

EWAD SPIRULINA

100% NATURAL

**"THE MOST NUTRITIOUS FOOD ON
EARTH"**

Richest protein source

Vitamins

Minerals

Powerful antioxidant



Soon Produced in Entebbe!

WHAT IS SPIRULINA ?

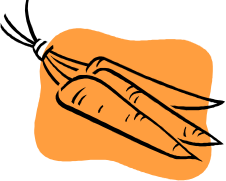




Spirulina- cyanobacteria is a micro-algae which **naturally grows in the alkaline lakes of warm climate countries**. It has been used as food for centuries by different populations like those living along the Chad Lake and has only been rediscovered in recent year.

Its exceptional content in proteins (a balanced protein composition), vitamins, minerals and the presence of rare essential lipids, all those being easily assimilated, makes it **an excellent food supplement**.

Spirulina contains:

- **High-quality complete protein** (60-70%)
- **All the known B vitamins including vitamin B12** which is almost never found in plants
- **Beta-carotene**
- **Many minerals : iron, calcium, magnesium, potassium, zinc, manganese...**
- **Essential lipids** including Gamma-linolenic Acid
- **Antioxidants**
- **Chlorophyll**

Do you know that spirulina can bring?

	25 times more beta-carotene than carrots	Good for eyes, strong antioxidant, boosts immunity
	56 times more iron than spinach	Boosts energy, supports blood health
	6 times more protein than soya	Building block for muscle tissue, necessary in diet
	More antioxidant and anti-inflammatory activity in 3g spirulina than in 5 servings of fruits and vegetables	Supports cellular health and immunity
	As much calcium as whole milk	Building bones and teeth and prevent osteoporosis

Actually one of the most efficient food supplement to address malnutrition!

HEALTH BENEFITS: "One solution for all"

Spirulina has been globally acknowledged to provide complete nourishment and high immunity naturally. It can benefit to everybody as health prevention but is widely used by people suffering from deficiencies, lacking in energy, afflicted by fatigue, pregnant women, growing children and sportsmen.

The main benefits are:

-RESTORING: Spirulina compensates for deficiencies in the diet and treat **anemia and other vitamins and minerals deficiencies**. With only **1 or 2 grams per day**, added to the normal meal, **a child suffering from acute or mild nutritional deficiencies, could get back in good health in 5 to 6 weeks**.

-FORTIFYING: Spirulina boosts immunity and activates the body's natural defence mechanism.

-CLEANSING: spirulina is a powerful detoxifier especially for metals and other pollutants. Spirulina also shows great potential for people with cardiovascular diseases, in terms of creating better lipid profiles, controlling hypertension, and increasing blood vessel elasticity.

-PROTECTION: due to its high levels of vitamins, minerals and antioxidants, spirulina is efficient in prevention of **Eyes diseases like Age-related macular degeneration, Type 2 Diabetes, Non-alcoholic fatty liver disease and Stroke and neurodegenerative disorders**.

HOW TO TAKE IT?

After harvesting, spirulina is dried and mixed in spangle or powder and can be consumed immediately. Here is a general guideline per day :

For children up to 5: 1-2g per day

For children over 5: 2-3g per day

For adults: 3-5g per day

To preserve all the nutrients benefits of spirulina it is **better to consume it raw** and it can simply be mixed with fresh juice, smoothies or added into yoghurt, sprinkled on any cereal, porridge just before serving.



A GLOBAL RECOGNITION:

UNITED NATIONS

The World Food Conference of 1974, held in Rome, Italy declared Spirulina as the "Best Food for Tomorrow".

WHO (World Health Organization)

WHO has hailed Spirulina as "The Greatest Super Food on Earth" which has all the essential nutrients required for healthy living.

IIMSAM (Intergovernmental Institution for the use of Micro-algae Spirulina Against Malnutrition)

IIMSAM works to promote the use of Spirulina to eradicate malnutrition and hunger, worldwide and also provide it to the underprivileged.

ABOUT THE UGANDAN SPIRULINA PROJECT:

As far as the production is concerned, spirulina offers many advantages¹:

- *Spirulina* does not need fertile land for cultivation and therefore conserves fertile land and soil.
- *Spirulina* requires less energy input per kilo than soy, corn, or bovine protein
- *Spirulina* uses less water per kilo of protein than other foods as the water is recycled back to the ponds after harvesting.
- *Spirulina* is a big oxygen producer that is even more efficient than trees and forests to absorb Carbon dioxide and release Oxygen.
- The simple method of farming *spirulina* is especially suited to tropical developing countries.



The goal of this project is:

- to produce and distribute Spirulina in the area of Entebbe as a therapeutic and complementary food which will improve and balance the local dietary intake. Spirulina will be diffused at least in two ways: a social and a commercial distribution.
- to create a technically and financially autonomous structure of 500 m² which will employ about 5 persons locally with strong ethical and social values.

HOW TO CONTACT US?

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¹ <http://www.iimsamspirulinapledge.org>