

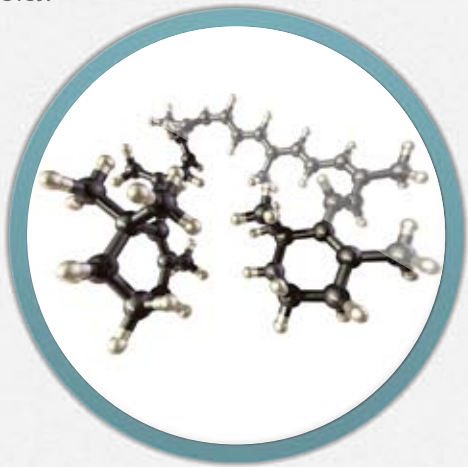
Spirulina

What is it?

What is spirulina?

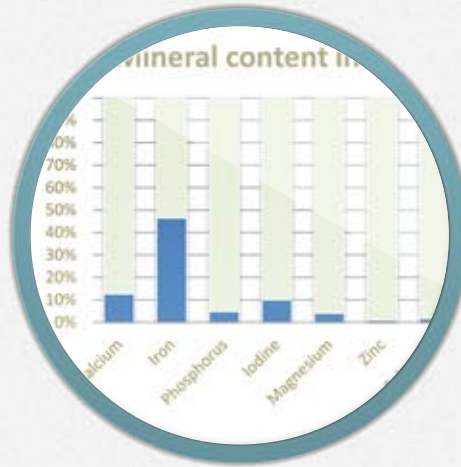
Spirulina is a type of blue-green algae that is rich in vitamins, minerals, amino acids and phytonutrients. Spirulina is a nutritious uni-cellular blue-green microalgae that contains many vitamins, minerals, all the essential amino acids and powerful antioxidants. Spirulina is extremely nutritious and one of the the most nutritious, concentrated natural wholefoods (gram per gram) in the world. SPIRALYNE spirulina tablets' constitution is over 60% protein, containing all essential amino acids and is rich in vitamins, minerals and phytonutrients. Spirulina has no hard cell wall (no cellulose), which means it can be digested easily and is highly assimilated.

SPIRALYNE spirulina has a very high phytonutrient content; it has 31 times more antioxidant properties than blueberries and 60 times more than spinach. When compared to other foods SPIRALYNE spirulina has: 290% more calcium than whole milk, 830% more protein than tofu, 4500% more beta carotene than carrots, 8000% more iron than spinach. (Based on a typical analysis of our spirulina and the above foods). And there is more antioxidant and anti-inflammatory activity in 3 g of our spirulina than in five servings of fruits and vegetables.



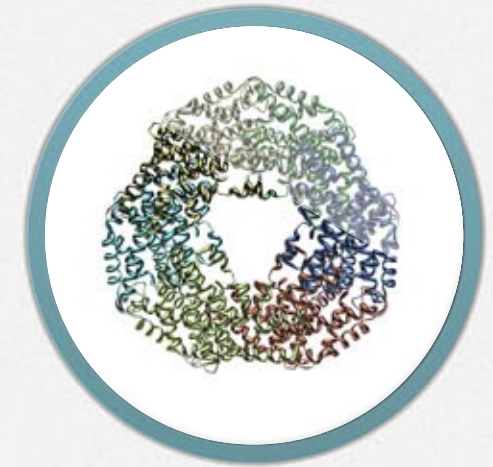
Vitamins

Spirulina contains Beta carotene (above) which can be converted to vitamin A. Vitamin A is needed for normal skin, normal vision and for the immune system. Spirulina contains vitamin B12 which is necessary for the normal function of the brain and neurological system.



Minerals

Spirulina contains copper and copper is necessary for the normal colouration of hair. Spirulina also contains iron and chromium. Iron is needed for healthy red blood cells and for healthy hair, and chromium has been shown to help regulate blood sugar levels.



Phytonutrients

Spirulina contains C-phycoerythrin (above); a powerful antioxidant found only in spirulina and other blue-green microalgae. Spirulina can help your body's immune system; the calcium spirulan, a compound contained in spirulina, has been found to be very effective against numerous viruses. A Japanese study found that those taking spirulina showed a significant improvement in immune markers.