**Table 3. Subjective observations related to the health status declared by patients after the treatment. Results are expressed in terms of frequency.**

|  |  |  |
| --- | --- | --- |
| **Subjective observations about health status** | **Frequency** | |
|  | Overwintered-stressed *Chondrus Crisupus* (N=50) | Non-overwintered-stressed *Chondrus crispus* group (N= 30) |
| More strength and energy | 42 | 10 |
| Persistent asthenia and/or fatigue | 10 | 15 |
| Symptoms persistence but the patients felt better before starting the treatment | 10 | 4 |
| Improvement of serenity | 10 | 1 |
| Absence of symptoms | 3 | 1 |