



1. Sea Cucumbers have been used in China for thousands of years as a treatment for arthritis.

Modern research has confirmed they are beneficial for musculoskeletal inflammatory diseases, especially rheumatoid arthritis, osteoarthritis, and ankylosing spondylitis, a rheumatic disease that affects the spine.

2. Sulphated mucopolysaccharides (mainly Chondroitin sulphate).

Chondroitin sulphate, which contains glucosaminoglycans (GAGs) has beneficial effects in the treatment of osteoarthritis, intestinal tract lining and is an important component of the basement membrane below the skin.

Chondroitin sulphate is a major constituent of cartilage, which provides structure, holds water and nutrients and allows other molecules to move through the cartilage - an important property, because there is no blood supplies to cartilage.

3. Saponins (triterpene glycosides), which is similar in structure to Ganoderma, ginseng and other famous tonic herbs. Saponins have anti-cancer properties.

4. Contains fatty acids similar to fish oil that nourish the brain and heart, such as EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) unique to fish.

- Lectins, a form of sugar with anti-cancer activity from *Holothuria* spp.

Researches on sea cucumber state that it contains cell growth factors that stimulate new cell regeneration and is efficient in treating wounds. It is also effective in treating internal bleeding such as gastric and peptic ulcer.

Sea cucumbers are also rich of vitamins A, B1 (thiamine), B2 (riboflavin), and B3 (niacin), and C, as well as minerals calcium, iron, magnesium, and zinc.

They are used as remedies for wounds, lung ailments, parasitic skin infections, backaches, joint/rheumatic pains, heartburn/gastritis, allergies, stomach and mouth ulcers, and for promoting womb healing after delivery. They contain antioxidants including vitamin E, essential fatty acids including eicosapentaenoic acid (EPA) and decosahexaenoic acid (DHA). Vitamin E is an antioxidant, essential for fertility, which slows down the degeneration process of cells and hence delays aging. EPA is crucial for healing wounds and restoring cells. By reducing blood clots in the large and small blood vessels, EPA is anti-thrombotic and lowers the risk of stroke.