

NutraCulture™

*the culture for healthy living*

# SPIRULINA

A HIGH PHYCOCYANIN SPIRULINA

A PRODUCT OF HASH BIOTECH LABS PRIVATE LIMITED

Enhances Immune System

Richest Protein Source

Boosts Energy

Powerful Antioxidant

Complete Nourishment

Pure Vegetarian  
Vitamins

Minerals

100% Natural



Hash BioTech Labs

NutraCulture™  
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# SPIRULINA

Absolute  
NUTRITION

Dietary  
SUPPLEMENT

# NutraCulture™

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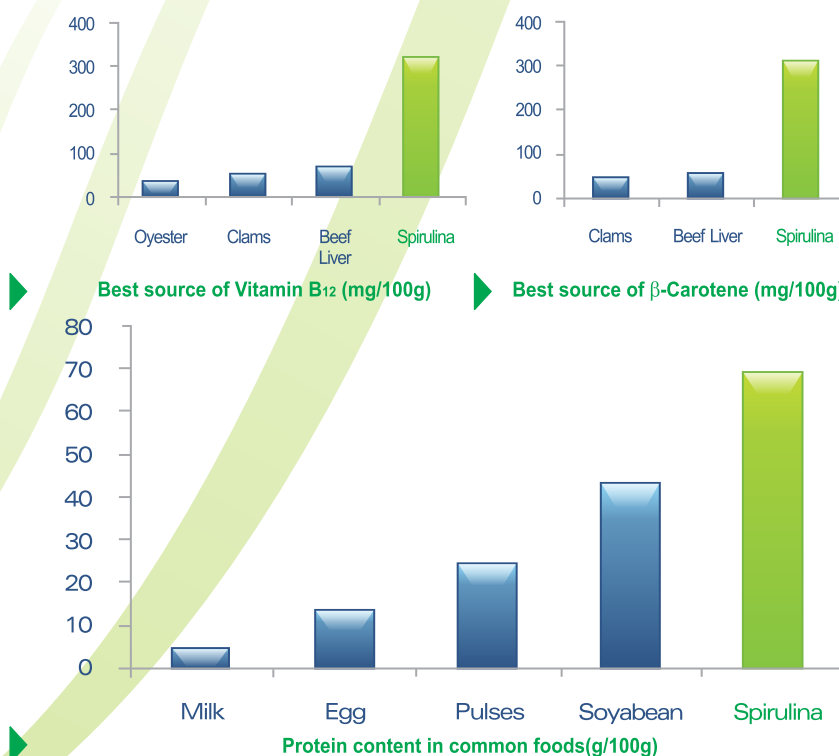
## New Age "Super Food"

*Spirulina*, a blue-green algae, is the richest whole-food source available in nature. It has been consumed by humans since pre-historic times as a source of nutrition. Our Phycocyanin enriched NutraCulture™ *Spirulina* fits into practically any dietary plan because it is an extremely digestible, high energy, gluten free, low-calorie, low-fat, natural food containing an incredibly wide range of important nutrients. Our Phycocyanin enriched NutraCulture™ *Spirulina* is rich in protein, Phycocyanin, vitamins, minerals, and carotenoids. It contains nutrients, including B complex vitamins,  $\beta$ -carotene, vitamin E, manganese, zinc, copper, iron, selenium, and  $\gamma$ -linolenic acid (GLA).

### SOME AMAZING FACTS ABOUT SPIRULINA!

- A person cannot overdose on Spirulina.
- *Spirulina* has 58 times more iron than raw spinach.
- *Spirulina* contains the highest amount of vegetarian protein.
- It is a whole food, not a concentrate, not an extract.
- It contains 18 amino acids including all 9 essential amino acids required by our body.
- Phycocyanin enriched NutraCulture™ *Spirulina* is the richest source of natural antioxidants.
- Phycocyanin enriched NutraCulture™ *Spirulina* helps in preventing cancer, viral and bacterial infections.

## NUTRITIONAL COMPARISON



# PROTEINS

## NUTRITIONAL ANALYSIS (% DRY MATTER)

COMPOSITION		MINERAL	mg/100g
Protein	56-69%	Chromium	0.2-0.5
Carbohydrates	15-25%	Selenium	0.05-0.2
Fiber	8-10%		
Minerals	6-9%	<b>FATTY ACIDS</b>	<b>g/100g</b>
Fats	5-6%	Myristic acid	0.05-0.10
<b>VITAMINS</b>	<b>mg/100g</b>	Palmitic acid	1.0-2.0
Vitamin B1 (Thiamine)	2.5-5.0	Stearic acid	0.10-0.20
Vitamin B2 (Riboflavin)	4.0-7.0	Oleic acid	0.10-0.20
Vitamin B3 (Niacin)	3.0-6.0	Linoleic acid	0.50-0.90
Vitamin B6 (Pyridoxine)	2.0-4.0	GLA	1.00-1.50
Vit. B9 (Folic Acid)	0.05-0.30		
Vit. B12 (Cyanocobalamin)	0.05-0.20	<b>AMINO ACIDS</b>	<b>g/100g</b>
		Alanine	4.0-5.0
<b>PHYTOPIGMENTS</b>	<b>mg/100g</b>	Arginine	3.0-5.0
Total Carotenoids	400-500	Aspartic acid	1.50-3.0
Carotenes	160-260	Cystine	0.50-0.75
Xanthophylls	170-240	Glutamic acid	6.0-9.0
Chlorophyll	1300-1700	Glycine	2.0-4.0
Phycocyanin	15000-19000	Histidine	0.5-1.5
		Isoleucine	3.0-4.0
<b>MINERALS</b>	<b>mg/100g</b>	Leucine	3.0-5.0
Calcium	300-500	Lysine	3.0-6.0
Phosphorus	800-1000	Methionine	1.0-6.0
Magnesium	400-800	Phenylalanine	2.5-3.5
Iron	60-80	Proline	2.0-3.0
Sodium	500-800	Serine	3.0-4.5
Potassium	1300-1650	Threonine	1.5-3.0
Zinc	2.0-4.0	Tryptophan	1.0-2.0
Copper	1.0-2.0	Tyrosine	1.0-3.0
Manganese	1.0-3.0	Valine	1.0-3.5

## MINERALS

# HEALTH BENEFITS - "One solution for all"

Spirulina has been globally acknowledged to provide complete nourishment and high immunity naturally. It is greatly helpful in the following conditions:

**ANAEMIA:** Spirulina contains porphyrin and bio-chelated iron. Porphyrin is a red compound that forms the active nucleus of hemoglobin. Related to this structure is the polypyrrole molecule of B12, which is essential to the formation of healthy red blood cells. Use of Spirulina is most encouraged for expecting and nursing mothers. It increases the milk production in lactating mothers and provides complete nutrition to mother and child.

**IMMUNITY :** Our Phycocyanin enriched NutraCulture™ Spirulina helps to stimulate the immune system to guard against invading disease causing organisms and carcinogens. It reduces post surgery recovery time. Spirulina offers nutrients in a convenient and easily assimilated form.

**DIABETES :** Spirulina helps to mitigate the effects of unbalanced nutritional condition in diabetic patients due to their "calorie-cut" diet regime by providing them with high quality proteins, vitamins, minerals. Spirulina possesses hypoglycemic and hypolipidemic properties and reduces insulin resistance. Spirulina increases glucose metabolism in Type II diabetic patients and activates pancreatic beta cells for insulin production in Type I diabetic patients.

**HYPERTENSION:** Spirulina contains high level of potassium and antioxidants, which help in controlling hypertension. Spirulina boosts the synthesis of nitric oxide that dilates or widens blood vessels. This in turn improves blood flow and reduces systolic and diastolic pressure.

**CHOLESTEROL:** Spirulina helps in reducing blood cholesterol levels particularly the LDL type and helps to lower the risk of cardiovascular disease. It improves general health, relieves fatigue, strengthens the spleen, removes phlegm and regulates the blood fat level and keeps the heart healthy.

**ANTI AGEING:** Antioxidants like Vit-E, SOD and  $\beta$ -carotene present in Spirulina scavenge free radicals that increase the ageing effect.

**WEIGHT MANAGEMENT:** Spirulina is the richest natural source of Gamma Linolenic Acid (GLA), an essential amino acid, which helps regulate blood sugar levels. Spirulina also contains phenylalanine which helps to satisfy appetite and prevents craving.

**ANTI CANCER EFFECTS:** Our Phycocyanin enriched NutraCulture™ Spirulina induces apoptosis in tumour cells by DNA fragmentation. The unique polysaccharides of Spirulina improve the immune system to combat against cancer-drug resistance.

**NEURO-HEPATO-NEPHRO PROTECTION:** Spirulina's enriched antioxidant profile helps to protect us from neuro-degenerative diseases like Alzheimer's, Parkinson's and other forms of age related dementia. Spirulina improves overall cognitive functions and also protects the liver and kidney cells from lipid peroxidation and ROS.

**ALLERGY, ASTHMA and INFLAMMATION:** Spirulina inhibits anaphylactic reactions, thus found effective against various allergic responses such as asthma, atopic dermatitis and allergic rhinitis.

NutraCulture™ Spirulina provides holistic support to your family by providing complete nutrition, antioxidants and protection from infections by increasing immune function.

## VITAMINS

## WHO SHOULD CONSUME NUTRACULTURE™ SPIRULINA?

Spirulina has no reported side effects and can be consumed by everybody for the improvement of their general health. However it is especially beneficial for:

- Those on restricted diet
- Pregnant women and nursing mothers
- Those living a stressful, active and modern lifestyle
- Those consuming fewer than three balanced meals a day
- Who are regularly subjected to intense physical activity
- Who do not get the recommended intake of fresh fruits & vegetables

## GLOBAL RECOGNITION

### UNITED NATIONS

The World Food Conference of 1974, held in Rome, Italy declared Spirulina as the "Best Food for Tomorrow".

### WHO (World Health Organization)

WHO has hailed Spirulina as "The Greatest Super Food on Earth" which has all the essential nutrients required for healthy living.

### IIIMSAM (Intergovernmental Institution for the use of Micro-algae Spirulina Against Malnutrition)

IIIMSAM works to promote the use of Spirulina to eradicate malnutrition and hunger, worldwide and also provide its to the underprivileged. Only 3 grams of Spirulina per day can make a substantial difference in a child's health.

### SPACE FOOD

Spirulina has been proposed by both NASA (CELSS) and the European Space Agency (MELISSA) as one of the primary foods to be cultivated during long-term space missions.

### BEST VALUE FOR MONEY:

Intake of Phycocyanin enriched "NutraCulture™ Spirulina" provides all essential ingredients like  $\beta$ -carotene, Iron, GLA, Amino Acids, Chlorophyll and Superoxide Dismutase, which no single fruit or vegetable can provide, when consumed in comparable amounts. It provides you and your family a complete nutritional-cum-antioxidant support and guards them against viral, bacterial, fungal and other infections by enhancing the immunity.

### RECOMMENDED DOSAGE:

An intake of 4 - 6 tablets (500 mg each) per day per adult is widely recommended.

### CERTIFICATIONS:



ISO 9001:2008

**VITALITY**

**REJUVENATION**

**POWER**

**IMMUNITY**

**HEALTH**



**SPIRULINA HELPLINE**

**TOLL FREE**

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