



Name Super Spirulina

Tablets

Code	Size	Duration
C39-80	80 Tablets	Usually lasts 13 days
C39-150	150 Tablets	Usually lasts 25 days

Area concerned

Nutrition

Ingredients

500mg per Tablet Spirulina only

Description

A highly nourishing variety of Algae. Spirulina is extremely easily digested, because its cell walls are made of simple sugars, not cellulose. This means that *Super Spirulina's* many nutrients are easily 'liberated', rather than having to be 'wrenched' out of cells with normal, tough walls. Top quality *Super Spirulina* is organically grown in a controlled environment, away from the pollution prevalent in shallow sea water.

Used as a daily supplement, many people find that *Super Spirulina* supports vital energy, and promotes a general feeling of well-being. Desire for various substances may be balanced by using *Super Spirulina*, eg six tablets half an hour before eating, or taken through the day by smokers.

A good supplement for children, who are frequently attracted to the taste of spirulina.

Standard use

2 tablets 3 times a day at any time. Twice, or even three times, this amount can be taken safely.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 1-3 months if and when it is felt to be desirable. Can be used at any time as a general supplement, perhaps alternating with *Wheat Grass*, *Cayenne Capsules* and/or *Power Garlic Capsules*.

Cautions

None

Companion Products

Mega-Ton Drops; Min/Vit Capsules; Power Garlic Capsules; Slippery Elm Capsules or Tea; Three Continents Healing Tea; Wheat Grass Capsules or Powder.

Tablets

BACKGROUND INFORMATION

Spirulina is one of a family of Blue Green Algae which is high in whole protein. It is easy to digest because the organism lacks a hard cell wall and so virtually 'dissolves' in the stomach, making the many nutrients within spirulina fully available soon after eating.

Key facts

- A natural "multi-mineral/vitamin" supplement
- Very easily digested and absorbed, because of; 1. Its simple cell structure, which is very easily broken down and; 2. Its naturally 'chelated' nutrients, which are a form the body easily recognises.
- Contains about as much calcium, gram per gram, as does milk - but in a much more usable form.
- Contains ample chlorophyll. Chlorophyll is almost identical to haemoglobin, which carries oxygen around in the blood. It is thought that chlorophyll can provide the nutrients to build haemoglobin easily.
- 6 tablets of Spirulina contain about 40% of the daily requirement of iron for women, and 75% of that for men. Anaemia is most common in women, during the childbearing years, when spirulina (and dark green vegetables) can be particularly valuable.
- Recommended during and following pregnancy to help build the blood.
- Low in sodium, so no risk of mineral-rich spirulina raising blood pressure.

Minerals: The waters Spirulina favours are packed with minerals. Spirulina has the ability to absorb these minerals and synthesise compounds from them which are very valuable for our health. This rich mineral content makes spirulina a valuable food, especially as these minerals are in an easy-to-absorb form, unlike many supplement tablets.

Pregnancy: Studies have found spirulina to be safe during pregnancy. (Healthnotes)

Protein: Spirulina is a good source of protein, containing 60-70% of whole protein (all essential amino acids).

Research: Test tube and animal studies have demonstrated that Spirulina has antioxidant properties.

Typical full analysis: "Dried Spirulina contains: Water 4.7%; Protein 57.5%; Total lipid (fat) 7.72%; Carbohydrate, by difference 23.9%; Fiber, total dietary 3.6%; Ash 6.2%. Minerals (per 100g): Calcium, 120mg; Iron, 28.5mg; Magnesium, 195mg; Phosphorus, 118mg; Potassium, 1363mg; Sodium, 1048mg; Zinc, 2.0mg; Copper, 6.1mg; Manganese, 1.9mg; Selenium, 7.2mcg. Vitamins: Vitamin C, 10.1mg; Thiamin 2.4mg; Riboflavin 3.6 mg; Niacin 12.8mg; Pantothenic acid 3.5mg; Vitamin B-6 0.4mg; Folate, 94mcg; Vitamin A, 570 IU; Vitamin A, RE 57mcg; Vitamin E 5.0mg (ate). Lipids: Fatty acids, total saturated 2.6%; Fatty acids, total monounsaturated 0. 7%; Fatty acids, total polyunsaturated 0.047%. Amino acids: Tryptophan 0.9g; Threonine 3.0g; Isoleucine 3.2g; Leucine 5.0g; lysine 3.0g; Methionine 1.1g; Cystine 0.7g; phenylalanine 2.777g; tyrosine 2.6g; Valine 3.5g; Arginine 4.1g; Histidine 1.1g; Alanine 4.5g; Aspartic acid 5.8g; Glutamic acid 8.4g; Glycine 3.1g; proline 2.4g; serine 3.0g." (Information taken from The National Agriculture Library's USDA Nutrient Database for Standard Reference, Release 14 (July 2001)).

"In summary, Spirulina is very rich in natural beta-carotene, Vitamin D and GLA (Gamma Linolenic Acid) and contains all nine essential amino acids. Spirulina, as a food, also has an extremely long shelf life. It contains approximately 26 times the calcium of milk and has a good supply of niacin and phosphorus." (florahealth.com)