

For digestive system health

Do you have the following problems?

Indigestion, Constipation, Bad Breath, Acne, Abdominal Distention, Smelly Fart, Diarrhea

People with imbalance diet and inadequate water and fiber intake are common causes of bad gut conditions in metropolitan life. With accumulation of feces in guts, toxins are produced by harmful bacteria and are likely to be re-circulated into the body, causing various health problems. Two types of natural micro-organisms, Spirulina and Probiotics, can help maintain various functions of gastrointestinal and digestive system.^[1,2]

Probiotics maintain balance of gut microbiota

Probiotics are similar to beneficial microorganisms found in the human gut (in most cases, microbiota).^[1,3-4] Most often, the bacteria come from two main species, Lactobacillus or Bifidobacterium.^[1,3-4] According to the conference report of National Center for Complementary and Alternative Medicine, some uses of probiotics for which there is some encouraging evidence from the study of specific probiotic formulations are as follows ^[1]:

● Maintain gastrointestinal system health

Probiotics can improve the digestion problems in children.^[1,3-5] The role of probiotics is closely related to the development of many gastroenterology problems.^[1,3-5] Some strains resist to acid and adhere to the cell wall of the stomach. They inhibit the growth of bad bacteria which is a cause of digestion problems.^[1,3-5]

● Suppress urogenital infections

Some strains of probiotics could acidify the urogenital system. It helps suppress the growth of pathogens and prevent vaginal infections. The probiotics kick out the bad bacteria by competing for spaces and resources for colonization. ^[6]

● Enhance immune system

Probiotics produce organic acids, free fatty acids, hydrogen peroxide, and bacteriocins. These can aid to inhibit pathogens.^[7]

● Alleviate allergy responses

Probiotics regulate the level of immunoglobulin E (IgE) to reduce the allergy response.^[4] Researches show that they can prevent and manage atopic dermatitis (eczema) in children.^[1,3-5,7]

● Relieve lactose intolerance

Probiotics assist in gastrointestinal digestion by converting lactose to lactic acid. This can alleviate lactose intolerance.^[8]



The nutritious spirulina for health

Spirulina are a large number of cyanobacteria or blue-green algae. These algae are found in warm, alkaline waters around the world, especially of Mexico and Central Africa.^[2] The nutritional values of Spirulina have drawn attention over a few decades:

- Contain high content of protein (60-70%) which is 3 times higher than fish and meat (beef protein content is about 20%).^[2,9] It is also a source of many types of essential amino acids.^[10]
- Consist of multivitamins, especially B12 and β -carotene.^[2,10-11] β -carotene is an antioxidant which could suppress the damage to cells by free radicals, slow down aging and chronic diseases. In human body, β -carotene is converted to pro-vitamin A which has beneficial effects to the eyes and skin.^[11]
- Rich in multi-minerals, such as iron, potassium, sodium, magnesium and calcium.^[12]
- Serve as a source for high content of EPA and γ -linoleic acid.^[13]
- Spirulina also contains phycocyanin, which together with chlorophyll are anti-oxidizing chemicals.^[2,14]

Uses of spirulina based on scientific evidence

- Enhance nutrients absorption ^[18]
- Detoxification: neutralize heavy metals and toxins for kidneys ^[16-17]
- Cleanse your gut and relieve constipation ^[15]

Benefits of vitamin C ^[19-24]

- Facilitate collagen production
- Promote the absorption and movement of iron
- Enhance folic acid, fat and lipid metabolism
- Strengthen bones and teeth
- Keep capillary wall and blood vessels healthy
- Powerful antioxidant to protect from oxidative damage by neutralizing free radicals due to environment and metabolism
- Boost immune system and slow down aging

Recommended daily dose:

For children, take 1 tablet twice daily;
For adults, take 2 tablets twice daily;
or as directed by physicians.

References:

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