

Spirulina

A species of edible micro-algae, *Spirulina* is a complete protein known for its essential and non-essential amino acids...62% easily digested plant protein!

Spirulina is blue - green algae high in chlorophyll, iron, carotenoids, anti-oxidants and other micronutrients. As is the case with all whole foods, **Spirulina** has compounds that do much more for our health than the obvious. It has been found to be effective against a series of viruses and is being studied in several countries as an answer to malnutrition in underdeveloped countries, producing twenty times the amount of protein as that of soybeans on an equal land area. In general, the blue-green micro-alga, **Spirulina** is unique in that it nourishes and also cleanses (because of its rich chlorophyll content). **Sunrider's** blue-green algae, **Spirulina**, is cultivated in hygienic tanks and ponds under the latest scientific conditions. It is a total food source for quick energy (very high in assimilable all essential and non-essential amino acids, rich in the B vitamins, minerals, B₁₂, and Pro-Vitamin A, which is converted to Vitamin A by the body.) **Spirulina** is excellent for weak digestive systems and glandular, particularly thyroid, needs. Properties include: highly nutritive; detoxifies the kidney and liver; builds and enriches the blood; cleanses the arteries; enhances intestinal flora; and inhibits the growth of fungi, bacteria, and yeast. As overgrowth of fungus in the body is a prevalent condition, **Spirulina** is a valuable tool in combating that situation and is often very helpful in a regeneration regimen. Many Sunriders enjoy the benefits of **Spirulina** every day as part of their Sunrider Basics—it's a quick way to get green vegetable servings! Sunrider **Spirulina** smells fresh unlike any other available brand!

Spirulina has¹:

- world's richest natural source of B₁₂ needed for healthy blood cells.
- 300 percent more protein than fish, meat or poultry, without the cholesterol -
- 62 percent amino-acid vegetable protein, the highest known source.
- more protein than tofu.
- perfectly balanced essential amino acids in almost the same proportions as in the human body.
- more energy-boosting iron than spinach.
- virtually no calories.
- neuro-peptides—food for the brain and nervous system to produce endorphins.
- trace minerals and lipids.
- more cancer risk-reducing beta carotene than carrots
- whole spectrum of natural mixed carotene and xanthophylls phytopigments
- 26 times more calcium than milk.
- GLA (gamma-linolenic acid) essential fatty acid—feeds the immune system (studied in arthritis)
- rich in Phycocyanin, which affects the stem cells found in bone marrow.
- feeds beneficial intestinal flora making it very effective against Candida and other yeasts
- contains Zeaxanthin and Lutein, which support eye health
10 times more carotenoids than found in carrots

¹ ³ [Research on Spirulina: Effects on the AIDS Virus, Cancer and the Immune System](#) by Richard Kozlenko DPM, Ph.D M.P.H.