The fisherman is proud of the Mozuku seaweed, “Thick and texture is the best.” The Mozuku seaweed harvested in this beautiful clear ocean is one of the famous longevity food products. In early spring, fishermen gather and work together for the harvest.

MOZUKU SEAWEED

Miracle seaweed that only exists in a limited part of the ocean.

This mozuku seaweed could only be harvested in the beautiful ocean of Okinawa. The characteristics are that it is thicker than any other mozuku seaweed in other parts of Japan. The slimy surface is rich in fucoidan. It is said that fucoidan has an antibacterial function, strengthens the immune system, improves lifestyle-related diseases such as arterial sclerosis, has a cancer preventative effect and balances the intestinal health. Also it contains dietary fiber which improves the intestinal condition such as alginate acid, calcium which is effective in preventing osteoporosis and minerals such as magnesium that enhances the absorption of calcium. To add to that, it is a low calorie and healthy food. Mozuku seaweed is a remarkable food that has supported the health and longevity of Okinawa.