



SPIRULINA

Nature's Perfect MultiVitamin



Spirulina has been widely regarded as nature's most complete nutrient source. Pure Planet Spirulina is a rich, whole-food source of vegetarian protein, chlorophyll, essential amino acids, antioxidants, and vitamins. It contains an abundant amount of phycocyanin, a unique, blue-green pigment that may support healthy immune function. We recommend combining Spirulina with our Rice Bran Solubles to create a nutrient-dense energy drink.

INGREDIENTS:

California grown Spirulina

OTHER INGREDIENTS FOR CAPSULES:

vegetarian capsules.

SUGGESTED USE:

For powder – mix one rounded tbsp (10g) per day with your favorite juice, creamy beverage (i.e. hemp, almond or oat milk) or smoothie. May also be mixed in pure water or sprinkled on organic unsalted popcorn.
For capsules – take 6 – 20 daily.

- Can help increase endurance and stamina
- May reduce cravings and appetite
- May support healthy immune function
- Can help promote healthy cholesterol levels and cardiovascular function

Supplement Facts

Serv. Size: 1 tsp (3g)

	Amount Per Serv.	%DV*	Amount Per Serv.	%DV*
Calories	10		Protein	2g 4%
Total Fat	0g	0%	Vitamin A	8000IU 160%
Sodium	25mg	1%	Iron	1.7 mg 9%
Total Carb	<1g	0%	Vitamin K	16mcg 20%
c-Phycocyanin	185mg	†	GLA^a	30mg †
allo-Phycocyanin	73mg	†	Total Carotenoids	10mg †
Chlorophyll	30mg	†	Zeaxanthin	2.5mg †
California Grown Spirulina (<i>Arthrospira platensis</i>) 3g †				

Not a significant source of cholesterol and saturated fat.

*Percent Daily Values are based on a 2,000 calorie diet.

† Daily Values are not established.

^aGamma Linolenic Acid, essential fatty acid.

PRODUCT	SIZE	ITEM	SKU	CASE	WHOLESALE	MSRP
Spirulina	4oz powder	88356	091401883569	12	7.95	13.25
Spirulina	8oz powder	86351	091401863516	12	14.40	24.00
Spirulina	100 vcap (500 mg)	88340	091401883408	12	6.32	10.53
Spirulina	200 vcap (500 mg)	86341	091401863417	12	10.20	17.00
Spirulina	500 vcap (500 mg)	86342	091401863424	12	23.95	39.95



Pure Planet's Spirulina is a multi-celled alga that grows in semi-salty waters where rivers and ocean waters meet. It is considered the single most nutrient-dense and nutritionally balanced of all plants on earth. It is easy to grow, store, transport, consume and digest, therefore making spirulina the world's most efficient food.

Why we offer Spirulina:

Nicknamed "Mother Nature's Multivitamin," spirulina is an excellent source of protein and 100-plus nutrients.

Interesting Facts:

Spirulina is between 60% and 65% pure vegan protein. Containing every essential amino acid found in animal flesh, it also contains the exact form of omega-3 fatty acids found in salmon, yet it is completely plant-based. Spirulina contains a high amount of vitamin B12; most of it is in an analog form making it unusable, however, a meaningful portion IS bioavailable. Spirulina contains more of the antioxidant beta-carotene and contains lutein and zeaxanthin, which are vital for ocular health. Its protective glycogen coating dissolves instantly in the human digestive track providing a boost of energy.

History:

Some say that spirulina may have been the biblical manna which Moses fed his people during their exodus through the desert. It could have grown in seasonal ponds created by monsoonal rains, fertilized by animal waste and dried as the pools evaporated in the desert sun. They would have appeared as cakes in the desert. The ancient

Africans from modern day Chad as well as Incan warriors are both reported to have nourished themselves with this "bread from the sea." During World War II, the Japanese perfected mass spirulina cultivation for the purposes for feeding their people in times of war.

Potential Benefits:

Spirulina helps increase energy because of its glycogen and B vitamin content. Spirulina helps increase muscle mass due to its high protein content. It also increases immunity because of its antioxidants and phycocyanins. Spirulina's high omega-3 fatty acid content supports our skin, organs, heart and nerve bundles. For the reasons listed above, it can be also taken as a wide spectrum multivitamin.

How it is made:

Spirulina is grown in a highly controlled environment under scientific cultivating techniques, which recreate its ideal growing condition. It is harvested, dried and converted to powder for use.

