

Spirulina is the name commonly used to refer to a food supplement produced primarily from micro blue-green algae, which lives on sunlight through photosynthesis in alkaline waters. It has been highly valued as an excellent source of nourishment by many different cultures for centuries. Now widely available in many different forms - tablet, powder, flake and liquid, it is fast becoming one of the better known, so-called "superfoods."



Spirulina the original Algae Superfood!

Historically spirulina is thought to have been a food source for the Aztecs, as reported by the Spanish in the 16C, during their occupation of parts of Central America. After its harvesting from Lake Texcoco, which is located in Mexico, it was sold in a cake form. The Aztecs apparently called it Tecuitlati, meaning stone's excrement, perhaps indicating they were not mad on the taste of it...but recognised the nutritional value. Researchers in the 1960's found a plentiful supply of spirulina at Lake Texcoco and the world's first large scale production plant was established there in the 1970's.

The cultivation of spirulina takes place on lakes and in open channel raceway ponds, with paddle wheels used to agitate the water. It grows naturally in lakes in China, Mexico and Chad and is now being cultivated commercially in these places. Further commercial cultivation of spirulina is now taking place in Thailand, the USA, India, China, Taiwan and Myanmar. There has been much discussion over the last few decades about the possibility of micro-algae, like spirulina, becoming superior food sources that could feed the hungry in the third world and hopefully end malnutrition and starvation amongst the poor. Indeed space agencies, like NASA and the European Space Agency, have proposed spirulina as a likely candidate as a food source that could be cultivated aboard spacecraft during lengthy journeys.

Spirulina is a complete protein, and contains unusually high amounts of protein in comparison to all other plant sources. The highly nutritional ingredients of spirulina are many and varied, with all 8 essential amino acids and 10 non-essential amino acids present. It is also

a rich source of vitamin C, B complex and E. The provitamin Beta Carotene is also contained in spirulina, and this is turned into Vitamin A by our bodies. Its deep green colour comes from its rainbow of natural pigments - chlorophyll (green), phycocyanin (blue) and carotenoids (orange) - that harvest the sun's energy. Spirulina is easy-to-digest, which means that the nutrients are absorbed quickly. Spirulina is also a natural source of iron. Spirulina contains anti-oxidants, which, of course, are important in reducing the effect of free radicals that contribute to the ageing process,, and setting up a conducive environment for diseases. It has many unique phyto-nutrients like phycocyanin, polysaccharides and sulfolipids, which enhance the immune system, possibly reducing risks of infection and auto-immune diseases. It contains cleansing chlorophyll, which helps detoxify our bodies of ever-present pollution.

Any contentious issues involving spirulina are mostly directed at the purity, quality of cultivation, harvesting and manufacturing processes: whether certain spirulinas are from organic, natural sources or rather artificially grown - often to avoid the possibility of toxic blue-green algae outbreaks that can occur in lakes around the world. In either case today's spirulina is cultivated in man-made ponds or strictly controlled water-ways. There is continuing scientific research into improving all aspects of cultivation and manufacturing. This really is a superfood that has the potential to not only greatly improve your own health, but quite possibly feed the world as well. As we continue to over populate our planet and pollute our traditional food sources, it may be time to turn to the wondrous spiral shaped micro-algae for our trip into the future. SH■

Busy? Tired? No energy?

GREEN-A brighten your day in a natural way

GREEN-A
NATURAL SPIRULINA

- 100% Natural
- 100% Organic
- 100% Alkaline
- 100% Spirulina
- Plant Protein
- Vitamins
- Minerals
- Trace Elements
- Chlorophyll
- Amino Acids
- Antioxidants



In today's lifestyle, chances are your system will be run down and depleted of the essential vitamins and minerals it needs to keep you in top health. Whilst there are a number of synthetic substitutes available, a natural, chemical free choice should be the consumer's priority. Spirulina provides an effective, easily digestible and nutritious whole food in tablet form.

Spirulina is a microscopic spiral shaped blue-green algae that lives through photosynthesis directly off sunlight in alkaline water. Growing on earth for over 3.5 billion years, it is the richest source of nutrition on earth. It is universally regarded as a superior source of nourishment and a perfect energy food for people of all ages and lifestyles who desire a whole-food source of nutrients for maintaining health and energy.

Green-A Spirulina is a unique and superior Spirulina, organically grown in a scientifically controlled environment in pure and pristine Lake Chenghai in Yunnan, China, one of only three natural alkaline Spirulina producing lakes in the world.

Because **Green-A Spirulina** is grown in perfect conditions of pure alkaline water, abundance of sunlight and perfect atmosphere and water temperatures, Mother Nature herself ensures that each and every Green-A Spirulina tablet contains the closest to most perfect dosage of nutrients required by our bodies. No more and no less. There are absolutely no elements added artificially. Suitable for vegetarians and vegans.

Green-A Spirulina

from the most perfect place on earth



Trial Pack: 100 tablets;
Regular Pack: 200 tablets;
Family/Economy Pack: 360
tablets in individual sachets



Green-A Natural Spirulina Farm at Lake Chenghai

Green-A: Produced with great care - Providing great care

- 100% Natural, 100% Spirulina, 100% Quality Guarantee.**
- The Green-A spirulina farm is the largest natural-growth spirulina farm in the world. It has been established at Lake Chenghai, a unique natural alkaline lake with the perfect growing conditions, providing naturally growing spirulina.
- Green-A owns 2 GMP processing plants and does not use contract manufacturing. This gives Green-A total quality control of product from growing to packing.
- Green-A tablets are 100% natural spirulina, no additives, preservatives, or binders.



Green-A Spirulina is available from selected health food stores, naturopathic clinics or online at www.greena.com.au. For free sample and brochure please visit our website or call 1300 307 347 or email your name and address to info@greena.com.au, or sms "GA, your name, your address" to 0433 801 586.

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