



Spirulina Powder

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Spirulina Powder Introduction

What is Spirulina

Spirulina is the micro-algae that cannot be seen by naked eyes, being multi-cell blue green algae, grown in warm and brackish water, with the properties as alkaline. The strain, researched by more than 30 countries worldwide, is *Platensis*. The root of “spirulina” comes from Latin as helix or spiral that means the spiral shape like a whorl as Deurben; the German scientist had named it as spirulina in 1927.

Key Benifits

The scientists all around the world have studied for more than 40 years and concluded that spirulina has more health benefits to body in the following ways;

1. Enhance immunity or immune response.
2. Support heart and reduce cholesterol.
3. Helps to improve the digestive system.
4. Naturally help the detoxification process.
5. Reduce the risk of cancer and increases the antioxidant capacity.

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 two 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 Superfood 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.

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The Nutritional Gold Mine

Spirulina is often called Nature's 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

Why spirulina is considered to be an ideal food?

- **Consisted of protein** which is 4 times higher than protein in meat and 5 times more than egg.
- **Consisted of 8 amino acids** which can not be completely produced by our body, so-called essential amino acid
- **Consisted of beta-carotene** which is a source of vitamin A, that is 20-25 times more than in carrot.
- **Consisted of vitamins and mineral salts** at appropriate quantity upon comparing with other food.
- **Consisted of vitamin B1** more than 100 times comparing with vegetables, fruit and some animals
- **Consisted of vitamin B2** which is 5-20 times more than other foods
- **Consisted of vitamin B12** that helps to enhance good memory and also prevent serious anemia. Most people take vitamin B12 from animal livers, but spirulina consists of vitamin B12 which is 2.5 times more than in those animal livers. Additionally, it is suit for brain and also appropriate for the vegetarians as well.
- **Consisted of gamma-linolenic acid (GLA)** which is an important fatty acid to reduce cholesterol, prevent hypertension, cardiopathy and free from toxic substances.

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How is Spirulina from KS Unique?



Water

Our Organic Spirulina is cultured in controlled ponds in fresh water which from 500m underground at desert area. It is supplied necessary nutrients for healthy growth.



Sun

Our algae farms are located at latitude 39 degree at Mongolina plateau, average annual sunlight hours exceeds 3000 hours.



Air

Mongolina plateau with plenty of desert soda lakes, no industry, no pollution, with very clear air



Natural soda lakes

More than 50 soda lakes, the best source for growing spirulina



Greenhouse

Cultivation ponds covered by the greenhouse, keep the products away from acid rains, dirty dust.



Quality Control

After drying, a sample is taken from each batch for complete quality assurance and safety testing.

Certificate

Koser & EU organic

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Nutrients of spirulina

**Protein
67.6%**

**Amino acids
g./100g**

Isoleucine	3.44
Leucine	5.37
Lysine	3.54
Methionine	0.91
Phenylalanine	2.89
Threonine	3.10
Tryptophan	0.50
Valine	3.63
Alanine	4.49
Arginine	4.05
Aspartic acid	5.96
Cystine	0.51
Glutamic acid	8.45
Glycine	2.98
Histidine	0.99
Proline	2.23
Tyrosine	2.42
Serine	2.98

**Essential fatty acids
g./100g.**

Palmitic acid C16:0	2.27
Gamma-linolenic acid C18:3n6	1.04
Linoleic acid C18:2n6c	0.98
Oleic acid C18:1n9c	0.11
Stearic acid C16:0	0.04

**Vitamins
mg./100g.**

Thiamine B1	0.071
Riboflavin B2	2.44
Tocopherol E	1.15
Vitamin A	36.2ug/100g
Vitamin C	8.8

Pigments

Beta-carotene g/kg	0.5
Chlorophyll mg/100g	1.2x10 ³
Insoluble dietary fiber g/100g	0.74
Na mg/100g	1.55x10 ³

Minerals mg./100g.

Calcium	87.6
Magnesium	259
Potassium	1.49x10 ³
Phosphorus	958
Iron	63.9