

ORGANIC SPIRULINA

Nature's Green Super Food



Organic Spirulina is a blue-green algae used for centuries by indigenous cultures of both Central America and East Africa. Spirulina grows naturally in tropical and subtropical lakes with high pH and high concentrations of carbonate and bicarbonate. It is a nutrient-rich protein and a highly functional food source, and has even been suggested as the solution to the world's hunger problems. For over 30 years, spirulina (*Arthrospira platensis*) has been the premier source of many nutrients that are hard to maintain at adequate levels with a vegetarian diet. Source Naturals® ORGANIC SPIRULINA is cultivated under strict USDA Certified Organic regulations, improving purity and potency. The 500mg tablets are 100% pure, binder-free, organic spirulina.

Organic Spirulina is a true superfood. It is a complete vegetarian protein and source of healthy gamma-linolenic acid. It is rich in amino acids, minerals, carotenoids, chlorophyll, and essential fatty acids and vitamins. Source Naturals has identified twelve deep metabolic systems that are important for overall wellness and health. Organic Spirulina provides support for five of these systems: Inflammation Response, Antioxidant Defense, Cells/DNA, Immune Function and Healthy Circulation.



Strategies for Wellness™

Rich Protein Source

Antioxidant Defense

The antioxidant properties of spirulina are attributed to phycocyanin, a water soluble protein related to the light harvesting mechanisms of photosynthetic organisms. Research has shown that spirulina is a strong free radical fighter, and that phycocyanin may play a roll in oxygen scavenging activity and free radical suppression.

Cells/DNA

Studies have shown that spirulina may enhance cell nucleus enzyme activity and DNA repair synthesis. It also prevents oxidative damage to DNA. Also, spirulina may selectively induce the phase II detoxification enzymes for building and supporting healthy cells and DNA. By maintaining a healthy immune system through supplementation with spirulina, you are providing protection and support for cellular health and function.

Blood Lipid Metabolism/Circulation

Metabolism is a highly complex, elaborate process involving a multitude of actions and reactions. Scientific studies have shown that spirulina can support healthy neurological function, may inhibit lipid peroxidation significantly, and may reduce the concentrations of lipids in the liver.

The many health benefits of spirulina are well documented by science research. It is high in protein and rich in iron. It is naturally rich in chlorophyll and antioxidants. Spirulina is



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especially popular with sports enthusiasts and world class athletes who use spirulina for both endurance and energy during training and competition. This is an ideal supplement for health-conscious people everywhere.

The SystemiCare™ system from Source Naturals focuses on supporting the body's interrelated biological systems with scientific research, key herbs and ingredients, and expert formulations. This is a methodology which utilizes an integrated, holistic approach that focuses on root causes, not just symptoms of biological systems breakdown. Source Naturals believes that the natural foods retail industry is the best commercial channel for the expression of our values and for supporting the customer's right to make informed choices regarding health care.

References

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