as well as the vitamins D3 and K2, sunflower lecithin and coconut oil. The pepper extract is a so-called thermonutrient, which additionally enhances the bio-availability of natural products. More of the substances are taken up, stay longer in their active form in the body and are broken down more slowly. It modulates the enzymes that are responsible for the metabolism of nutrients and it gets more of the substances in their active form in the body.

This unique combination of “Algenglück” and „Hanfglück“ results in a high bio-availability and synergistic effect of the entire ingredients.

Exclusively, Algenglück contains an algae extract derived from microalgae, cyanobacteria and macroalgae, developed by Dr. Heidi Wichmann (except Algenglück Pur, Algenglück Meeresmineralien).

One capsule (except Algenglück Pur, Algenglück Meeresmineralien, Hanfglück) contains 1000 i.U. D3 and 33 µg K2.

Algenglück Kurkuma (Turmeric):

Algenglück Kurkuma (Turmeric) combines the health-promoting and detoxifying properties of nutrient-rich Alga Ulva lactuca with turmeric, black pepper, frankincense, algae-coconut oil, frankincense, pepper extract, algae extract and vitamins D3 and K2. Many ingredients are important for the development and function of the brain. The detoxifying properties and the simultaneous supply of important nutrients help the body to dissipate toxins, replenish nutrient reservoirs and has anti-inflammatory, antioxidant, slightly analgesic and detoxifying



properties. By combining the extract of pepper and turmeric, 2000% more curcumin could be detected in the blood serum than with curcumin alone or with similar products. The highest concentration was measured after one hour. The use of frankincense extract has led to the decrease and alleviation of the symptoms of asthma, arthritis, ulcerative colitis, allergies in general and respiratory diseases. Algenglück Kurkuma is an excellent antioxidant and anti-inflammatory, used in the treatment of depression and depressive moods. It can also be used in diabetes, neurodegenerative diseases (including dementia), pain, gallstones, etc.. Inflammatory reactions in the body are the cause of many symptoms described today.

Dosage recommendation: 3-6 capsules / daily dose with a hot drink (water, tea)

Algenglück AFA

Algenglück AFA combines the health-promoting and detoxifying properties of the nutrient-rich algae *Aphanizomenon flos-aquae* (Afa), *Ulva lactuca* and the mineral and trace element bomb *Lithothamnium calcareum*, which was refined with high-quality algae-coconut oil, sunflower lecithin, pepper extract, algae extract and the vitamins D3 and K2. Many of the numerous ingredients support the development and function of the brain and provide important building blocks for optimal brain performance. The combination with coconut oil, sunflower lecithin and vitamin D3 / K2, as well as an exclusive algae and pepper extract causes a synergistic effect, resulting in the highest possible absorption of the valuable ingredients of the body and especially the brain.

Algenglück AFA is a “brain food”, has an invigorating effect, promotes the ability to concentrate, provides better mobility and has a positive effect on the mind.



Dosage recommendation: 3-6 capsules / daily dose

Algenglück Chaga:

Algenglück Chaga combines the health-promoting and detoxifying properties of the nutrient-rich alga *Ulva lactuca* and the medicinal mushroom Chaga (*Inonotus obliquus*), which is known from traditional Chinese medicine. Chaga contains many valuable ingredients such as melanin, various vitamins and secondary metabolites. The combination with coconut oil, sunflower lecithin, pepper extract, algae extract and vitamins D3 and K2 improves the absorption of the health-promoting components, especially into the brain, and also acts synergistically.

Algenglück Chaga has a balancing and supportive effect and should be used for sleep disorders and other stress-related conditions. Many of its ingredients have demonstrated anti-inflammatory, antioxidant and detoxifying properties in numerous studies. Algae Chaga is a “brain food”, promotes the abili-



ty to concentrate and has a positive effect on the mind especially the pineal gland.

Note: There may be an increased need for sleep in the first few days.

Dosage recommendation: 3-6 capsules / daily dose with a hot drink (water, tea)

Algenglück Sango:

Algenglück Sango consists of the algae *Ulva lactuca* and *Lithothamnium calcareum*, the Sango coral, which has been refined with high-quality coconut oil, sunflower lecithin, pepper extract, algae extract and the vitamins D3 and K2. It contains more than 70 minerals and trace elements such as iron, silicon, chromium, etc. and is a particularly rich source of bioavailable magnesium and calcium. Algenglück Sango is used for mineral deficiencies, where it provides the body with necessary building blocks such as calcium, magnesium and iron. In combination with extracts and vitamins, the body is provided with all the building blocks to absorb them in the best possible way.

This has a visibly positive effect on the texture of hair, skin, nails, bones and teeth and is generally important for a well-balanced nervous system.

Dosage recommendation: 3-6 capsules / daily dose



Algenglück Safran:

Algenglück Safran (Saffron) combines the health-promoting and balancing properties of the nutrient-rich alga *Ulva lactuca* and saffron, which has been refined with high-quality coconut oil, sunflower lecithin, pepper extract, algae extract and the vitamins D3 and K2. The alga *Ulva lactuca* provides important nutrients, while saffron has been proven to aid in the treatment of depressive moods, PMS and inflammatory diseases. Besides crocin and crocetin, safranal is one of the most potent phytochemicals in saffron. Algae luck saffron also has a positive effect on the eyesight.



Algenglück Safran is very supportive for the eyes, helps with depressive moods and promotes libido.

Dosage recommendation: 1 capsule/ daily dose with a hot drink (water, tea)

Algenglück Pur:

*Algenglück Pur consists of brown algae and combines the health-promoting properties of *Fucus vesiculosus*, *Ascophyllum nodosum* and a red alga rich in minerals. Unlike Algenglück Pur Plus no additional vitamins or extracts are added. Algenglück Pur contains more iodine than the other products and is known to be important for thyroid function as well as the development and function of the brain. However, every cell of our body needs it. Iodine is a very good detoxifier, e.g. bromine, especially in combination with important trace elements and minerals, which are found especially in the red alga *Lithothamnium calcareum*. Algenglück Pur is used, due to the presence of alginates, in detoxification (also after radiotherapy and chemotherapy) and heavy metal excretion and also helps in the case of, for example, arthrosis pain due to the additional anti-inflammatory properties.*



Dosage recommendation: 6 capsules / daily dose

Algenglück Pur Plus:

*Algenglück Pur Plus consists of the algae *Ascophyllum nodosum*, *Fucus vesiculosus* and *Lithothamnium calcareum*, which were refined with coconut oil, pepper extract, algae extract and the vitamins D3 and K2. In Algenglück Pur Plus, particularly iodine-containing brown algae were selected and additionally combined with the red algae containing mineral and trace elements, since the deficiency of it is becoming an increasing problem. Iodine is known to be important for thyroid function and the development and function of the brain. However, every cell of our body needs it for a proper function. Iodine is a very good detoxifier, ia. also of bromine, especially in combination with important trace elements and minerals.*



Algenglück Pur Plus is used for detoxification (even after radiation and chemotherapy), heavy metal excretion and also helps with arthritis pain due to the additional anti-inflammatory properties.

Dosage recommendation: 3-6 capsules / daily dose

Algenglück Meeresmineralien:

Algenglück Meeresmineralien (Marine Minerals) is especially designed for the targeted regulation of the acid-base balance and contains minerals from the sea and natron. Algenglück Sango is better suited for filling up the body's own reservoirs, as the respective ingredients are there in much higher concentrations.

Dosage recommendation: 1 tbsp. in the morning dissolved in water at least 30 minutes before eating (or taking other Algenglück products).



Algenglück OPC:

Algenglück OPC consists of grape seed extract (with 65% OPC), the alga Ulva lactuca, rosehip, schisandra, grape leaves, horse chestnuts, sunflower lecithin and ginseng, which were refined with algae-coconut oil, pepper extract, algae extract and the vitamins D3 and K2. Algenglück OPC combines, among other things, natural sources of vitamin C, which are important for the uptake and effectiveness of, for instance, OPC. It has an antithrombotic effect and anti-inflammatory properties, a blood-thinning effect, strengthens the endothelium and acts as an anticoagulant. Numerous ingredients can help the body to repair small cracks in the blood vessels.

Through this strengthening effect it finds use in cardiovascular problems and venous insufficiency with water retention.



Dosage recommendation: 4-6 capsules / daily dose

Algenglück Vollhanf:

Algenglück Vollhanf consists of decarboxylated hemp flowers (not intoxicating), sea algae, Triphala, Brahmi, Chaga, ginseng which have been refined with algae-coconut oil, pepper extract, algae extract and vitamins D3 and K2. Algenglück Vollhanf combines CBD, CBN, CBG, terpene with the additional detoxifying and nutrient-rich properties of other ingredients such as algae and the balancing adaptogens Chaga and Triphala with the memory plant Brahmi.

Algenglück Vollhanf finds above all application in stress-related problems, cognitive problems, helps to stimulate the regeneration of the brain (MS, Alzheimer, Parkinson, etc.) and provides the important building blocks.

Dosage recommendation: 3-6 capsules / daily dose with a hot drink (water, tea).



Algenglück Brenn-Löwe

Algenglück Brenn-Löwe consists of sea lettuce, stinging nettle and dandelion, which were refined with coconut oil, pepper extract, algae extract and vitamins D3 and K2. Algenglück Brenn-Löwe combines the nourishing and detoxifying properties of algae and balancing nettles and dandelions.

Algenglück Brenn-Löwe is mainly used for detoxification, to support the liver, bile and prostate, in osteoarthritis, arthritis, bladder problems and much more ..

Dosage recommendation: 4-6 capsules / daily dose



Algenglück Cistus - Karde

Algenglück Cistus-Karde consists of sea lettuce, rockrose and cardoon root, which were refined with coconut oil, pepper extract, algae extract and vitamins D3 and K2. Algenglück Cistus-Karde combines the nourishing and detoxifying properties of algae with the immune-stimulating properties of cistus and cardoon root.

Algenglück Cistus-Karde is especially for the treatment of Lyme disease, Candida and influenza infections etc.

Dosage recommendation: 4-6 capsules / daily dose



Algenglück Katzenkralle

Algenglück Katzenkralle consists of sea lettuce, cat's claw and ginger, which were refined with coconut oil, pepper extract, algae extract and vitamins D3 and K2. Algenglück Katzenkralle combines the nourishing and detoxifying properties of algae with the anti-inflammatory, immune-enhancing, antimicrobial and antiviral properties of cat's claw and ginger.

Algenglück Katzenkralle is used among other things in the treatment of Lyme disease, influenza infections, for blood purification and has antihypertensive properties.

Dosage recommendation: 4-6 capsules / daily dose A

Hanfglück (Hemp bliss)

Hanfglück has the same uses as described for Algenglück. They contain no additional vitamin D3/K2 and have a more balancing effect, the algae fortifying and more detoxifying.



Pineal gland detox

In the morning, take 1 tsp of Algenglück Meeresmineralien at least 30 minutes before eating or enjoying the algae capsules. Then take 1 capsule of Pur Plus and 2 capsules of Kurkuma with a hot drink. In the evening take 1 capsule of Pur Plus and 2 capsules of Chaga with a hot drink. The right dosage is as different as the human being itself. Since it can come to detoxification in rare cases (headache, dizziness, etc.), please incorporate the capsules slowly in your lifestyle.