

## SPIRULINA

### TRADITIONAL INDICATIONS

#### 1. Antioxidant

Spirulina is a photosynthetic and aquatic, cyanobacteria often called "blue-green algae" that thrives in warm alkaline fresh bodies of water such as lakes and ponds.

Spirulina is full of blood-sugar balancing protein, blood-building iron, and thyroid-protective iodine. It made up of 55-70% protein which makes it the highest food source of protein in the world. It is a rich source of minerals and the antioxidant beta-carotene as well as the essential fatty acid gamma linolenic acid (GLA) which is great news for painful periods associated with PCOS.

Spirulina contains a powerhouse of nutrients and is an important source of chlorophyll, lipids, fibre, nucleic acids, vitamins, and minerals. More specifically it consists of several key amino acids, as well as vitamin C, beta carotene, chlorophyll, lutein, thiamine (B1), riboflavin (B2), pyridoxine (B6), niacin, pantothenic acid, folic acid, biotin, choline, vitamin K, lipoic acid, inositol, phosphorus, calcium, zinc, iodine, magnesium, iron, copper, protein, dietary fibre, omega fatty acids, and vitamin B12.

Spirulina is rich sources of chlorophyll. When you add Spirulina to PCOS diet, our body uses the chlorophyll to cleanse the blood and it protects DNA. In women with PCOS, the thyroid and adrenals glands are often under-functioning. Spirulina contains a lot of minerals and proteins, essential foods for the endocrine system like Magnesium and Potassium. Spirulina is a major source of iron that also assists in building a strong immune system. With many of PCOS patients suffering from iron deficiency especially those are anaemic.

Spirulina forms a gel swells in the intestine there by filling it up and reducing the absorption. Also, Spirulina plays a crucial role in controlling cravings. Due to its capacity to maintain and control weight in a natural way, Spirulina is one of the most popular food supplements used for PCOS diet.



## DOSAGE and DIRECTIONS



For Adults 18 yrs or above, two (2) Capsules twice daily (every 12 hours), in empty stomach with lukewarm water.

For best results, no food should be taken 30 minutes before or after taking Spirulina.

Take optimum water to enhance elimination of released toxins from the body.

## INGREDIENTS

<b>Supplement Facts</b>		
Serving Size: 2 Capsules ( 500 mg each )		
Servings per container: 60		
Each Serving contains		%DV
Organic Spirulina Powder (Arthrospira Platensis)	500 mg.	*
* Daily value (DV) not established.		

## HEALING CRISIS

There is no Healing crisis.