

Lifestream Spirulina

SPIRULINA

A blue-green micro-algae that grows naturally in mineral-rich alkaline lakes, spirulina is a quantum leap beyond ordinary nutritional supplements, containing the richest and most complete source of nutrients found in any single food on the planet.

High biological value protein - Spirulina contains more protein than any other natural food more than meat and fish (15-25%), soya beans (35%), dried milk (35%), peanuts (25%), eggs (12%), grains (8-14%) or whole milk (3%).

All eight essential amino acids - and ten non-essential amino acids – in terms of nutritional profile, spirulina is the closest thing to mother's milk.

High Iron, Calcium and mineral content - organic Iron & Calcium for healthy blood, bones, nerves and muscles. Spirulina is nature's richest wholefood source of Biochelated Organic Iron, which is completely non-toxic. 58 times richer than raw spinach and 28 times richer than raw beef liver.

Gamma Linolenic Acid (GLA) - an essential fatty acid thought to help combat heart disease, arthritis and the symptoms of ageing. Spirulina contains more GLA than Evening Primrose Oil.

Natural Carotenes & Antioxidants - ridding the body of harmful 'free radicals', thus improving skin and hair and general well-being. Spirulina contains every natural antioxidant known; the antioxidant vitamins B-1 and B-6; the minerals zinc, manganese and copper, the amino acid methionine; and the super-antioxidants betacarotene (25 times richer than raw carrots), vitamin E and trace element selenium.

Wide spectrum of vitamins - including natural vitamin E for promoting normal red cell formation and vitamins B-12, B-2 and B-6 to aid absorption, release energy from food, and enhance brain function.

Low fat content - proper balanced nutrition reduces the body's craving for food. Coupled with virtually no fat, spirulina can be a powerful weapon for combating weight loss.

"Spirulina is unquestionably one of the planet's finest natural complexes for supporting body ecology and the energy-enhancing health it creates"

at the highest levels." - Leslie Kenton

"Since taking LifeStream Spirulina my energy levels have gone up and up" - Mrs A. of Norwich.