PLANT FACT SHEET

Hormophysa cuneiformis (J. F. Gmelin) P. C. Silva

GENUS *Hormophysa* **FAMILY** Sargassaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem

DESCRIPTION

A seaweed or sea vegetable.

HABITAT

It is a temperate plant.

REFERENCES

Niwano, Y. et al., 2009, Extensive Screening for Plant Foodstuffs in Okinawa, Japan with Anti-Obese Activity on Adipocytes, in vitro. Plant Foods in Human Nutrition 64:6-10

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/080ce9a0-a155-4fc4-b9dd-22e515b43744