**Table 2. Subjective observations related to the symptomatology declared by patients after the treatment. Results are expressed in terms of frequency.**

|  |  |
| --- | --- |
| **Subjective observations about symptoms**  | **Frequency** |
|  | Overwintered-stressed *Chondrus Crisupus* group (N=50) | Non-overwintered-stressed *Chondrus crispus* group (N= 30) |
| Less exhaustion | 19 | 5 |
| Less fatigue | 17 | 6 |
| Mood improvement | 13 | 1 |
| Less pain | 5 | 0 |
| Mild improvement of the symptoms  | 5 | 3 |
| Concentration improvement | 2 | 0 |
| Digestive and peristalsis disturbances improvement | 3 | 0 |
| No effects | 9 | 21 |