

Spirulina + Acidophilus

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]

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 gamma-linoleic acid.^[13]
- Compose high content of DNA and RNA. Spirulina also contains phycocyanin, which together with chlorophyll are anti-oxidizing chemicals.^[2,14]

Uses of Spirulina based on Scientific Evidence

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

Probiotics Maintain Balance of Gut Microflora

Probiotics (derived from Greek, meaning “for life”) are live microorganisms (in most cases, bacteria) that are similar to beneficial microorganisms found in the human gut.^[1,3-4] They are also called “friendly bacteria” or “good bacteria”. Most often, the bacteria come from two groups, 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 Health

Probiotics can prevent and treat acute diarrhea caused by rotavirus in children. They can also prevent the occurrence of antibiotic-associated diarrhea caused by *Clostridium difficile*.^[1,3-5] The role of probiotics is closely related to the development of many gastroenterology diseases such as chronic gastritis, digestive tract ulcers and constipation.^[1,3-5] Some strains resist to acid and adhere to the cell wall of the stomach. They inhibit the growth of *Helicobacter pylori* and avoid developing peptic ulcers.^[1, 3-5]

▪ Relieve Inflammation Disease and Bowel syndrome

Probiotics can alleviate the symptoms of irritable bowel syndrome or prevent inflammation bowel diseases such as pouchitis.^[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 “good” bacteria 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]

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 anti-oxidant to protect us from oxidative damage by neutralizing free radicals caused by pollution and smoking
- Boost our body resistance and slow down aging

Recommended daily dose:

Adults take 1-2 tablets daily or as directed by physicians.

References:

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