



Category 9
Green Food Supplements



GOODFORYOU

GOOD FOR LIFE

SPIRULINA 500

(Super Food) #102696
100 Tab

Description: **Spirulina** is one of the best among micro-algae green foods. Contains the highest protein content (65%) and the highest Beta-Carotene levels of all green foods. A rich source of GLA (Gamma Linolenic Acid), a fatty acid with numerous health benefits. Highest known vegetable source of Vitamin B12. Provides many healthy levels of essential vitamins, minerals, trace minerals, cell salts, amino acids, and enzymes.

Contents / Ingredients

Spirulina is a source of nutrition since the Aztecs thrived on its use from Lake Texcoco in Mexico. **Good For You Spirulina** is cultivated and harvested in Hawaii where ideal weather conditions allow for year round growth and excellent nutritional content.

Recognized the world over as the most promising of all microalgae, **Spirulina** is an immediate food resource. It represents a breakthrough in the production of food, producing twenty times as much protein as soybeans growing on an equal-sized area of land.

Spirulina contains concentrations of nutrients unlike any other single grain, herb, or plant. It contains gamma-linolenic acid (GLA), linoleic and arachidonic acids, vitamin B12 (needed especially by vegetarians, for healthy red blood cells), iron, a high level of protein (60 to 70 percent), essential amino acids, the nucleic acids RNA and DNA, chlorophyll, and phycocyanin, a blue pigment that is found only in blue-green algae, and is proven to increase the survival rate of mice with liver cancer in laboratory experiments.

Spirulina provides about ten times as much iron as the same weight of boiled spinach and five times as much as parsley. It has been found on analysis to be the richest natural source of protein yet

Traditional Therapeutic Action

Supplement Facts

	Serving Size 6 Tablets (3 g)	Servings per Container 16	Amount Per Serving	% Daily Value
Calories			10	
Sodium			40 mg	2%
Total Carbohydrate			0.5 g	<1% (**)
Protein			2.0 g	4% (**)
Vitamin A (100% as Beta-Carotene)			11,250 IU	225%
Thiamin (Vitamin B-1)			75 mcg	5%
Riboflavin (Vitamin B-2)			110 mcg	6%
Vitamin B-12			2 mcg	33%
Calcium			15 mg	2%
Iron			1.5 mg	8%
Spirulina	3 g (3000 mg)			(*)
Gamma Linolenic Acid (GLA)			30 mg	(*)
Chlorophyll			25 mg	(*)

(*) Daily Value not established

(**) Percent Daily Value based on 2,000 calorie diet

Other ingredients: Silica, inulin (from chicory) and magnesium stearate (vegetable source)

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives.

Vegetarian product

discovered. Spirulina has a higher proportion of protein than yeast (35 per cent), fish and lean meat (18-20 per cent), or even dried egg (45 per cent). Spirulina was also discovered to be an amazing source of vitamin B12, containing more than twice as much as the usually accepted provider of B12 in liver. It is therefore highly recommended in the diet of vegetarians and even more for vegans.

Spirulina is a naturally digestible food that aids in protecting the immune system, in cholesterol reduction, and in mineral absorption. Spirulina is beneficial while fasting. It supplies the nutrients needed to help cleanse and heal, while also curbing the appetite. A person with hypoglycemia may benefit from using this food supplement between meals because of its high protein content which helps stabilize blood sugar levels.

Spirulina has all the essential amino acids, which are the protein building blocks of man, are present in balanced amounts along with a formidable array of vitamins, minerals and trace elements together with rare unsaturated fats including gamma-linolenic acid combine to make this a food which is packed with vitally important and readily available nutritional substances.

SUGGESTED DOSAGE: As a dietary supplement, take 6 tablets daily.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.