F.A.Q.

• Why Australian Spirulina is darker & more friable than other brand products?

Normally, manufactures will add some binder, filler or starch to keep tablets firm and smooth. Our tablets do not contain any binder. We use a low speed cool press system and gradually increase the pressure to keep the tablet as firm as possible. Thus 100% purity, Australian Spirulina’s tablet will be more friable and darker than others.

A. Australian Spirulina’s tablets are fresh and pure. Colour is dark and shiny.

F. This tablet is not fresh and is not pure. The colour is lighter and dull.

These tablets are impure and have binder added. Their colour is lighter and you can see tiny white spots in the tablets.

Capsules make it difficult to see the colour and contents, capsules are illegal in Australia unless the product is registered with TGA as Therapeutic goods.

• How much should I take daily?

We suggest 5–10 tablets daily for adults, 3–5 tablets for children under 12 years of age, but if you have special requirements for extra nutrients, please consult the chemist or your health practitioner.

• With so many brands of Spirulina on the market, how can I know which brand is best?

Australian Spirulina is the only spirulina grown and packaged in Australia. Other brands are produced from imported Spirulina. We are in total quality control of our product.

F.A.Q. Continue

• Why can only Australian Spirulina use the label “Product of Australia”?

Only products that are 100% grown and processed in Australia can use this label. Australian Spirulina is the only brand that can state this.

• Vegetable protein vs Animal protein?

Animal protein consists of much larger molecules than vegetable protein, and is much harder to for our system to digest.

Most modern people overindulge in animal protein, by eating too much fish, beef, pork etc. When too much animal protein is eaten, excess fat is deposited in our body. Too much fat will cause high cholesterol levels and may impact our heart and blood vessels. Vegetable protein is water soluble, and the molecules are much smaller than animal protein. If you eat too much vegetable protein, it is simply excreted by your system as waste and not stored as fat.
What can Spirulina do for me?

• **Energy booster**
  Spirulina contains a large amount of Chlorophyll and Phycocyanin. Phycocyanin absorbs sunlight to create carbohydrates to boost your energy levels.

• **Nutrient Supplement**
  Vegetarians who do not eat meat or animal products can be lacking vitamin B12, Iron and some Amino Acids.

• **Source of concentrated protein & Essential Fatty Acids**
  Spirulina provides more than 60% protein including being a complete source of the 8 essential Amino Acids and 10 non-essential Amino Acids.

• **Adjust PH level in your body**
  A healthy body should have healthy PH level around 7.35-7.45 near neutral. However, with most of us leading busy lives eating take away food, consuming soft drinks, wine, dairy products and sometimes “over indulging” the PH level in our body can be too low. High acidity levels in our bodies, medical researchers tell us, can lead to increased chances of disease and even cause some cancers. By using Spirulina regularly you can easily keep your PH level high and maintain good health.

• **Food supplement**
  While pregnant, women often need extra nutrition. As the baby grows, more and more demand is put on her body to supply nutrients to the growing youngster. Spirulina can provide the richest and most complete source of nutrients for the “mum to be” and her unborn child so that both of them maintain good health.

What is Spirulina?

• A 100% natural salt water micro plant.

• Originally discovered in natural alkaline lakes in South America and Africa.

• For many centuries communities have used the alga as a rich food source, constituting a significant part of their diet.

• Spirulina is a spiral shaped Algae

Why use Spirulina?

• The richest source of nutrients more than any other plant, grain or herb.

• Great source of vitamin E and beta-carotene.

• The anti-oxidant Phycocyanin can only be found in Spirulina.

Typical analysis of Spirulina per 100g

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Spirulina (6g)</th>
<th>Other source</th>
<th>Possible problems resulting from insufficient Vitamins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta- Carotene</td>
<td>28 bottle of milk</td>
<td>Infections, Lack of smell sense, Acne, Dermatitis, Eczema</td>
<td></td>
</tr>
<tr>
<td>Pro- Vitamin A (12mg)</td>
<td>550 pcs apples</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B1</td>
<td>0.24mg</td>
<td>16 pcs sardines, 8 bowls of rice</td>
<td>Insomnia, Muscle pain, Memory impairment, Acne, Eczema, Reduced immune resistance, Heart problems</td>
</tr>
<tr>
<td>B2</td>
<td>0.24mg</td>
<td>4 whole potatoes</td>
<td>Cataracts, Deteriorated vision, Insomnia, Stomatitis, Rough and dry skin, Growth retardation, Eczema, Vaginal itching</td>
</tr>
<tr>
<td>B3</td>
<td>1.02mg</td>
<td>8 pcs lemons</td>
<td>Nervousness, Dermatitis</td>
</tr>
<tr>
<td>B6</td>
<td>43.2ug</td>
<td>90g bread 4 pcs Asparagus</td>
<td>Heart diseases, Insomnia, Stomatitis, Rough and dry skin, Nervousness, Eczema, Dermatitis</td>
</tr>
<tr>
<td>B12</td>
<td>7.2ug</td>
<td>240g cheese</td>
<td>Pernicious Anemia, Ageing fatigue, Menstruation problems</td>
</tr>
</tbody>
</table>

For reference only, if you have any health problems please consult your doctor.

Spirulina VS other Vitamins sources

Australian Spirulina Darwin Farm