# WHAT IS SPIRULINA?

- Spirulina- cyanobacteria is a micro-algae growing naturally in the alkaline lakes of warm climate countries through photosynthesis.
- It can be found in lakes in Africa and Latin America.
- It is produced in many countries in the world: China, India, Japan, Madagascar, Burkina Faso, Niger, Mali...

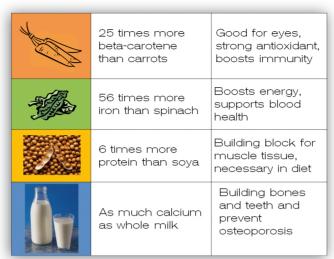


## Spirulina contains:

- High-quality complete protein (60-70%)
- All the known B vitamins including vitamin B12
- Beta-carotene
- Many minerals: iron, calcium, magnesium, potassium, zinc, manganese...
- Rare Essential lipids including Gamma-linolenic Acid
- Antioxidants
- Chlorophyll

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

## Do you know that spirulina can bring?



# **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.

# **HOW TO TAKE IT?**



After harvesting, spirulina is dried and mixed in in sprinkle or powder and can be consumed immediately.

Here is a general guideline per day: For children: 2-3g per day (1 spoonful) For adults: 3-5g per day (2 spoonfuls)

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 vegetables, rice, noodles or porridge just before serving.

# HEALTH BENEFITS: "One solution for all"





Children

Pregnant and breastfeeling women





Elderly and Vulnerable people (HIV infected)

Sportsmen and women

But Spirulina can benefit to everybody as health prevention!

### The main benefits are:



## **RESTORING:**

Spirulina compensates for deficiencies in the diet. 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.