

# 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