



SPIRULINA BLUE GREEN ALGAE

Some plants are nutritionally richer than others, but for sheer concentration and variety of nutrients, Spirulina stands as the best food of all. For this reason, it is regarded as nature's 'superfood'. Spirulina yields more nutrition per acre than any other crop of livestock, making it an ecologically sound choice. For example, an acre of Spirulina yields 40 times more protein than an acre of soya and 200 times more per acre than beef cattle. Spirulina's benefits were first discovered by the Aztecs. They harvested it from unpolluted alkaline lakes in South America to add to their diet.



The Benefits of Spirulina

Gram for gram, spirulina is the richest food yet discovered. Spirulina contains virtually every vitamin, mineral, amino acid, enzyme and protein known to be essential for health, and all in an easily digestible, natural form. These nutrients help protect, nourish, detoxify and boost the body and its processes. Spirulina is the perfect supplement for good nutrition, but without the heaviness of bulky food.

Of the 1500 varieties of Blue Green Algae, Spirulina is the most extensively researched and detailed in books, journals and periodicals.



Main uses of Spirulina Blue Green Algae:

- Energy and wellbeing
- Detoxification programme support
- Weight loss support



Properties

All 8 essential amino acids - which means it is a complete protein source. From these 8, all 21 'structural' amino acids, that build bodily tissues, can be made. Spirulina is 60% complete protein by weight.

B-vitamins - all of the B-vitamins are present.

Minerals - contains all necessary minerals, at concentrations exceeding those in any food.

Chlorophyll - another pigment, is said to provide energy-boosting and detoxifying properties by advocates of Spirulina.

Antioxidants - such as Beta-Carotene, vitamins C and E and Selenium are well-known substances that reduce the damage done by pollutants, toxins and waste products.

Fibre - Spirulina, like all plants, is rich in fibre for healthy bowel function.

Phycocyanin (Spirulina's richest pigment), polysaccharides and sulfolipids - have all been shown to enhance the immune system.

Essential fatty acids - linoleic acid and gamma-linolenic acids of the omega-6 group.



Contra-indications / Precautions

None.



Why Choose Natures Aid Spirulina Blue Green Algae?

- Each tablet provides 500mg of Spirulina Blue Green Algae
- One to three tablets a day taken once a day.
- Manufactured in the UK in our state of the art purpose built facility to GMP (Good Manufacturing Practice) standards.
- SUITABLE FOR VEGETARIANS AND VEGANS

Natures Aid, St George's Park, Kirkham, PR4 2DQ

This information has been provided to inform and educate trade customers and professionals only. It is not intended for use to diagnose, treat or cure disease; nor to provide medical advice. If in doubt consult a qualified practitioner.

Copyright © Natures Aid Health Products. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Natures Aid Health Products.