



# Spirulina

Nature's Miracle Food



Holistic Health  
Refined with  
Research

True to our heritage, we provide solutions that sustain and advance natural health and wellness. We combine the best of nature with responsible, smart science to deliver exclusive products with effective results. With over 25 years of research experience, RBC Life understands and improves the strength of nature so we can deliver it to you.

- item #49600 - 8 oz powder
- item #49601 - 16 oz powder
- item #49602 - 200 tabs
- item #49603 - 500 tabs
- item #47300 - 120 vegetable capsules

### Key Benefits:

- Vegetarian source of protein
- Cleansing and detoxifying
- Excellent source of phytonutrients

### What is it?

Spirulina is the perfect food to restore our health and the health of our planet. It is a unique blue-green algae and it contains an incredible array of nutrients deeming it "Nature's Miracle Food."

### What does it do?

Spirulina is an excellent source of complete protein and numerous phytonutrients which act as powerful antioxidants. It is abundant in chlorophyll, which cleanses the body of the toxins and heavy metals we are exposed to every day. It is the most nutritionally complete food on the planet, and we offer many ways to make it part of your daily diet.

### Who may benefit?

If you are looking to positively impact our planet with your food choices, or if you simply recognize the importance of supplementing with this protein-rich, nutrient-dense miracle food, our Spirulina is your best choice. Consumers experience more energy and a profound cleansing benefit.

### How is it used?

We recommend making this super-food part of your diet by starting slowly and increasing as desired. There is no right or wrong way to take Spirulina, and it is not harmful for anyone in any amount. The powder is perfect for making delicious fruit smoothies or sprinkling on steamed vegetables. Many moms introduce this food to their babies to give them a powerful source of nutrition as they grow up.

### The Nutritional Gold Mine

Spirulina is often called Nature's Miracle Food because of its abundant nutritional profile. It is 70% protein and contains all the essential amino acids, making it a unique vegetarian source of complete protein. Better yet, its protein is 95% digestible compared to meat sources which are estimated to be only 20% digestible. Spirulina is the perfect source of high quality protein that's easy on the body. It also contains enzymes, which naturally assist in the digestion process. Spirulina is one of the highest natural



food sources for beta-carotene, which is essential for a strong immune system. It is also an excellent source of B vitamins. This nutritious food contains vitamin E, a highly bioavailable source of iron, and 14 naturally chelated minerals and trace elements.

Spirulina is a rich source of GLA (gamma linolenic acid), which 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**

- Low in fat, calories and cholesterol.
- Satisfies the appetite, allowing people 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.
- This nutrient rich food will satisfy the appetite with few calories - a valuable part of any healthy weight loss program.

**The Miracles of Green Foods**

- Green foods are abundant in chlorophyll, which gives green plants their color.
- Chlorophyll is very cleansing; it works to rid the system of heavy metals and other toxins.
- Spirulina has undergone extensive research throughout the world to uncover the remarkable properties of this ancient food.

**The Story of Spirulina**

The story of modern day Spirulina begins with Dr. Christopher Hills. He set out to find a solution to world hunger and discovered his answer in Nature's Miracle Food – Spirulina. Dr. Hills traveled the world teaching and promoting the significant health benefits of Spirulina. He researched better ways to grow Spirulina and shared his knowledge freely hoping to improve lives around the world. With research in hand, he set out to introduce his Miracle Food to improve the rapidly deteriorating American diet. In 1996, Christopher Hills and RBC Life Sciences founder, Clinton Howard, joined forces to continue spreading the news of Spirulina worldwide.

**How is Spirulina from RBC Life Sciences Unique?**

Our Organic Spirulina is cultured in controlled ponds in fresh water. It 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 RBC Life Sciences offers you only safe, high quality Spirulina products.

RBC offers Spirulina in powder, tablets, capsules and in a convenient snack bar.

Order from your RBC Life Independent Associate:

<b>Nutrition Facts</b>	
Serving Size: 2 teaspoons (6 g) Servings Per Container: 75	
Amount Per Serving	
<b>Calories</b> 20	
<b>Calories from Fat</b> 5	
% Daily Value*	
<b>Total Fat</b> 0 g	0%
<b>Saturated fat</b> 0 g	0%
<b>Cholesterol</b> 0 g	0%
<b>Sodium</b> 0 mg	0%
<b>Potassium</b> 80 mg	2%
<b>Total Carbohydrate</b> 1 g	0%
<b>Protein</b> 4 g	8%
Vitamin A (as beta-carotene) 360%      • Calcium 2% Iron 40%                                      • Thiamin 30%                                      • Riboflavin 35% Niacin 2%                                      • Vitamin B6 10%                                      • Vitamin B12 230% Phosphorus 6%                                      • Magnesium 10%                                      • Selenium 8% Manganese 15%                                      • Chromium 35%	
* Percent Daily Values are based on a 2,000 calorie diet.	
<b>Ingredients:</b> Organic spirulina powder	

<b>Supplement Facts</b>	
Serving Size: 6 Tablets (3g) Servings Per Container: 33	
Amount Per Serving	
<b>Calories</b>	10
<b>Protein</b>	2 g 4%**
<b>Vitamin A (as beta-carotene)</b>	9,018 IU 180%
<b>Thiamin</b>	.24 mg 16%
<b>Riboflavin</b>	.32 mg 19%
<b>Vitamin B6</b>	.1 mg 4%
<b>Vitamin B12 (as cyanocobalamin)</b>	7 mcg 115%
<b>Iron</b>	4 mg 20%
<b>Phosphorus</b>	26 mg 3%
<b>Magnesium</b>	19 mg 5%
<b>Selenium</b>	3 mcg 4%
<b>Manganese</b>	.16 mg 8%
<b>Chromium</b>	21 mcg 18%
<b>Spirulina</b>	3g †
† Daily value not established ** Percent daily values are based on a 2,000 calorie diet	

<b>Supplement Facts</b>	
Serving Size: 4 Capsules Servings Per Container: 30	
Amount Per Serving	
<b>Protein</b>	1 g 2%
<b>Vitamin A (as beta-carotene)</b>	4,640 IU 90%
<b>Thiamin</b>	.12 mg 8%
<b>Riboflavin</b>	.16 mg 10%
<b>Vitamin B6</b>	.05 mg 2%
<b>Vitamin B12 (as cyanocobalamin)</b>	4 mcg 60%
<b>Iron</b>	.36 mg 2%
<b>Chromium</b>	4 mcg 4%
<b>Spirulina</b>	1,544 mg †
** Percent Daily Values are based on a 2,000 calorie diet † Daily value not established	
<b>Other Ingredients:</b> Rice flour, magnesium stearate, vegetable capsule (hypromellose, water)	