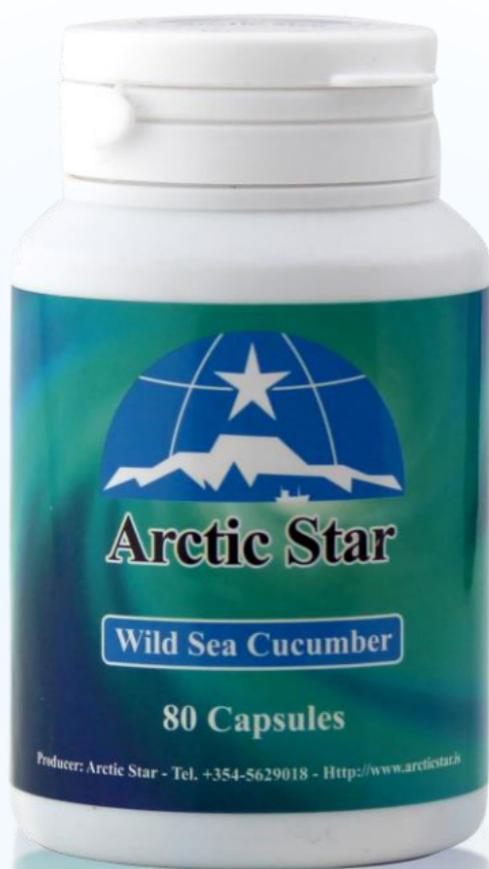


# Arctic Star Sea cucumber capsules



**Reduce stiffness and joint pain  
(Chondroitin sulfate)**

**Improve blood flow (Methionine)**

**Contain high collagen**



**Product of Iceland**

**Arctic Star Ltd. – <http://www.arcticstar.is>**

# Features of sea cucumbers

Arctic Star sea cucumbers contain over 50 types of nutrients such as high level of collagen, amino acids, taurine, chondroitin sulfate, peptides, mucopolysaccharides, and many kinds of elements, vitamins and other ingredients that may have a positive impact on the physiological activities of the human body.

## Sea cucumbers are known for:

- ★ Containing high collagen and low fat
- ★ Reducing joint pain
- ★ Building cartilage and reduce the incidence of joint damage
- ★ Improving the immune system and the body's resistance to various diseases
- ★ Increasing blood flow which reduces the risk of blood clots
- ★ Preventing atherosclerosis
- ★ Improving blood flow and human body's energy, contribute to form skin proteins and insulin

## History of the sea cucumber

The sea cucumber as healthy delicacy has a long history in China. In the Chinese language the sea cucumber is called “hai shen” which means “sea ginseng” in direct translation. The Chinese are the biggest consumers of sea cucumbers in the world and use it to treat high blood pressure and joint pain as well as low libido. Consumption of sea cucumbers has existed over 500 million years. In Indonesia the sea cucumber is considered to have many healing uses because it is one of the earth's oldest living creatures.

# Sea cucumbers contain:

**Collagen** which is a key protein structure of the human body. Collagen proteins ensure that human body's tissues remain strong.

**Chondroitin sulfate** is an important structural component of cartilage and provides much of its resistance to compression. It is also a painkiller for those suffering from joint pain. Chondroitin sulfate has become a widely used dietary supplement for treatment of osteoarthritis.

**Amino acids** are the basis for the structure of proteins. Sea cucumbers contain important amino acids that the human body can not produce itself, such as:

- ★ **Methionine** which improves blood flow and human body's energy, contributes to form skin proteins and insulin.
- ★ **Lysine** which promote brain development and fat metabolism, control the pineal gland, mammary gland, corpus luteum, ovaries and prevents cell degeneration. Lysine is an integral part of liver and gallbladder.
- ★ **Tryptophan** which contributes to form gastric juice and insulin.
- ★ **Valine** which promotes normal function of the nervous system, acting specially in corpus luteum, breast and ovaries.
- ★ **Threonine** which support balance in human body's amino acids.
- ★ **Leucine** which can lower blood sugar levels and enhance healing of the skin, wounds and bones.
- ★ **Isoleucine** which adapts thymus, spleen, and brain metabolism to keep physiological balance of the human body.
- ★ **Phenylalanine** that reinforces kidney and bladder function. These nutrients can increase the activity of immune cells to help the human body to form antibodies.

**Mucopolysaccharide** which lowers blood pressure and reduces the possibility of atherosclerosis.

**Saponins** can increase the activity of immune cells of the body and contribute to the formation of antibodies and delay aging.



# Icelandic products

## 2 capsules (800mg) contain:

Dried sea cucumber; Gelatin;

Protein > 594mg; Fat < 17mg; Calcium 1,53mg;

Magnesium 3,6mg; Mangan 1,9ug;

Amino acids (mg/800 mg):

Ala: 29	His: 5,8	Phe: 13
Asp: 27,4	Hyp: 23	Pro: 40,5
Arg: 29	Ile: 11,8	Ser: 18,3
Cys: 3,5	Leu: 23	Thr: 12,5
Glu: 43,8	Lys: 16,9	Tyr: 8,3

**Recommended intake 2-4 capsules per day.**

**Do not take more than the recommended dose.**

**Consumption of dietary supplements is not a substitute for a varied diet.**

**Keep out of the reach of children.**