

## ***Spirulina...Whole Food....Easy to Digest Protein...Nourish & Cleanse***



Spirulina is an edible Blue Green Micro-Algae. It contains all the essential and non-essential amino acids and is a very easy-to-digest protein. It is a balanced whole food.

- **NOURISHES AND CLEANSSES:** *Because of its rich chlorophyll content, Spirulina* is unique in that it nourishes and also cleanses.
- **NATURALLY OCCURRING VIT AND MINERALS:** As a whole food, it does so much more for our health than taking vitamins and minerals. It is rich in the B vitamins and Pro-Vit. A, which is converted to Vit. A by the body, high in chlorophyll, iron, carotenoids, antioxidants, micronutrients, trace minerals, and lipids – all naturally occurring.
- **ANSWER TO MALNUTRITION:** Because it provides 20 times the amount of protein as that of soybeans on an equal land area and is effective against a series of viruses, it is being studied as the answer to underdeveloped countries' malnutrition.
- **HYGENIC CULTIVATION:** Unlike many brands, **Sunrider's** blue-green algae, **Spirulina**, is cultivated in hygienic tanks and ponds under the latest scientific conditions and then concentrated 4xs. It also smells fresh.
- **SO MANY BENEFITS:**
  - excellent for weak **digestive** systems & **glandular**, particularly the **thyroid**, needs
  - detoxifies the **kidney** and **liver**, builds and enriches the **blood**, cleanses the **arteries**
  - feeds the beneficial **intestinal flora**; inhibits the **overgrowth of fungi, bacteria, and yeast**.
- **HEAVY METALS:** **Spirulina helps** carry heavy metals out of the body (especially aluminum) once they have been chelated out of the cells, tissues, and blood, so that they do not settle elsewhere. Chelate with strong Calli, 1 bag/1 c. water, followed by weaker Calli throughout the day + 3-4 Spirulina.

### **Key Facts:**

- B12- the world's richest natural source of B<sub>12</sub> needed for healthy blood cells.
- Protein - 300 percent more protein than fish, meat, or poultry, without the cholesterol
- Assimilable Protein - 62 percent amino-acid (protein), the highest known source of vegetable protein, more protein than tofu, yet easy to digest
- Essential Amino Acids - perfectly balanced essential amino acids in almost the same proportions as the human body.
- Iron-rich - more energy-boosting iron than spinach.
- Endorphins - neuro-peptides—food for the brain and nervous system to produce endorphins.
- Cancer-fighting - 10 times more cancer risk-reducing carotenoids and beta carotene than carrots
- Calcium - 26 times more calcium than milk.
- Essential Fatty Acid - GLA (gamma-linolenic acid) essential fatty acid—feeds the immune system (studied in arthritis)
- Stem Cells in Bone Marrow - rich in Phycocyanin, which affects the stem cells found in bone marrow.
- Eye health - contains Zeaxanthin and Lutein, which support eye health.
- Virtually no calories.

**“Such an easy way to eat enough green vegetables,” Mori**