

# Spirulina

100 capsules, Single herb, Stock No. 681-1

**S**pirulina is a blue-green algae that grows in warm, alkaline fresh waters around the world, including Lake Texcoco in Mexico, and Lakes Rudolf and Nakura in Kenya.

Spirulina is 65-71 percent complete protein; compared to beef's 22 percent protein, making it one of the richest vegetable sources of protein known. The digestibility of spirulina protein is rated 85%, compared to approximately 20% for beef protein.

## *Did you know?*

The value of spirulina as a food source is demonstrated by the fact that when the Spanish conquered the Aztec Empire, they found the natives using green algae (spirulina) from Lake Texcoco in their diets.

According to studies published in *Medication and New Drugs*, spirulina supplementation slows the loss the white blood cells associated with chemotherapy and radiation treatments of cancer.

## *NSP Advantage*

100 capsules. Single herb.

*Ingredients:* 400 mg of the finest spirulina algae (blue-green microalgae vegetable plankton).

Spirulina contains naturally-occurring amounts of beta-carotene, calcium, chlorophyll, iron, magnesium, potassium, phosphorus, protein, and selenium. It is also one of the few plant sources of vitamin B12.

*Recommendation:* Take one capsule with a meal twice daily.

## Features & Benefits

- Helps nourish the body.
- Detoxifies the kidneys and the liver.
- Builds and enriches the blood.
- Promotes the growth of intestinal flora.
- Inhibits the growth of bacteria, fungi and yeasts.
- Spirulina has been investigated as a possible aid in reducing cholesterol.
- May help treat obesity and compulsive eating disorders.
- Helps stabilize blood sugar levels.
- Stimulates immune activity.