



100% NATURAL



COD PROTEIN

A COMPLETE PROTEIN PACKED
WITH VALUABLE MICRONUTRIENTS

Wild-caught cod from the crystal clear waters
of the North Atlantic Ocean



MSC-C-54477



HIGHLY BIOAVAILABLE NUTRAINGREDIENT

THE IDEAL SPORTS AND NUTRITION SUPPLEMENT

Not only is cod a complete protein source but it also supplies a myriad of essential vitamins and minerals as well as being an easily metabolised and efficient nutrition supplement.

The off-cuts of wild-caught cod fillet (*Gadus morhua*) are steam-cooked, dried and micro-milled into fine powder. The process is very gentle which preserves all the important micronutrients of the fish. Natural calcium, iodine and Vitamin B12 are some of the key nutrients available in Cod Protein.

WHAT MAKES SEAGARDEN COD PROTEIN SO UNIQUE?

1 UNIQUE BIOACTIVE PEPTIDES WITH RAPID ABSORPTION AND UTILISATION

Cod protein's high bioavailability makes it easily digestible resulting in rapid absorption and utilisation in the body. It contains unique bioactive peptides which can promote positive health effects beyond being a nutrient such as anti-oxidative and anti-hypertensive properties¹.

2 INDISPENSABLE AMINO ACIDS AND BCAA²

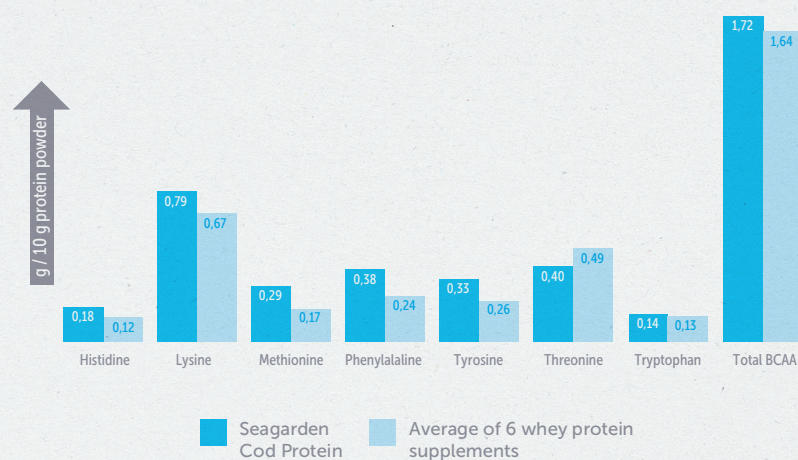
Cod protein is a complete protein source with a high content of all indispensable amino acids (IAA) and BCAAs (isoleucine, leucine and valine). BCAAs are considered rapid energy sources during exercise as they are transported directly to skeletal muscles for oxidation. IAAs are included in several metabolic

pathways and it is crucial that we obtain them from our diet as the body cannot produce them. Table 1 shows a comparison between Seagarden Cod Protein with its excellent amino acid profile and whey protein (an average of six different supplements). Seagarden Cod Protein has a particularly high content of lysine, methionine, phenylalanine, tyrosine and BCAA. A high content of IAAs makes cod protein nutritionally complete.

3 ESSENTIAL MICRONUTRIENTS

Cod protein contains natural calcium for bones and connective tissue, iodine for energy, metabolism, growth and development and Vitamin B12 for energy, the normal function of nerves and the production of red blood cells and DNA.

TABLE 1: EXCELLENT INDISPENSABLE AMINO ACID PROFILE



COD PROTEIN POWDER

Nutrition Facts	10 g	Nutrition Facts	10 g
Energy kcal/kJ	39/162	Protein	8.7 g
Fat	3 g	Carbohydrate	0 g
Saturated Fat	0.1 g	Salt	0.2 g
Monounsaturated Fat	0.1 g	Sodium	0.08 g
Polyunsaturated Fat	0.1 g	Calcium	116 mg
Omega-6	10 mg	Phosphorus	112 mg
Omega-3	96 mg	Iodine	61 µg
EPA	62 mg	Selenium	11 µg
DHA	24 mg	Vitamin B12	0.8 µg

SUCCESSIVE STUDIES HAVE SHOWN THE POWERFUL HEALTH IMPACT OF COD PROTEIN

IMPROVED BODY COMPOSITION AND BLOOD LEVELS

- Reduced inflammation in the body³
- Beneficial effects on blood levels of LDL-cholesterol⁴
- Improved body composition in overweight adults⁴
- Positive correlation between cod and weight reduction^{5,6}

IMPROVED BLOOD SUGAR AND INSULIN REGULATION

- Improved blood sugar and insulin regulation^{3,4}
- Reduced risk of developing diabetes type 2⁴

References:

¹ Shown in pre-clinical and cell studies.

² BCAA (Branched-chain amino acids).

³ Drotningvik, Aslaug, et al. "A low dietary intake of cod protein is sufficient to increase growth, improve serum and tissue fatty acid compositions and lower serum postprandial glucose and fasting non-esterified fatty acid concentrations in obese Zucker fa/fa rats." *European journal of nutrition* 54.7 (2015): 1151-1160.

⁴ Vikøren, Linn A., et al. "A randomised study on the effects of fish protein supplement on glucose tolerance, lipids and body composition in overweight adults." *British Journal of Nutrition* 109.04 (2013): 648-657.

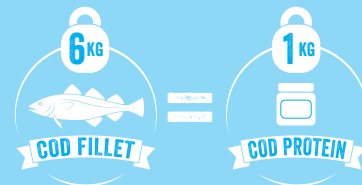
⁵ Ramel et al. Consumption of cod and weight loss in young overweight and obese adults on an energy-reduced diet for 8-weeks. *Nutrition, Metabolism & Cardiovascular Diseases* (2009) 19, 690-696.

⁶ Thorsdottir et al. Randomized trial of weight-loss-diets for young adults varying in fish and fish oil content. *International Journal of Obesity* (2007) 31, 1560-1566.

SEAGARDEN COD PROTEIN

100 % NATURAL PROTEIN FROM WILD COD

- Natural, raw materials harvested from the crystal clear, cold waters of the North Atlantic Ocean
- Unique bioactive peptides
- Marine Stewardship Council (MSC) approved raw materials – sustainable fishing
- Protein content close to 90 %
- Bioavailable protein which is easily digestible
- A complete protein with all the indispensable amino acids
- Free from artificial additives and preservatives
- Very low heavy metal content



EXCELLENT COMPLETE PROTEIN FOR A WIDE RANGE OF PRODUCTS



TRAINING AND ACTIVE LIFESTYLE

Cod Protein contains all indispensable amino acids (including BCAAs) and micronutrients, all essential for a natural and healthy lifestyle. Cod Protein is a new alternative to achieve your goals*.

*When used in conjunction with a balanced diet and active lifestyle.



WEIGHT MANAGEMENT

Cod Protein is low in calories and packed with protein and micronutrients. This protein can be a great tool for weight management by promoting satiety and improving body composition*.



GENERAL HEALTHY NUTRITION

Cod Protein is a quality ingredient which can help maintain body health and allow all age groups to maintain a healthy lifestyle. This natural, nutritious source of protein, vitamins and minerals can enrich your daily diet.

SPORTS NUTRITION

- Protein-enriched foods and drinks
- Bars

WEIGHT MANAGEMENT PRODUCTS

- Nutrition drinks
- Meal replacement shakes/bars

GENERAL HEALTHY NUTRITION

- Nutrition drinks
- Protein-enriched foods and drinks

SEAGARDEN PRODUCT LIST

THE PRODUCTS ARE AVAILABLE IN BULK OR IN VARIOUS PACKAGING: JARS, SACHETS OR CAPSULES



Seagarden Branded Product Range



NATURAL MARINE PROTEIN

9900	COD PROTEIN POWDER (88 % protein)
9920	FISH COMPLEX (66 % protein)

Fish Complex is a unique natural blend of white fish; cod, saithe and haddock. Rich in calcium, phosphorus, iodine and selenium.

NUTRICOLL PRO: COD PROTEIN + MARINE COLLAGEN MIX

9400	NUTRICOLL PRO (90 % protein)
9401	NUTRICOLL PRO STRAWBERRY+RHUBARB (86 % protein)
9402	NUTRICOLL PRO COCONUT (93 % protein)

Products in bulk: 10 kg, packed in cardboard carton with heated sealed PE bag.

SEAGARDEN GROUP

A major producer of high quality marine ingredients

- The Seagarden Group is one of the world's major marine ingredients companies producing 100 % natural ingredients for use in savoury, nutritional, personal care, cosmetics and pharmaceutical markets.
- Seagarden uses only high quality marine raw materials in its production.
- Seagarden offers more than 50 unique ingredients used in thousands of food and cosmetic products around the world.
- The Company has three production sites along the Norwegian coast.

OUR NUTRITION AND BEAUTY PRODUCTS:

- Food applications: soups, sauces, stocks, baby food, snacks.
- **Protein powder** from wild-caught cod for nutrition, sport protein supplements, nutritional bars, soups and shakes.
- **Nutricoll Marine Collagen Peptide** from wild cod skin for health, beauty and cosmetics.
- **Chitosan and Chitin** from renewable biopolymers with outstanding properties from a sustainable source for cosmetics, haircare and medical preparations under the brands Hydamer™ and Chitopharm™.

COMPETENCE AND DEVELOPMENT:

- Cooperation with respected research centres; the University of Bergen, Nofima (Food Research Institute), NTNU (Norwegian University of Science and Technology) and the Arctic University of Norway.
- We endeavour to contribute to R&D as well as improved documentation for marine products.
- Involved in research projects supported by Innovation Norway and the Research Council of Norway.



APPROVALS AND QUALITY CERTIFICATES:

- FSSC 22000 certified manufacturer of Natural Marine Ingredients
- Halal approved
- MCS approved raw materials - sustainable fishing
- Seagarden takes part in the Responsible Sourcing Audit program, SMETA 4 Pillars



FOR MORE INFORMATION,
PLEASE CONTACT:



Seagarden AS
Husøyvegen 278
Karmsund Fiskerihavn
4262 Avaldsnes
Norway

Tel: + 47 52 85 94 80
Fax: + 47 52 85 94 90
Email: info@seagarden.no
www.seagarden.no