

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Memorial Sloan Kettering
Cancer Center

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Fucoidan is a chemical found in many species of brown seaweed. It also comes as capsules, extracts, and powder.

What are the potential uses and benefits?

Fucoidan is used to:

- Boost your immune system
- Lower inflammation (swelling)
- Prevent blood clots
- Reduce high blood pressure

It's generally safe to use fucoidan in food. Talk with your healthcare providers before taking fucoidan supplements. Herbal supplements are stronger than the herbs you'd use in cooking. They can also interact with some medications and affect how they work. For more information, read the "What else do I need to

know?” section below.

What are the side effects?

No major side effects have been reported.

What else do I need to know?

Talk with your healthcare provider if you're taking a blood thinner, such as warfarin (Coumadin[®] and Jantoven[®]). Fucoidan may increase your risk of bleeding.

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Fucoidan - Last updated on February 9, 2022

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