

# SPIRULINA & CHLORELLA

## *The Amazing SuperFoods*

**\*\* Excellent for: Athletes, Children, Pregnant & Nursing Women, Seniors, Animals, Pets, Cleansing / Detoxification / Rebuilding Programs**

### **The main types of commercial food grade Algae:**

#1. **CHLORELLA** 2. **SPIRULINA** 3. Super Blue-Green Algae (Alphanizomenon Flos-Aquae from saltwater lakes) 4. Dandenella 5. Pacific 6. Atlantic *Category:* mild herb, slightly sweet & salty, neutral. All single celled plants with no root, leaf or flower.

### **Chlorella's Unique Properties**

- \* highest chlorophyll food & 12x more iron than Spirulina
- \* Chlorella assists the body in the breakdown of heavy metals such as mercury, lead, cadmium... and toxins like DDT and PCBs
- \* **CHLOROPHYLL:** CHLORELLA ranks # 1! 5x more than Wheatgrass, 10x more than Spirulina, 12x more than Barely, 50x more than Alfalfa [A potent, Green colored healing property of Vegetables, Greens, Herbs, Plants]

### **Chlorella and Spirulina Properties**

- \* Increases Energy , Boosts and Enhances the Immune System, A Good Source of Dietary Fiber
- \* Highest natural source of protein in the world!  
**Chlorella/Spirulina** is 60%+ Protein, 95% digestible vs. which is 3 times more than fish, poultry or red meat!  
Higher in protein than beef, eggs, rice and soybeans (tofu).
- \* Calcium: 5 times more than whole milk!
- \* Natural Detoxifier = Liver Kidneys Colon Spleen Thymus Adenoids Tonsils Lymph Nodes Bone Marrow Thyroid
- \* Intensifies Mental Concentration and clarity of one's spirit
- \* Strengthens nails. Healthier skin & hair. Can alleviate anemia. Helps wounds & scars heal faster.
- \* Natural anti-inflammatory (arthritis, bursitis, colitis...)
- \* Excellent for diarrhea, yeast infections, allergies, acne, eczema, viral infections, and poor vision.
- \* Excellent Blood builder due to high chlorophyll content. \* Rich in glycogen, an energy fuel stored in the liver.
- \* Classified as 'Medicine Food' in Russia for treating radiation sickness. Children dramatically better in six (6) weeks while consuming algae after exposure from Chernobyl nuclear accident. Children not taking algae remained very ill.
- \* Excellent for regulating High & Low blood sugar. Great for Hypoglycemia & Diabetes.  
Experiment and try taking in 3-4 divided doses daily to keep energy levels high.
- \* Can prevent/inhibit cancers in humans & animals! Stops/prevents/reverses tumor growths
- \* Inhibits HIV-1, the Aids virus. \* Enhances the bodies ability to generate 'new' blood cells.
- \* Increases intestinal flora of bifidus and lactobacillus acidophilous \* Prevents bacterial and parasitic infections
- \* Greatly soothes digestion and helps to relieve constipation. Helps the pain and healing of ulcers.
- \* Reduces pre-menstrual symptoms. Naturally stimulates thyroid gland
- \* Wonderful in-between meals for appetite suppressant / meal replacement and energy. Excellent for weight loss and weight gain.
- \* Vitamin E: 3 times more than wheat germ! \* Delicious in fruit shakes.
- \* Repairs damaged RNA/DNA cells. Lowers total serum cholesterol. Raises HDL (the good) and Lowers LDL (the bad) cholesterol.
- \* 25x higher in Beta-Carotene than carrots. 28x higher in Iron than beef liver
- \* Highest source of Vitamin B-12 more than any other whole food, 4 times more than beef liver!. Contains no starches
- \* Contains all the Amino Acids the body cannot produce

**NUTRITIONAL ANALYSIS:** PROTEIN = 50%-65%, CHLOROPHYLL = 60-70% [1.7-3%] VITAMINS = 20+  
All ESSENTIAL FATTY ACIDS [Omega 3...] GLA, Gamma Linolenic Acid: Better value than evening primrose oil!

All Essential & Non-Essential Amino Acids

All B VITAMINS including B-1 B-2 B-6 & The Highest Vegetarian Source of B-12. GERMANIUM SELENIUM  
VITAMINS A C D E K BETA CAROTENE POTASSIUM ZINC PHOSPHORUS ENZYMES CALCIUM  
IRON IODINE SOD (SUPER OXIDE DISMUTASE) PANTOTHENIC ACID STEROLS LIPIDS FOLIC ACID TITANIUM  
INOSITOL FERRO DOXINS MAGNESIUM PHYTOL B-TOCOPHEROL CHOLINE MANGANESE COPPER BIOTIN  
Many Trace Elements

Maintenance Dose: 1-4 Grams daily.

Healing/Therapeutic Dose: 5-20 Grams daily or more in 1-3 divided doses.

- \* No known toxic doses. Please start your **CHLORELLA / SPIRULINA** with low doses and increase gradually!
- \* Up to 100 grams daily have been taken by the author and in research studies with great benefits!

Ref: Health & Nutrition Journal of Alternative Therapies 1995. Daniel J Crisafi ND MH PHD  
Health & Natural Journal Oct 1996. Richard Kozlenko DPM PHD MPH & Ronald H Heanson  
[http://www.superhealth.com/research/news/1951\\_1995.cfm](http://www.superhealth.com/research/news/1951_1995.cfm)

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