

GOLDEN KELP



Helps defend
our body!

Common name: Golden Kelp

Scientific name: Laminaria ochroleuca

It is a highly consumed brown macroalga. Its body is divided into rhizoid - which attaches to the rocky seabed like the roots - a stipe - cylindrical and long as a stem - and the flat blades that come out in a palmate, leaf-like fashion.



To collect them, on foot or by diving in apnea or with air from a boat, they are cut at the beginning of the tape, washed and then dried by dehydrating them to be cut and packaged. It has many **mineral nutrients, fiber, vitamins like C**, needed to defend us externally and protein.