

References

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Frequently Asked Questions

Earthrise is America's original producer of Spirulina. Since 1981, we formed an international team to farm Spirulina on a 200 acre site in the southeastern California desert. Earthrise Spirulina is ecologically grown without using pesticides or herbicides.

Committed to excellence, our quality system is certified to internationally recognized standards. We pack our own products and test every batch to assure potency and wholesomeness in order to deliver the quality you expect and deserve.



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1. What is Spirulina?

Spirulina is a microscopic plant without leaves, seeds, or flowers, growing by the hundreds in a single drop of water. This spiral shaped fresh-water plant derives its energy from the sun. Scientists classify it as one kind of blue-green algae. Spirulina has been eaten by humans since prehistory and is now cultivated worldwide as a healthy food.

2. Where does Earthrise get Spirulina?

Earthrise grows all of its Spirulina on our own farm in the southeastern California desert.

3. Who should use Spirulina?

Women, men, people on the go, retired people, parents, athletes; most anyone subject to stress wanting a healthy, active, lifestyle. (If you are under the care of a physician check with your doctor before using this or any other dietary supplement.)

4. Does Spirulina support the immune system?

Yes. Clinical studies show Spirulina supports the immune system, and a healthy inflammatory response.*

5. Does Spirulina protect heart health?

Yes. Clinical and scientific studies show Spirulina supports a healthy cardiovascular system, and protects from oxidative stress.*

6. Does Spirulina protect brain health?

Yes. Scientific studies show Spirulina protects the brain from various kinds of oxidative stress.*

7. Does Spirulina protect from oxidative stress?

Yes. Most antioxidants you are familiar with – vitamins such as E or C, selenium, and most phytonutrients such as those in tea, or red wine – act as scavengers of oxidant molecules; they try to clean up oxidizing free radicals after they have been created. Spirulina's super blue protein, phycocyanin, is different. Although it's an efficient scavenger of oxidants, Spirulina, phycocyanin,

and its' component phycocyanobilin, (like their chemical relatives hemoglobin, bilirubin and biliverdin), affect some of the major sources of oxidant stress.* Visualize a faucet stuck open; water fills the basin splashing onto the floor. Think of the water on the floor as oxidant stress; pouring, filling and overflowing our cells. Most antioxidants act like mops – though typically each antioxidant can work on only part of the "floor". In contrast, Spirulina simply shuts off the faucet, and mops up the spills!

8. Can Spirulina give me more energy?

Consumers say it helps them feel more energetic. Spirulina is not a stimulant and is low in calories. Try it and feel what others are saying.

9. How much Spirulina should I take and when?

The answer may not be the same for everyone. A human clinical study suggests just two grams per day may provide significant benefits. Three grams per day provides 100% of the RDA of Vitamin A in the form of beta-carotene. Human clinical studies indicate six (6) grams per day may provide increased protection from oxidant stress*. Spirulina should be used as part of a balanced diet. More than 30 grams per day may result in dietary imbalances. Take Spirulina with or between meals.

10. Can I take Spirulina with other supplements?

Yes! Especially probiotics and Omega-3s.

11. Is Spirulina Gold Plus better than other Spirulina's?

Yes. Spirulina Gold Plus is clinically tested. It has higher amounts of phycocyanin plus natural vitamin C in the form of organic Acerola berry extract and zinc.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

12. When purchasing a brand of Spirulina, what factors should I consider?

- American grown to assure safety.
- The Phycocyanin (super blue protein) content.
- Glass or PETE packaging to assure freshness and optimum nutritional potential.

13. How does Spirulina differ from Chlorella?

Spirulina is more digestible than Chlorella and Spirulina contains the blue protein phycocyanin. Much more published scientific and clinical evidence supports the use of Spirulina compared to Chlorella. Both Spirulina and Chlorella are good for detox and cleansing*. In addition, Spirulina has been determined to be generally recognized as safe through scientific procedures with FDA review. Chlorella does not enjoy that status.

14. What are the benefits of Chlorella?

It is great for natural detox of the body*.

15. What are the benefits of Green Blends?

A blend of the green superfoods Spirulina, Chlorella, wheat barley grass and more.

16. How can I Take Spirulina, Greens Blend or Chlorella?

If tabs or caps take with plenty of fluids. If a powder, simply add a spoonful to boost your smoothie, juice or sports beverage. Stir and enjoy.

17. Is there clinical and scientific evidence to support the health benefits of Spirulina?

Yes. Only some of the many clinical and scientific works supporting health benefits are shown in the reference section on the next page.

