

A review on nutrients, phytochemicals, and health benefits of green seaweed, *caulerpa lentillifera*

ABSTRACT

Caulerpa lentillifera is a type of green seaweed widely consumed as a fresh vegetable, specifically in Southeast Asia. Interestingly, this green seaweed has recently gained popularity in the food sector. Over the last two decades, many studies have reported that *C. lentillifera* is rich in polyunsaturated fatty acids, minerals, vitamins, and bioactive compounds that contribute many health benefits. On the other hand, there is currently hardly any article dedicated specifically to *C. lentillifera* regarding nutritional composition and recent advancements in its potential health benefits. Hence, this study will summarise the findings on the nutritional content of *C. lentillifera* and compile recently discovered beneficial properties throughout the past decade. From the data compiled in this review paper, it can be concluded that the nutrient and phytochemical profile of *C. lentillifera* differs from one region to another depending on various external factors. As a result, this paper will offer researchers the groundwork to develop food products based on *C. lentillifera*. The authors of this paper are hopeful that a more systematic review could be done in the future as currently, existing data is still scarce.