



BLADDERWRACK

Botanical Name: *Fucus vesiculosus*

Common Name: Black tang, rockweed, bladder focus, sea oak, black tany, cut weed, dyers focus, red focus

Medicinal part: Plant

Description: Bladderwrack was the original source of iodine (discovered in 1811), and is one of the most common type of seaweed found in the oceans. The name Bladderwrack, refers to the bladder-like air pods (vesicles) that keep the plant afloat in the ocean. The brown alga known as Bladderwrack is also a common source of kelp.



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