

# ORGANIC SPIRULINA



## ***Nature's Green Superfood***

- **100% ORGANIC SPIRULINA**
- **Complete Vegetable Protein**
- **Rich Source of Antioxidants**

Planetary™ Organics ORGANIC SPIRULINA is a premier superfood prepared from USDA Certified Organic cultivated spirulina. Spirulina is a highly prized blue-green algae that is a natural source of vegetarian protein, amino acids, carotenoids, chlorophyll, vitamins and minerals. Spirulina is an ideal meal supplement and source of protein for vegetarians. Spirulina is also useful for those who are restricting their calories while engaged in a weight loss program. Planetary Organics ORGANIC SPIRULINA is pure, binder free, 100% organically cultivated spirulina.



**PLANETARY™**  
**ORGANICS**

*Expert Formulations – Exceptional Results*

## Spirulina in History

Spirulina was a primary food staple from two very different regions of the world. At the time of the Spanish conquest of Meso-America, Cortez' army reported on small cakes which were available in local markets and harvested from Lake Texcoco, near Mexico City. The food, called "Tecuitatl" by the natives, is what we now know as spirulina. Another species served as a source of nourishment and protein for indigenous populations of the Rift Valley in East Africa. Known as "Dihe," the spirulina mats were collected from the surface of small lakes and ponds around Lake Chad. Today, spirulina is produced commercially around the world.

## Microalgae

Microalgae, such as chlorella and spirulina, are a well-known, rapidly renewable source of food, as they produce more biomass than any other food source per unit of time. They produce more food per acre—up to 15,000 kg of protein per acre per year—compared to 750 kg for soybeans. Microalgae cultivation does not contribute to soil erosion and requires a minimum of energy.

## Protein

Spirulina is rare in the fact that it is a vegetarian "complete protein," consisting of all nine essential amino acids. Spirulina contains more protein per dry mass than soy and is considered nutritionally superior to, not only soy, but legumes, wheat and rice. Spirulina has been studied and used as a protein and nutrient fortification agent for various foods, including teas, soups, breads and ice cream.

## The Many Health Benefits of ORGANIC SPIRULINA

Spirulina is a source of carotenoids, vitamin A, vitamin E and selenium. Vitamin A is important to cell reproduction and growth, healthy eyesight, and for protein synthesis and cell differentiation. The carotenoid with the greatest vitamin A activity is beta-carotene and spirulina is rich in it. The anti-inflammatory properties of spirulina are attributed to antioxidant and oxygen-scavenging activity of phycocyanin, a water soluble protein related to the light harvesting mechanisms of photosynthetic organisms. Spirulina may have a positive effect on the

immune response through the enhancement of NK cell activity and the ability to upregulate the expression of chemokines, the proteins which attract the immune system cells when needed. Spirulina is widely used in high-protein drinks and performance supplements, and is popular with those wanting to supplement their diets while engaged in an overall weight management program.

Planetary Organics ORGANIC SPIRULINA is a health-promoting plant, derived from nature, well-known to the world's indigenous cultures, and a staple to many health-minded people throughout the West.

Since our founding 25 years ago, Planetary Organics' mission has been to present to the American consumer the best of what the world's herbal traditions have to offer. We call this nurturing relationship between plants and people PhytoDynamics™, the principle whereby the vital nature of the human organism is brought into harmony and balance by the dynamics of nature and the plant world.

## References:

- Kay RA. Microalgae as food and supplement. *Crit Rev Food Sci Nutr*. 1991; 30(6):555-73.
- Otles S, Pire R. Fatty acid composition of Chlorella and Spirulina microalgae species. *JAOAC Int*. 2001 Nov-Dec;84(6):1708-14.
- Ciferri O, Tiboni O. The biochemistry and industrial potential of Spirulina. *Annu Rev Microbiol*. 1985;39:503-26.
- Manoj G, Venkataraman LV, Srinivas L. Antioxidant properties of Spirulina (*Spirulina plantensis*). In: Seshadri and Bai. Spirulina. MCRC. 1992:48-154

*Adhering to the quality control requirements and codes of ethics of: American Herbal Products Association, Natural Products Association*



\*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

