



**Safeguard Healthy  
Life In Best Way**



**NUTRO  
SPIRU Spirulina**  
Effective Dietary Supplement to Prevent Disease Formation



न्यूट्रो-स्पाईरू **स्पाईरुलीना**

Spirulina is a blue-green colour algae which is the single substance which converts sunlight into energy in real life. Nature has produced it millions of years ago when life started on this earth. Spirulina is an ancient substance of earth and is first form of life based on photosynthesis. It was discovered in France in 1962 by Dr. Clement. It has been approved and recognized by WHO and U.N. as a powerful nutrient.

Spirulina provides many important minerals, essential amino acids, carbohydrates, vitamins and enzymes. Spirulina is 60% natural and vegetarian protein which makes it easily digestible form. It is the best supplement in terms

of proteins. It contains many important nutrients including fatty acids, GLA fatty acids, Lipids, Nucleic Acids (RNA and DNA), Vitamin B Complex, Vitamin C, Vitamin E, Carotenoids, Chlorophyll (Blood purifier) and proteins Phycocyanin which cures cancers.

Spirulina is not only a prime source of nutrition but also provides many other benefits, Spirulina contains high amount of Gamma Linolenic Acid which is an essential fatty acid which used for production of anti-inflammatory agents by the body. Therefore it is highly beneficial in diabetes and rheumatism.

Spirulina is known in the form of an alkaline nutrition. A healthy body contains pH in the alkaline range of 7.3-7.4. The body is prone to many diseases because of acidic content. According to Dr. Ragner Berg, a healthy diet should contain 80% alkaline and 20% acidic content.

In today's world, it is not easy to adopt such diet especially for people who are busy whole day in work. That's why spirulina is very important for converting weak acidic body into healthy alkaline body to improve the health of the body.

#### **Main Constituents of Spirulina :**

Vitamin A, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Biotin, Pantothenic Acid, beta Carotene (Source of Vitamin A), Inositol, Calcium, Manganese, Chromium, Phosphorous, Molybdenum, Iodine, Chloride, Magnesium, Sodium, Zinc, Potassium, Selenium, Germanium, Copper, Boron, Phycocyanin, Chlorophyll, Carotenoids, Myxanthophylls, Zeaxanthin, Cryptoxanthin, Gamma Linolenic Acid, Glycolipids, Sulfolipids, Polysaccharides, Isoleucine, Phenylalanine, Leucine, Threonine, Lysine, Tryptophan, Methionine, Valine, Alanine, Glycine, Arginine, Histidine, Aspartic Acid, Proline, Cystine, Serine, Glutamic Acid, Tyrosine.

#### **Benefits of Spirulina :**

**For Busy Workers :** Spirulina is best form of nutrition for people who have busy lifestyle.

**For Sports persons :** Players need proteins to enhance strength and increase their body capacity. Spirulina is rich source of Proteins, Vitamin B Complex including Vitamin B1, Vitamin B2, Vitamin B3, Calcium and Beta Carotene which is highly effective in increasing work capacity.

**For People On Diets :** Many people have found that taking spirulina 1 hour before meal leads to less hunger and leads to less need of food.

**For Ageing People :** Spirulina is rich source of Beta Carotene which possesses powerful antioxidant and anti ageing properties. In addition to it, contains Calcium that relieves joint pain.

**For People with Anaemia :** Spirulina is rich source of iron therefore it is beneficial for people who are anaemic.

**For People Recovering Health After Diseases :** Spirulina is ideal product for people who are recovering health after prolong disease illness. Because it contains essential nutrients & nutrients & minerals which promotes fast recovery from diseases. Spirulina is enriched with essential nutrients, vitamins and minerals. It is beneficial for all kinds of people. It is not a medicine but a vital nutrition for the body. Therefore it is not harmful even when taken in large quantity.

**Usage :** 2 tablets along with food

**To Stay Disease Free :** 20gm. everyday (4tablets)

**To Maintain Health :** 10 gm. everyday (2 tablets)

