

# SeamossPlus turns misery into vibrant life in a type 2 Diabetes patients.

Story by Aleck Gisuka. Edited by Peter Bujari MD, MBA

Case from Kahama, Tanzania | Article No: 003 | January 2026

## At a Glance:

Have you ever felt constant tiredness, excessive hunger, excessive thirst, or frequent urination? Do you sometimes wonder why your body feels drained even after eating?

This was the daily struggle of Mr. M.Z a 35 years male, from Kahama who was in pre-diabetic state for 3 years experiences the above symptoms. On 20 May 2025 he was diagnosed for the first time, when he checked random blood glucose (RBG) levels and found it was 15.7mmol/l. After a month on 16 June, he went to check his RBG again and found it was still elevated with readings 13.5mmol/l. On his third visit (16 July) his blood glucose reading was 24.7mmol/l and Hb1AC 9.0%. He was put on SeamossPlus by Mr. Alleck Gisuka- a seamossplus distributor and laboratory technician. After one month of using seamossplus powder 10grams per day, every thing changed and his RBG recorded 5.3mmol/l (on 23 August), he gained energy, and general body health was back on track. Mr. M Z continued to use SeamossPlus and life style modification only. He later travelled and had no access to seamossplus any more, last intake of seamossplus was in December 2025. His lab test on January 31<sup>st</sup> January 2026 was 5.9 mmol/l and his and Hb1AC 4.30% within normal range.

HbA1c (Hemoglobin A1c) is also called glycated hemoglobin- a blood test measuring your average blood sugar (glucose) over the past 2-3 months, showing the percentage of red blood cells with sugar-coated hemoglobin; it's crucial for diagnosing and managing diabetes. Higher levels indicate higher average glucose and increased risk of complications. Normal levels are below 5.7%.

## The Challenge:

Type 2 Diabetes Mellitus (T2DM) is a chronic condition where the muscles become insulin resistant or body fails to produce enough insulin, leading to high blood glucose (hyperglycemia). Long-term, uncontrolled diabetes can cause, nerve damage (neuropathy), kidney failure (diabetic nephropathy), vision loss (retinopathy), heart disease and stroke, foot ulcers lead to amputations. Mr. M Z faced all the warning signs excessive hunger, excessive urination, constant thirst and fatigue. STEPS (2023) show that 3.4% of Tanzania (18-69yrs) have impaired fasting glucose, and 2.9% (913,000[1]) are diabetic with only 0.9% (8,218) on treatment. Most of the population on medications for diabetes were in the 46-69 age group in both sexes.

## The magic of seamossplus

SeamossPlus, is blend of SeamossPlus and  $\alpha$ -citral, not only it addresses micronutrients among diabetic patients (A, B-complex, C, D, E, K), minerals such as magnesium, calcium, selenium iodine, potassium, zinc, but also it has phytochemicals that are essential in increasing insulin sensitivity and slows glucose absorption. The table below summarizes active components and minerals that are essential in management of diabetic patients and improves vitality.

SeamossPlus is a natural supplement that supports the management of Type 2 Diabetes, reduces blood sugar, and prevents complications by improving metabolic activities. This success story from Kahama reflects wider scientific findings on the therapeutic role of seamoss and lemongrass in diabetes management.

[1] Aleck Gisuka is a laboratory technician in Kahama- Tanzania and seamossplus distributor

[2] Dr. Peter Bujari - Public Health Physician specialising in Development, Innovation, and Business model Leadership

[3] Nationa Population Census (NBS 2022)

# Active Components in SeamossPlus for Diabetes Mellitus

**Fucoidan, Potassium, Magnesium:** increase insulin sensitivity

**Polyphenols & Phlorotannins:** Block sugar digesting enzymes and reduce post-meal sugar spikes

**Soluble Fiber** (carrageenan): Slows down sugar absorption, increase fullness and stabilizes glucose.

**Iodine:** Supports metabolism regulation, indirectly helping with glucose control

**Offers 92 nutrients out of 102 body requirement:** due to diet restriction, diabetic people are often nutrient deficiency.

**$\alpha$ -citraol:** Enhance insulin sensitivity by improving insulin receptor function and glucose uptake in peripheral tissues. Protects against high glucose induced oxidative stress

**Polyphenols (tannins, terpenoid & sulfated polysaccharides)** acts as anti-inflammatory and antioxidant effect

**Citraol, Flavanoid and Phenolic Acid:** exhibit antioxidant, anti-inflammatory, and enzyme-inhibiting effects, which manage blood glucose levels and improve insulin sensitivity.

## Conclusion

SeamossPlus is a natural supplement that supports the management of Type 2 Diabetes, reduces blood sugar, and prevents complications by improving metabolic activities. This success story from Kahama reflects wider scientific findings on the therapeutic role of seamoss and lemongrass in diabetes management.

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