

## Benefits of Spirulina

### PROTEIN:

69% bioavailable protein and amino acids including the essential fatty acid gamma linolenic acid (GLA) which has gotten a lot of attention for its anti-inflammatory properties.

### HEALTHY OMEGAS:

Spirulina contains Omega 3-,6 and 9s.

### OXYGEN&SUNLIGHT:

Spirulina is extremely high in Chlorophyll, which helps remove toxins from the blood .

### MINERALS AND VITAMINS:

Spirulina has a very high concentration of bio-available iron and is excellent during pregnancy and for those with anemia and will not cause constipation.

Spirulina contains vitamins B-1(thiamine), B-2 (riboflavin), B-3(nicotinamide), B-6 (pyridoxine), B-9 (folic acid), vitamin C, vitamin D, vitamin A and vitamin E. It is also a source of potassium, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, selenium, sodium and zinc. S. contains many pigments which may be beneficial and bioavailable. Spirulina has over 26 times more calcium than cow's milk.

Phosphorus content makes it helpful as part of a tooth remineralization regimen.

**ORAC** score of over 24,000

**Scientific research** showed powerful help for people with **allergies**, Candida, Immune System Deficiency, MS, Crohn's disease, chronic fatigue syndrome, Lupus or fibromyalgia and their related symptoms.

Emerging evidence suggests that it binds with radioactive isotopes and may be useful for **radioactivity** exposure or radiation therapy.

Spirulina can bind with **heavy metals** in the body and help remove them.

Spirulina can increase **fat burning** during exercise.

Studies show positive effect on high blood pressure and normalize Cholesterol levels.

(please read more in our blog)