



RBC Product Information



Spirulina

Nature's SuperFood

The Nutritional Gold Mine

Spirulina is often called Nature's perfect food because of its abundant nutritional profile. Spirulina is a type of blue-green algae that is 70% protein. It contains all of the essential amino acids, making it a unique vegetarian source of complete protein. Better yet, Spirulina protein is 95% digestible compared to meat sources which are often difficult for the body to break down. In fact, beef protein is estimated to be only 20% digestible. Spirulina is a wonderful way to consume high quality protein that's easy on the body. It contains enzymes, which naturally assist in the digestion process.

Spirulina is one of the highest natural food sources for beta-carotene, a nutrient essential for the maintenance of a strong immune system. Beta-carotene converts to vitamin A in the body and acts as an antioxidant. One teaspoon of Spirulina powder provides 180% of your daily beta-carotene needs. Spirulina is an excellent source of thiamin, riboflavin, and vitamin B6. This nutritious food also contains vitamin E, a highly bioavailable source of iron, as well as 14 naturally chelated minerals and trace elements.

Spirulina is a rich source of GLA (gamma linolenic acid). GLA is a precursor for the body's prostaglandins, the master hormones necessary for many essential body functions. GLA is important for growth, development and proper immune function. Next to mother's milk, Spirulina is the highest whole-food source of this important compound.

SuperFood for Dieters

In addition to being one of the most nutrient-rich foods on earth, Spirulina is low in fat, calories and cholesterol. Many people have found that when they eat Spirulina before a meal, it satisfies their appetite allowing them to reduce their overall food consumption. When the body receives proper nutrition, it is far less likely to have an overactive appetite which can lead undernourished people to eat large amounts of food. Spirulina is a nutrient rich food that will satisfy the appetite with few calories. This SuperFood can be a valuable part of any healthy weight loss program.

Spirulina is also an excellent source of complex carbohydrates. It contains glycogen and rhamnose, which are easily absorbed by the body and converted into quick energy. This low calorie, high protein, nutritious food provides the abundant energy we need to live each day to the fullest.

The Miracles of Green Foods

We've all heard about the importance of green foods in our diet. One reason why green foods are so important is because they are abundant in chlorophyll. Chlorophyll is the pigment that gives green plants their color. It is the oxygen carrier of the plant kingdom in the same way that hemoglobin is the oxygen carrier in our blood stream. Chlorophyll is very cleansing and it works to rid the system of heavy metals and other toxins. Spirulina has an extremely high chlorophyll content and it contains other pigments, such as lutein and zeaxanthin that are being studied for their role in protecting the body.



Spirulina NanoClusters™

Item Code #47300

120 Vegicaps	USA	CAN
Retail	\$36.75	\$46.09
Wholesale	\$27.56	\$35.28

Spirulina Powder

Item Code #49600

8 oz	USA	CAN
Retail	\$33.50	\$49.44
Wholesale	\$25.15	\$38.11

Item Code #49601

16 oz	USA	CAN
Retail	\$53.13	\$77.25
Wholesale	\$39.85	\$60.00

Spirulina Tablets

Item Code #49602

200 tablets	USA	CAN
Retail	\$22.31	\$32.70
Wholesale	\$16.75	\$25.49

Item Code #49603

500 tablets	USA	CAN
Retail	\$53.13	\$75.19
Wholesale	\$39.85	\$58.45

Spirulina Energy Bars

Item Code #47070

6 Bars	USA	CAN
Retail	\$13.13	\$20.86
Wholesale	\$9.87	\$15.97

Spirulina has undergone extensive research throughout the world to uncover the remarkable properties of this ancient food. Studies have shown Spirulina to have a protective effect on the liver and to aid in the maintenance of healthy serum cholesterol and triglyceride levels.^{2,3} It has been shown to contain compounds that support nerve cells, blood cells and bone marrow cells.⁴ Substances in Spirulina substantially support the immune system, increasing the ability of scavenging cells and antibody production to eliminate foreign invaders and mutated cells.^{5,6,7} Consumers have reported that Spirulina consumption helps to improve behavioral and emotional challenges, helps maintain healthy blood sugar balance, and promotes regularity.

The Quality of RBC Spirulina

Royal BodyCare's Organic Spirulina is cultured in controlled ponds in fresh water and is supplied necessary nutrients for healthy growth. Paddlewheels stir the water, ensuring even exposure of the algae to the sun. The water is kept alkaline to maximize Spirulina growth and to prevent any other species from growing in the ponds. Spirulina is then pumped into the processing plant where it is screened and washed with fresh water. After drying, a sample is taken from each batch for complete quality assurance and safety testing. You can be assured that Royal BodyCare offers you only safe, high quality Spirulina products.

RBC offers four different ways to include Spirulina in your diet.

Spirulina NanoClusters™ - A unique supplement blending this ancient food with modern technology to create the most absorbable, nutritious whole food on the planet. Spirulina NanoClusters™ offers you the abundant nutritional benefits of Spirulina with maximum bio-availability.

Suggested Use: Four capsules daily or as desired.

Contains: Pure Organic Spirulina powder 400 mg, NanoClusters™ (silica, potassium carbonate, magnesium sulfate), brown rice, magnesium stearate. Vegetarian capsule.

Spirulina Powder – Get creative with your Spirulina by making delicious fruit smoothies, sprinkling it on steamed vegetables and salads, or mixing with your Royal Nutrition powder for added nutrients.

Suggested Use: Two teaspoons daily.

Contains: Pure Organic Spirulina Powder.

Spirulina Tablets – These convenient and economical tablets can be taken any time of the day. They bring energy in the middle of the afternoon, appetite satisfaction before a meal, and a nutritious addition to any supplement regimen.

Suggested Use: Six tablets daily.

Each tablet contains: Pure Organic Spirulina 500 mg, stearic acid (from vegetable oil), magnesium stearate.

Spirulina Energy Bars - Enjoy the nutrition of Spirulina in these delicious bars. Each naturally sweetened bar contains 2000 mg of Spirulina 2000 mg of Bee Pollen providing abundant energy to anyone on the go.

Suggested Use: Enjoy one bar with plenty of water any time.

Contains: Rolled Oats, Honey, Malted Barley Syrup, Pure Maple Syrup, Bee Pollen, Spirulina, Rose Hips, Spices, Soy Lecithin, Calcium, Magnesium, and Pure Vanilla Extract. Calories 200, Fat 3 g, Saturated Fat 0.5 g, Protein 6 g, Cholesterol 0 mg, Sodium 0 mg, Sugar 19 g, Fiber 2 g, Carbohydrate 37 g.

References:

1. Seddon, JM et al. *Dietary carotenoids, vitamins A, C, and E, and advanced age-related macular degeneration.* JAMA 272: 1413-20, 1994
2. Torres Duran PV et al. 1999. *Studies on the preventive effect of Spirulina maxima on fatty liver development induced by carbon tetrachloride.* J Ethnopharmacol 64:2, 141-7.
3. Gilula, Marshal M.D. 1987. *Spirulina Microalgae as a Nutritional Intervention for Psychiatric Outpatients: A Controlled Clinical Study.* Unpublished.
4. Romay, Cheyla et al. 2000. *Phycocyanin is an antioxidant protector of human erythrocytes against lysis by peroxy radicals.* Journal of Pharmacology. 52: 367-368.
5. Mishima T et al. 1998. *Inhibition of tumor invasion and metastasis by calcium spirulina, a novel sulfated polysaccharide derived from a blue-green algae, Spirulina plantesis.* Clin Exp Metastasis. Aug 16:6, 541-50
6. Hayashi O et al. 1998. *Class specific influence of dietary Spirulina plantesis on antibody production in mice.* Journal of Nutrition Science Vitaminol (Tokyo). Dec 44:6, 841-51.
7. Aychunie S et al. 1998. *Inhibition of HIV-1 replication by an aqueous extract of Spirulina plantesis.* Journal of Acquired Immune Deficiency Syndrome Human Retroviral. May 18:1, 7-12.

To order Spirulina

Contact Your Royal BodyCare Associate: