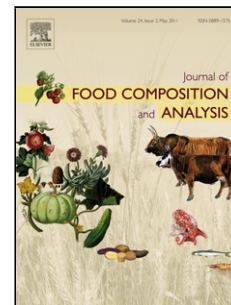


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## Bioaccessibility of target essential elements and contaminants from *Fucus spiralis*

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### Highlights

- *F. spiralis* is a good dietary source of iodine
- This seaweed presented low Cd, Pb, and Hg levels
- Essential and contaminant elements displayed high bioaccessibility percentages

### Abstract

*Fucus spiralis* is an edible brown seaweed (SW) found in the Portuguese Coast that is still undervalued and not very well studied. However, SW are known to be nutritious and healthy foods, in part, for their potential to supply mineral nutrients to the body. Nevertheless, with the increasing levels of pollution in the coastal areas, SW can also accumulate some contaminants.

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