

Synergy Natural Organic Spirulina

A blue-green micro-algae that grows naturally in a fresh water spring, Synergy Natural **Organic** Spirulina provides more balanced, bioavailable nutrition, increased energy levels and effective weight-management than almost any food on earth.

Synergy Natural Organic Spirulina Tablets are 100% pure and unadulterated. They have no fillers, binding agents or excipients. The world's only spring water grown variety, Synergy Natural meets the rigorous requirements of European organic certification... your assurance of quality and potency. Just one daily 3 gram serving is the nutritional equivalent to 3 large servings of organic vegetables. (See Dosage details for powder, tablets and vegicaps.)

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