

New Earth Spirulina - Spirulina Benefits - Spirulina Super Food!

Natural Nutrition for improved Health and Wellness.

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Spirulina Benefits - Health Benefits of spirulina.

According to the University of Maryland Medical Center, spirulina commonly referred to as blue-green algae provides significant nutritional benefits because it is a natural food high in protein, vitamins, minerals, carotenoids, antioxidants, B complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium, and essential fatty acid.

Studies of the benefits of spirulina indicate that it may help the immune system, help against allergies, and may have antiviral and anticancer application. More research is needed to see if spirulina can improve health and decrease the risk of disease.

Limited research suggest that spirulina could have positive influence on the following health concerns: build antibodies to fight off infections and chronic illness such as cancer, use as a protein supplement, prevent allergy symptoms and allergic reactions, boost probiotics production, aid in care of oral cancer, protect against liver damage or failure, and help treat infections such as herpes and influenza.

WebMD notes that spirulina is used for weight loss, attention deficit hyperactivity disorder, ADHD, hayfever, diabetes, stress, fatigue, anxiety, depression, PMS, improving memory, boosting energy, increasing metabolism, lowering cholesterol, decreasing risk of heart disease, healing wounds, helping digestion and bowel health.

The statements or information on this website have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease.

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Scott Singleton, Independent Associate with New Earth. Visit my personal website - [Scott Singleton](#)

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