

BLADDERWRACK

(*Fucus vesiculosus*)

Clinical Summary

Actions

- Thyroid restorative
- Metabolic Stimulant
- Demulcent
- Nutritive
- Antiobesity
- Antirheumatic

Indications

- Supports healthy thyroid function, goitre, obesity associated with hypothyroidism
- Rheumatism, rheumatoid arthritis

Traditional Use

Bladderwrack is a brown algae (seaweed) species that has been used since ancient times by the coastal communities of Britain, Asia and other countries.

Energetics

Cold 1st degree, moist.

Constituents

Minerals and vitamins (iodine, iron, vitamin B12, calcium, magnesium, potassium, sodium, zinc, vitamins A and C), polysaccharides (fucoidan), phlorotannins, fucoxanthin, alginic acid.

Use in Pregnancy

Due to the presence of iodine high, or prolonged, doses should be avoided during pregnancy and lactation.

Contraindications and Cautions

Contraindicated in hyperthyroidism and related cardiac problems. Caution needs to be taken with long term use, if taken in excess quantities, and in cases of hypothyroidism not caused by iodine deficiency.

Drug Interactions

Caution is advised with thyroid medication and lithium.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
30 to 60mL weekly