

SAFE SEA VEGETABLES

Atlantic Mariculture dulse
Eden sea vegetables
Emerald Cove sea vegetables (except those from China)Izumi raw nori
BC Kelp sea vegetables (250-622-7085)
Brittany Sea Salt sea spaghetti
Bright Earth raw nori sheets (541-201-0420)
Dr. Linda's seaweed soup mix (drlindas.com)
GimMe sushi nori (415-479-8272)
Gold Mine sea vegetables (except those from China) (800-475-3663)
Great Eastern Sun sea vegetables (800-334-5809)
Healing Spirits Herb Farm Kelp (607-566-2701)
Live Superfoods sea vegetables (800-481-5074)
Maine Coast Sea Vegetables (except those from China)(207-412-0094)
Maine Seaweed Company (207-546-2875)
Mitoku sea vegetables (800-324-1878)
Mountain Rose Herbs seaweed (800-879-3337)
Natural Zing sea vegetables (888-729-9646)
Naturespirit Herbs seaweed (541-846-7995)
Ocean Harvest Sea Vegetable Company sea vegetables(707-714-0090)
Ocean Balance kelp puree, dulse, kombu, wakame(207-671-7946)
Ohsawa sea vegetables
Pangaia seaweed (808-989-3457)
Rising Tide Sea Vegetables sea vegetables (except those from China)
(707-964-5663)
Sea Tangle Noodle Company mixed sea vegetables (408-966-3109)
SeaMama seaweed (310-882-5503)
SeaSnax organic raw nori (310-882-5503)
SeaVegi seaweed salad mix (310-882-5503)
Starwest Botanicals sea vegetables (800-800-4372)
Terrasoul Superfoods seaweed (800-458-8773)
VitaminSea Seaweed sea vegetables (207-929-8678)

Please note that some of the contacts might be outdated, so it's advisable to verify the information before contacting any supplier.

Stacie Paganis, MS, CNS, CHC

