

# SPIRULINA

## Latin Name

Oscillatoriaceae sp.

## Common Names

Spirulina

## Description

Spirulina is a highly nutritious blue-green algae containing vitamins, minerals, chlorophyll, and protein. The blue-green plankton is grown in pure-water ponds, then harvested and freeze-dried to retain the highest nutrient value possible. Spirulina grows in inland waters and can live in brackish still water.

## Pharmacological Properties

BIOLOGY Spirulina is 65-75% highly digestible protein, containing all 8 essential amino acids. Spirulina is one of the few plant sources of Vitamin B-12. An unidentified factor, known as "controlled growth factor" has been found in spirulina which guides normal growth and development of cells. Spirulina is also a rich source of the carotenoids, beta carotene and phycocyanin which are important cancer preventive agents in the diet. Other nutrients found in spirulina include organic iron, Vitamin E, anti-oxidants, chlorophyll, gamma linolenic acid (GLA), and many important minerals and vitamins.

## Contraindications / Toxicity

None known.

## Suggested Use

500-1500 mg/day.

## References

- Boyd, M. et al. (1989) AIDS anti-viral sulfolipids from Indications Spirulina has been used to overcome allergies, gastric ulcers, and heavy metal poisoning, and also as a highly nutritious, energy producing meal substitute for weight loss programs. Extensive studies have been done in Japan to demonstrate the beneficial effects of spirulina on diabetes, ulcers, liver disease, allergies, and cardiac problems.

melbourne food ingredient depot  
www.mfcd.net

Quality food ingredients in small quantities

orders@mfcd.net  
508 Lygon Street, East Brunswick Vic 3057  
Tel: (03) 9386 3206 • Fax: (03) 9386 1888

This product and information is not intended to diagnose, treat, cure or prevent any disease.  
This data is for information only. Purchase this product from MFCD