Spirulife
Natural Superfood
Nutrient Rich Botanical Superfood
What is SPIRULINA on the Earth?

SPIRULINA is one of tiny blue-green algae. Which is a nutrient dense food with positive wide ranging biological response modifying properties that has no match, even among other edible food microalgae. SPIRULINA is the most incredible natural food of the century. A food so rich in proteins, essential vitamins, minerals and trace elements that it has rightfully described as the "most powerful food on earth".

Why SPIRULINA classified as herb?

All plants, even microalgae-used for therapeutic, flavoring or coloring purposes-classify as herbs. Since SPIRULINA is a greenish-blue micro water plant like the moss growing on a pond, is also classifies as a therapeutic herb. It has a high chlorophyll content which gives it the deep green color and phycocyanin which gives it the blue color.
What makes SPIRULINA so popular?

SPIRULINA is the most powerful and balanced source of nutrition on this planet. SPIRULINA might be called the prima donna of all probiotic foods. The term probiotic, as opposed to antibiotics, is the new buzzword among nutritional gurus. If you compare SPIRULINA with common everyday foods you consume, you will find that it contains many times more protein than eggs, milk or meats. It contains 18 of the 22 amino acids that your body needs. In fact, for some amino acids, SPIRULINA is the only known vegetable source. It has been proven to have more beta carotene (Pro Vitamin A), iron and vitamin B12 than any other food. It is rich in trace elements, minerals, chlorophyll and enzymes. It is abundant in other potentially valuable nutrients.

Thus, SPIRULINA supplies nutrients that are lacking in most of our diets. That's what makes this food matchless, even among other edible food microalgae. It is the reason why millions of people are consuming it and nutritionists everywhere are recommending it.
The amazing properties of SPIRULINA

SPIRULINA is one of the richest source of balanced nutrition-it contains both micro-nutrients and micro-nutrients to help the body stay healthy.

- SPIRULINA has a very rich protein content in between 45 to 72%.
- SPIRULINA is rich in tocopherol (Vitamin E), a key antioxidant.
- SPIRULINA is also the richest whole food source of betacarotene, another vitally important antioxidant.
- SPIRULINA contains nearly 29% of its total fatty acid as GLA (Gamma Linolenic Acid) which has vast beneficial properties. There are less than 4 calories per gram and practically no cholesterol.
- SPIRULINA is also rich in the Vitamin B series.

All these properties make SPIRULINA an extremely digestible, high energy, low calorie, low fat, natural food containing an incredibly wide range of important nutrients.

The nutritional profile of SPIRULINA:
SPIRULINA is rich in vitamins, minerals, essential amino acids, essential trace elements and other nutrients.
**100gms of SPIRULINA contains approximately**: 

<table>
<thead>
<tr>
<th>Component</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moisture</td>
<td>7gm</td>
</tr>
<tr>
<td>Ash</td>
<td>9gm</td>
</tr>
<tr>
<td>Protein</td>
<td>45 to 72gm</td>
</tr>
<tr>
<td>Crudefiber</td>
<td>0.9gm</td>
</tr>
<tr>
<td>Xanthophylls</td>
<td>180mg</td>
</tr>
<tr>
<td>Carotene</td>
<td>190mg</td>
</tr>
<tr>
<td>Chlorophyll</td>
<td>760mg</td>
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**Vitamins**

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thiamine (B1)</td>
<td>5.5mg</td>
</tr>
<tr>
<td>Riboflavin (B2)</td>
<td>4mg</td>
</tr>
<tr>
<td>Nicotinic Acid (B3)</td>
<td>11.8mg</td>
</tr>
<tr>
<td>Inositol (amino acid)</td>
<td>35mg</td>
</tr>
<tr>
<td>Phyridoxine(B6)</td>
<td>0.3mg</td>
</tr>
<tr>
<td>Cyano Cobalamine(B12)</td>
<td>0.2mg</td>
</tr>
<tr>
<td>Tocopherol(E)</td>
<td>19mg</td>
</tr>
<tr>
<td>Biotin(H)</td>
<td>0.04gm</td>
</tr>
<tr>
<td>GLA</td>
<td>1.3gm</td>
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</tbody>
</table>

**Minerals**

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>132mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>894mg</td>
</tr>
<tr>
<td>Iron</td>
<td>58mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>3.9mg</td>
</tr>
</tbody>
</table>

*Source: SPIRULINA - The Most Powerful Food on Earth, B.V. Umesh, 2012*
How SPIRULINA compares with other foods?

SPIRULINA is nature's richest whole food source of iron, vitamin (Vitamin B series, Vitamin E, Vitamin K etc.), betacarotene and vegetable protein. There is a whole spectrum of a nutritious foods that probably form a part of your daily diet foods like eggs and meats, vegetables like spinach, carrots and soyabean, wheat germ and the like. Here is how SPIRULINA compares with these other foods.

- SPIRULINA is approx. 58 times richer than raw spinach and approx. 28 times more than raw beef liver.
- SPIRULINA is nature's richest whole food source of vitamin E 3 times richer than raw wheat germ.
- SPIRULINA is much richer in betacarotene than any other food source. Approx. 3 grams of SPIRULINA provides 180% of the betacarotene needed daily. SPIRULINA's betacarotene is completely non-toxic even in higher doses.
- SPIRULINA has twice as much protein as soyabean, its nearest rival and at least 3 times as much as fish or eggs.
- SPIRULINA is nature's richest whole food source of chlorophyll, being 5 to 30 times richer than wheat grass.

So, you need a SPIRULINA supplement to give your body the nutrients it needs to stay healthy.
How SPIRULINA works to promote health?

Regular intake of SPIRULINA can promote good health and life in a variety of ways.

- You can expect more energy, stamina and endurance because SPIRULINA insures your lungs get more oxygen.
- SPIRULINA promotes greater immunity to your body.
- SPIRULINA is the richest iron food and its high iron bio-availability helps people against less iron availability.
- SPIRULINA can provide essential nutrition's to everybody.
- SPIRULINA improves joint mobility and the quality of their lives.
- It reassures mothers that their children are getting balanced nutrition.
- Everyone who wishes to remain active and youthful can take SPIRULINA to other signs of ageing.
Who should be taking SPIRULINA?

It is reported that NASA declared SPIRULINA to be an excellent, compact, space food for American astronauts. SPIRULINA is what one might call a "broad spectrum" food. Hence young and old, rich and poor, healthy and convalescents-people of all ages and lifestyles can avil its extraordinary benefits. SPIRULINA is purely vegetarian food so that vegetarian people can easily consume it.

Some amazing facts about SPIRULINA

- No any insecticide used during production of SPIRULINA
- No any pesticide used during production of SPIRULINA
- No any added preservatives are used in tablets
- No any binder are used during the tablet making
- No any artificial color or flavors are added in it. It doesn't smell pleasant but it gives to you the world's best nutrients.
How to use SPIRULINA?

- SPIRULINA Powder can be added to fruit or vegetable juices.
- SPIRULINA powder is tasty in soups, salads, pasta and breads or mixed with yogurt.
- You can take SPIRULINA tablets any time of the day (1 or 2 tablets each day)

Important Tip: Do not cook SPIRULINA; as this affects its nutritional value.

Side Effects

SPIRULINA is purely herbal and naturally occurring safe food for all ages without any side effects.
SPIRULINA gives bad effects when it taken in excess amount.
Do not take SPIRULINA more than 5 grams.
Excess amount of SPIRULINA gives -
- Dizziness
- Rashes
- Quite high fever

Important Tip: Do not use spirulina who suffer from kidney problems.
START YOUR DAY WITH SPIRULINA PROTEIN

Nutrient Rich Botanical Superfood
Other Products -

**SPIRUTINE**
(Spirulina Capsules)

**PROBITES**
(Spirulina Wafers)

**SPIRUMAXXX**
(Energy Drink)

**SPIRUMIX**
(Spirulina Juice Mix)

Manufactured & Marketed By -

**GEETA MARUTI NATURAL FOODS**

C.S. No. 121/1, Indira Colony, Opp. Central Admin Building, Islampur.

*Contact:* +91-7507516006, +91-9921076660

*Email:* gmspirulina@gmail.com    Lic. no.: 11516040000062

[www.gmspirulina.com](http://www.gmspirulina.com)