



## DULSE POWDER

**Botanical Name:** *Rhodymenia palmata*

**Common Name:** Dillisk, *rhodymenia palmata*

**Medicinal part:** Entire dried plant, cut or powder form

**Description:** *Palmaria palmata*, also called dulse, dillisk or dilsk (from Irish/Scottish Gaelic *duileasc/duileasg*), red dulse, sea lettuce flakes, or *creathnach*, is a red alga (Rhodophyta) previously referred to as *Rhodymenia palmata*. It grows on the northern coasts of the Atlantic and Pacific Oceans. It is a well-known snack food. In Iceland, where it is known as *söl*, it has been an important source of dietary fiber throughout the centuries.



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