

SPIRULINA



Tiens Spirulina capsule is considered to be an ideal 21st Century food or food supplement because of the properties it exhibits.

The nutrient rich content of 1 g of Spirulina is equal to that of 1000g of fruit and vegetables.

BENEFITS:

Superior nutrition:

- It is enriched with more than 18 kinds of amino acids and vitamins, carotenes, linolenic acids as well as trace elements.
- It can effectively regulate the balance of human bodily organs, facilitating metabolism and controlling blood fat
- Naturally existing enzymes in Spirulina actually aid in the release of nutrients in other foods you consume

Supports the immune system:

- Spirulina balances the immune system, by giving our cells a tune-up.
- Helps healing and recovery
- Acts as an anti-oxidant
- May decrease risk of food allergies

Supports the liver:

- Spirulina may help protect against liver damage and cirrhosis (liver failure) in those with chronic hepatitis

Also:

- Helps to balance pH alkalinity – since it is an alkaline product
- Naturally helps cleanse the intestines

UNIQUE FEATURES

- Tiens Spirulina capsules contain natural dry Spirulina powder processed from Spirulina farmed in uncontaminated lake areas. This is a purer form of Spirulina than those, which have been cultured.
- Spirulina is microscopic blue-green algae whose cells form the shape of a perfect spiral coil. Research confirms Spirulina promotes healthy digestion and bowel functions. Natural enzymes contained in Spirulina also help to release valuable nutrients from the foods that nourish our bodies.
- Spirulina is being developed as the "food of the future" because of its amazing ability to synthesize high-quality concentrated food more efficiently than any other algae. Most notably, Spirulina is 65 to 71 percent complete protein, with 18 essential amino acids in perfect balance. In comparison, beef is only 22 percent complete protein.

This is important because proper nutrition affects all the systems, and in turn the whole body.

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FREQUENTLY ASKED QUESTIONS:

Who should use this product?

- People with poor digestion and assimilation
- People with poor vitality and anemia
- Individuals who consume large quantities of animal protein
- People who eat refined or processed foods
- People who take prescription drugs (spirulina protects the kidneys and liver)
- People who are overweight or obese
- People who engage in physical exercise and / or strength training
- People with low energy levels (feeling depleted, exhausted, etc.)

Spirulina is classified as a green food, therefore having alkaline properties, similar to those in leafy green vegetables. This makes it counter-act the acidic foods, such as meat, sugar, coffee, soda, and alcohol.

Is Spirulina ecologically safe?

Spirulina can grow on non-fertile land that cannot be used by other crops, and with a salty water supply. It has the ability to produce 20 times more protein per acre than soybeans – which makes it more nutritious per acres than any other food. (Earthrise Farms and Earthrise Trading Co.Inc., 1998).

KEY REFERENCES:

United Nations and World Health Organization recommends spirulina as safe and nutritious (even for children)

Spirulina may activate the body to release natural cancer-fighting substances (Osaka Institute of Public Health in Japan, 2000)

Spirulina holds anti-oxidant effects. (Romay C, et al., Inflamm Res, 1998)

INGREDIENTS & SUPPLEMENTAL FACTS:

Each capsule contains:

Spirulina powder 450 mg

Non-medical ingredients: Gelatin, microcrystalline cellulose, Magnesium stearate

DIRECTIONS FOR USE:

Adults take 3 capsules, three times a day, with or before a meal.
Store in a cool dry place at room temperature.

WARNINGS:

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

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