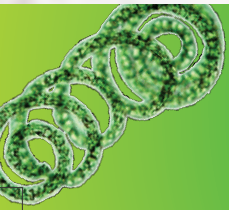




SPIRULINA



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Spirulina is a type of blue-green algae benefits includes the treatment of various health conditions, as well as the promotion of weight loss. Spirulina a microscopic aquatic plant is nature's most powerful 'green' foods. With over 60% protein content, spirulina is highest, most potent and most digestible protein source known. Spirulina is a source of several important phytonutrients like carotenoids, essential fatty acids like gamma Linolenic Acid, Vitamin B12 not found in other green foods.

Structure and history

Spirulina is a microscopic single-celled algae that has the appearance, when seen under a microscope, of a spiral strand: thus the name spirulina (1). But don't be fooled by the small size of this algae. Organic spirulina provides a full spectrum of vitamins, minerals, macronutrients, and medicinal qualities that make it worthy of the classification as a superfood.

During the early evolution of life on this planet one of the first organisms to be created was algae. This food has been on Earth for an estimated 3.5 billion years. It and other algae were responsible for a considerable amount of the oxygen being released into the atmosphere so that other living organisms could evolve. Basically, blue-green algae pull in a wide variety of nutrients both from the sun (they are plants) and from the water it grows in.

Oriens Organic Spirulina

Oriens Organic Spirulina developed as the "food of the future" because of its amazing Nutritional quality. Spirulina is 65 to 71 percent *complete* protein, with all essential amino acids in perfect balance.

Blue green algaeSupplies

Protein

Vitamins A, C, E, k, B3, B6 &folate

Minerals – Magnesium, Potassium, Calcium, Phosphorous, Iron, Zinc & selenium

Carotenoids – Beta carotene, Xanthophyll

Amino acids – Essential & Non-essential

Nutritional Benefits of Spirulina

Spirulina contains a number of nutrients, including B-complex vitamins, beta-carotene, and vitamin E. Spirulina is high in protein and also contains antioxidants, minerals, and chlorophyll. Spirulina contains high amounts of protein, essential amino acids, essential fatty acids and vitamins and minerals. In short, the nutritional benefits of spirulina are pretty high.

Nutritional Comparison

Spirulina has 2300% more iron than spinach

Spirulina has 3900% more beta carotene than carrots

Spirulina has 300% more calcium than whole milk

Spirulina has 375% more protein than tofu

Chlorophyll. A Key to spirulina Health benefits

Chlorophyll is basically the blood of plants. It is chlorophyll that allows a plant to transform light into nutrients for the plant –photosynthesis. It is chlorophyll that gives plants and algae their green pigmentation.

Good things Happen when humans drink Plant Blood!

It turns out human blood and “plant blood” Chlorophyll is very similar. Chlorophyll has magnesium as the central atom while human blood has iron in the middle. Due to this chemical structure, chlorophyll can help grow and repair tissues act as a powerful antioxidant, boost the immune system and help maintain healthy blood function. As spirulina is an excellent source of chlorophyll this helps explain how spirulina can have so many potential health benefits.

Don't forget the cute Little Phytonutrients

Spirulina is packed with a number of important phytonutrients. The blue-green color of spirulina comes from its high concentration of a phytonutrient called phycocyanin.

Spirulina Nutrition Facts

1. Protein:

- 60-70% Complete protein source
- Highest concentration of protein by weight of any food thus far studied

2. Vitamins (rich in the following):

- Beta Carotene, the precursor to Vitamin A
- B1, B2, B6
- E
- K

3. Minerals

- Contains a full spectrum of minerals and is especially rich in Iron and Magnesium

Health Benefits of Spirulina

1. Improved Mental Functioning

- The presence of essential amino acids in this algae, such as tryptophan and leucine, have been shown to balance brain chemistry by providing the building blocks necessary for healthy neurotransmitter functioning .

2. Alkalizing

- As with all green foods, it is a powerful alkalizing food . Due to the presence of many acidic foods in modern diets, it is very important to include many alkaline forming foods in our diet to counter balance an acidic body pH. The human body and immune system thrives in an overall alkaline environment.

3. Antioxidants

- Organic spirulina imparts a large array of antioxidants such as beta-carotene, vitamin E, chlorophyll, zeaxanthin, superoxide dismutase (SOD), and phycocyanin, which help keep our cells free from damage due to the presence of free radicals.

4. Other Health Benefits of Spirulina

- Blood builder: due to presence of iron, chlorophyll, and phycocyanin
Offers support for healing hypoglycemia, diabetes, chronic fatigue, anemia, ulcers, and boosting the immune system

Powerful quotes

- *“Gram for gram, spirulina could be the most nutritious and well rounded food on the planet, which stores almost indefinitely.” (26)
– Gabriel Cousens, M.D.*
- *“Spirulina yields two hundred times more protein per acre than beef.” (27) – David Wolfe*

HEALTH BENEFITS OF SPIRULINA

Boost the immune system

Improve digestion

Reduce Fatigue

Build Endurance

Nature's Detoxifier-Cleanse the body

Boost energy levels

Control Appetite

Maintain Healthy Cardiovascular Function

Support the Liver and Kidneys

Reduce Inflammation

Benefits people who suffer from allergies.

Encouraging Weight Loss

Counteracting Toxins in the body

Helping Purify Liver

Increasing Mental alertness

Lowering Blood Cholesterol and excess triglycerides



Helping fight Viral infections

Treating radiation sickness

Enhancing ability to generate new blood cells


Improving blood sugar problems

Strengthening the nervous system

Strengthening the immune system

Removing toxic metals such as lead and mercury from the body

Improving healing of wounds.





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