

Spirulina

Organic Spirulina is the world healthiest super food with over 60% protein content.



HEALTH BENEFITS OF SPIRULINA:

Boost the immune system | Improve digestion | Reduce Fatigue | Boost energy levels
Maintain Healthy Cardiovascular Function | Support the Liver and Kidneys

Gram for gram, spirulina could be the most nutritious and well-rounded food on the planet, which stores almost indefinitely.

A Product of: **MetLife Health Care**

What can Spirulina do for you?

• Energy booster

Spirulina contains a large amount of Chlorophyll and Phycocyanin. Phycocyanin absorbs sunlight to create carbohydrates to boost your energy levels.

• Nutrient Supplement

Vegetarians who do not eat meat or area products and can be lacking vitamin B12, Iron and some Amino Acids.

• Source of concentrated protein & Essential Fatty Acids

Spirulina provides more than 60% protein including being a complete source of the 8 essential Amino Acids and 10 non-essential Amino Acids.

• Adjust PH level in your body

A healthy body should have healthy PH level around 7.35-7.45 near neutral. However, with most of us leading busy lives eating take away food, consuming soft drinks, wine, dairy products and sometimes "over indulging" the PH level in our body can be too low. High acidity levels in our bodies, medical researchers tell us, can lead to increased chances of disease and even cause some cancers. By using Spirulina regularly you can easily keep your PH level high and maintain good health.

• Food supplement

While pregnant, women often need extra nutrition. As the baby grows, more and more demand is put on her body to supply nutrients to the growing youngster. Spirulina can provide the richest and most complete source of nutrients for the "mum to be" and her unborn child so that both of them maintain good health.

Why use Spirulina?

The richest source of nutrients more than any other plant, grain or herb.

Great source of vitamin E and beta-carotene.

The anti-oxidant Phycocyanin can only be found in Spirulina.

Typical analysis of Spirulina per 100g

Protein	60-63%	3 times higher than beef, fish or pork 6 times higher than eggs 2 times higher than soybeans
Minerals	7-13%	Including Calcium, Potassium. Magnesium. Zinc and Phosphorus
Fibre	8-10%	4 times higher than flour and corn
Vitamin B12	0.2-0.3mg	3-4 times higher than animal liver 40 times
Beta Carotene	140-330mg	5 times higher than carrots, 40 times higher than Spainach
Carbohydrate	15-25%	
Lipid	6-8%	
Chlorophyll	1000-2000mg	More than 20 times higher than wheatgrass
Calcium	133mg	10 times higher than milk
Iron	33mg	65 times higher than spinach,

