

## Consumer Press Release

### Clearspring introduces NEW Organic Seaveg Crispies™ flavours!

Exciting news for healthy foodies! Clearspring has added two new delicious flavours to its already hugely popular Organic **Seaveg Crispies™** Range, with the introduction of **Ginger and Turmeric**.

Whether you prefer indulging in an aromatic turmeric sensation, or want to add that extra zing with ginger, these new **Organic Seaveg Crispies™** embody all the goodness of sea vegetable snacks, with an added flavoursome kick!

#### So what exactly are Clearspring Organic Seaveg Crispies™?

In short, they're a tasty, nutritious and convenient toasted nori snack! Baked for a just a few seconds to maximise crispiness, the new Seaveg Crispies™ are made from nori grown in the clear waters off the coasts of Korea and then simply flavoured with zingy ginger and aromatic turmeric.

The slightly salty, savoury flavour is both satisfying and very moreish. Perfect as a mid-morning snack, crushed and sprinkled over a lunchtime salad or with sushi, Seaveg Crispies™ really are the ultimate kitchen cupboard and on-the-go snacking essential!

#### But are they healthy?

Yes! **Clearspring's Organic Seaveg Crispies™** are packed full of vitamin B12. In fact, each single pack contains your daily requirement of B12, which can support energy levels and support your immune system. What's more, at only 18 calories per pack, they are the ultimate guilt-free, tasty snack!

- Organic, Vegan, gluten free and high in fibre
- No additives or preservatives or added sugar
- MSG free and non GMO



## What does the expert think?

Nutritionist Cassandra Barns comments, "Sea vegetables such as nori are one of the most nutrient-rich foods we can eat. They contain lots of minerals, as well as vitamins such as folic acid, vitamin A and vitamin C<sup>1</sup> and they're considered our best vegan source of vitamin B12<sup>2</sup>, which is crucial for energy, immunity and brain health. Seaveg Crispies™ wrap up all of those benefits in a super healthy snack that's also high in fibre, low in calories and free from sugar and anything artificial."

## Available in Single Units RRP - £1.15 per pack

- Clearspring Organic Seaveg Crispies™ Ginger Single Pack 4g
- Clearspring Organic Seaveg Crispies™ Turmeric Single Pack 4g

## Available in Multipacks RRP - £2.59 per pack

- Clearspring Organic Seaveg Crispies™ Ginger Multi Pack 3 x 4g
- Clearspring Organic Seaveg Crispies™ Turmeric Multi Pack 3 x 4g

## Stockists:

Available from July 2018 in Planet Organic, Whole Foods Market, As Nature Intended, Grapetree, Revital, Ocado and all independent health food shops nationwide and [www.clearspring.co.uk](http://www.clearspring.co.uk)

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## Notes to editors:

Clearspring is a family-owned business and for over 25 years have been committed to pioneering authentic Japanese specialities and organic fine foods. From the humble beginnings of Japanese miso soup, to over 265 products today, the range continues to grow. The award-winning range is enjoyed and appreciated in over 50 countries around the world. Clearspring are continuously inspired to bring diversity, innovation and the art of wellness through food to their offering. All Clearspring products have a distinctive flavour, made with authentic recipes and by traditional methods. They never use any artificial additives or add refined sugars. Clearspring are passionate to show just how delicious and abundant a plant-based diet can be, not only how it tastes, but also how it keeps us healthy and thriving.

All our products are 100% vegan with no artificial additives, MSG, colourings, preservatives or added refined sugars.



We are proud that many of our products are certified with the following organisations:



<sup>1</sup> [Nutritiondata.self.com](http://nutritiondata.self.com). (2018). Seaweed, laver, raw Nutrition Facts & Calories. [online] Available at: <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2618/2> [Accessed 12 Jun. 2018].

<sup>2</sup> Watanabe F et al. Vitamin B<sub>12</sub> -containing plant food sources for vegetarians. *Nutrients*. 2014 May 5;6(5):1861-73. doi: 10.3390/nu6051861.

