



What is Spirulina?

- A 100% natural fresh water micro plant.
- Originally discovered in natural alkaline lakes in South America and Africa.
- For many centuries communities have used the algae as a rich food source, constituting a significant part of their diet.
- Spirulina is a spiral shaped Algae

Why use Spirulina?

- The richest source of nutrients more than any other plant, grain or herb
- Great source of vitamin E and beta-carotene
- The anti-oxidant Phycocyanin can only be found in Spirulina

Typical analysis of Spirulina per 100g

Protein	60-63%	3 times higher than beef, fish, or pork; 6 times higher than eggs; 2 times higher than soybeans
Minerals	7-13%	Including Calcium, Potassium, Magnesium, Zinc and Phosphorus
Fibre	8-10%	4 times higher than flour and corn
Vitamin B12	0.2-0.3mg	3-4 times higher than animal liver
Beta Carotene	140-330mg	5 times higher than carrots, 40 times higher than Spinach
Carbohydrate	15-25%	
Lipid	6-8%	
Chlorophyll	1000-2000mg	More than 20 times higher than wheatgrass
Calcium	130mg	10 times higher than milk
iron	33mg	65 times higher than spinach, 30 times higher than beef, 5 times higher than soy beans

What can Spirulina do for me?

Energy booster

Spirulina contains a large amount of Chlorophyll and Phycocyanin. Phycocyanin absorbs sunlight to create carbohydrates to boost your energy levels.

Nutrient Supplement

Vegetarians who do not eat meat or animal products and can be lacking vitamin B12, Iron and some Amino Acids.

Source of concentrated protein & Essential Fatty Acids

Spirulina provides more than 60% protein including being a complete source of the 8 essential Amino Acids and 10 non-essential Amino Acids.

Adjust PH level in your body

A healthy body should have healthy PH level around 7.35-7.45 near neutral.

However, with most of us leading busy lives eating take away food, consuming soft drinks, wine, dairy products and sometimes “over indulging” the PH level in our body can be too high.

High acidity levels in our bodies, medical researchers tell us, can lead to increased chances of disease and even cause some cancers.

By using Spirulina regularly you can easily keep your PH level low and maintain good health.

Food supplement

While pregnant, women often need extra nutrition. As the baby grows, more and more demand is put on her body to supply nutrients to the growing youngster.

Spirulina can provide the richest and most complete source of nutrients for the “mum to be” and her unborn child so that both of them maintain good health.

Spirulina VS other Vitamins sources

Vitamin	Spirulina (6g)	Other source	Possible problems resulting from insufficient Vitamins
Beta-Carotene	12mg	28 bottle of milk	Infections, Lack of smell sense
Pro-Vitamin A		550 pcs apples	Acne, Dermatitis, Eczema
B1	0.24mg	16 pcs sardines 8 bowls of rice	Insomnia, Muscle pain, Memory impairment Acne, Eczema, Reduced immune resistance, Heart problems
B2	0.24mg	4 whole potatoes	Cataracts, Deteriorated vision, Insomnia, Stomatitis, Rough and dry skin, Growth retardation, Eczema, Vaginal itching
B3	1.02mg	8 pcs lemons	Nervousness, Dermatitis
B6	43.2ug	90g bread 4 pcs Asparagus	Heart diseases, Insomnia, Stomatitis, Rough and dry skin, Nervousness, Eczema, Dermatitis
B12	7.2ug	4 pcs eel 240g cheese	Pernicious Anemia, Ageing fatigue, Menstruation problems

For reference only, if you have any health problems please consult your doctor

F.A.Q.

- **Why Australian Spirulina is darker & more friable than other brand products?**

Normally, manufactures will put about 20% binder or starch to keep tablets firm and smooth. Our tablets do not contain any binder. We use a low speed cool press system and gradually increase the pressure to keep the tablet as firm as possible. Thus 100% purity, Australian Spirulina's tablet will be more friable and darker than others.



- **How much should I take daily?**

We suggest 10~20 tablets daily for adults, 6~10 tablets for children under 12years of age, but if you have special requirements for extra nutrients, please consult the chemist or your health practitioner.

- **With so many brands of Spirulina on the market, how can I know which brand is best?**

Australian Spirulina is the only spirulina grown and packaged in Australia. Other brands are produced from imported Spirulina. We are in total quality control of our product.

F.A.Q Continue

- **Why can only Australian Spirulina use the label "Product of Australia"?**

Only products that are 100% grown and processed in Australia can use this label. Australian Spirulina is the only brand that can state this.

- **Vegetable protein vs animal protein?**

Animal protein consists of much larger molecules than vegetable protein, and is much harder to for our system to digest. Most modern people overindulge in animal protein, by eating too much fish, beef, pork etc. When too much animal protein is eaten, excess fat is deposited in our body. Too much fat will cause high cholesterol levels and may impact our heart and blood vessels.

Vegetable protein is water soluble, and the molecules are much smaller than animal protein. If you eat too much vegetable protein, it is simply excreted by your system as waste and not stored as fat.



Grown in Darwin

AUSTRALIAN SPIRULINA



Produced by
TAAU Australia Pty Ltd

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 Product of Australia