

## 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?

	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
	As much calcium as whole milk	Building bones and teeth and prevent osteoporosis

## 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 breastfeeding 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.