

SimplySpirulina

Source of vital nutrients



- Good source of proteins
- Provides amino acids, vitamins, minerals and chlorophyll

ISO 17025
Accredited Laboratory



newrootsherbal.com



SimplySpirulina



A blue-green alga (single-celled plant), spirulina is named for its spiral shape. Algae are ancient life forms responsible for producing and sustaining our oxygenated atmosphere; they are the basis of the food chain, and the primary source of food for the great baleen whales. Spirulina grows in fresh and brackish inland waters. Because it is so low on the food chain, it has to be packed with nutrients and energy—and it is!

Spirulina has been nourishing people in Africa and America for centuries, but scientists only rediscovered its benefits recently. This tiny aquatic plant offers 65% of all-vegetable protein, iron, essential vitamins such as vitamin B₁₂, phytonutrients such as the antioxidant *beta*-carotene, the rare essential fatty acid GLA, sulfolipids, glycolipids, and polysaccharides. Its deep green colour comes from its rainbow of natural pigments—chlorophyll (green), phycocyanin (blue) and carotenoids (orange)—that harvest the Sun's energy. It is easy to digest, so nutrients are absorbed quickly.

Spirulina yields 20 times more protein per acre than soybeans! It consists of 65% protein (compared to beef's 22%), 5% fat (good fats), and no cholesterol (it's a plant). Spirulina contains an impressive array of vitamins and minerals, including the essential B₁₂, which vegetarians must seek. This wonderfood contains eight essential amino acids (plus 10 of the 12 nonessential amino acids); fatty acids (including the heart-healthy GLA); digestive enzymes; and the pigments chlorophyll, porphyrin, and phycocyanin—beneficial to the liver. Best of all, 10 grams of spirulina have only 36 calories, making it a perfect diet food.

Spirulina contains chelated versions of potassium, calcium, magnesium, zinc, selenium, phosphorous, and iron. In addition to these beneficial minerals, you can get your B complex, A and E vitamins from spirulina.

Spirulina is safe for diabetics. Although it has some sugar (about 10%), it is in the form of rhamnose, a type of sugar that does not require insulin for metabolism.

Each vegetable capsule contains:

Organic spirulina platensis (*Arthrospira platensis*) 650 mg

Other ingredients: Vegetable magnesium stearate in an organic vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80053296 · V0450-R4

Each tablet contains:

Organic *Spirulina platensis* 1000 mg

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, vegetable stearic acid, silicon dioxide, and vegetable magnesium stearate.

NPN 80073349 · V0454-R3

Suggested use:

Capsules: Adults: Take 1–2 capsules twice daily or as directed by your health-care practitioner.

Tablets: Adults 19 yrs +: Take 1–2 tablets twice daily or as recommended by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Manufactured under strict GMP (Good Manufacturing Practices).

HP1653

