

Nutritional Properties of Microscopic Marine Algae

Alanine

- Activates muscles
- immune system booster

Arginine

- new muscle builder
- supports immune system
- Detoxifies the liver

Asparagine

- Immune system booster
- brain energizer

Aspartic Acid

- assists making healthy DNA
- Immune system booster

Betacarotene

- Immune system booster
- Defends against free radical attack
- Aids digestion
- Vision enhancement
- cornea protector

Bioflavonoids

- immune system booster
- Removes toxins from skin cells

Biotin

- promotes healthier-looking hair

Boron

- promotes stronger bones
- improves mental clarity
- assists with unclogging arteries

Calcium

- promotes stronger bones
- Calms nerves
- improves cholesterol levels

Chlorophyll

- Promotes bowel regularity
- Cleanses interstitial tissues

Chromium

- Moderates existent diabetes
- Prevents adult-onset diabetes

Cobalt

- Repairs nerve cells
- Helps produce red blood cells

Copper

- Eases Arthritis
- Helps produce red blood cells

Cysteine

- Detoxifies carcinogens

Essential Fatty Acids

- Reduces cardiovascular disease

Electrolytes

- Helps kidneys regain optimum function

Fiber

- Eliminates toxic wastes

Fluorine

- Fights tooth decay
- improves bone density

Folic Acid

- increases mental focus
- Prevents anemia

Germanium

- Helps control Epstein-Barr virus

Gamma Linolenic Acid

- lowers cholesterol

Glutamic Acid

- Reduces alcohol/sugar craving

Glutamine

- increases mental focus

Glutathione

- defends against free radical attacks

Glycine

- Calms nervous system

Glycogen

- Boosts physical stamina

Histidine

- Enhances nutrient absorption
- Removes toxic metals

Iodine

- assists with maintaining regulating body weight

Iron

- decreases anemia
- increase emotional health
- increase physical energy

Isoleucine

- Build muscle
- Helps repair the liver

Lecithin

- Dissolves cholesterol deposits
- Improves short-term memory

Leucine

- Reduces Hypoglycemic symptoms

Linoleic Acid

- Combats viral infections

Lysine

- Helps prevent osteoporosis

Magnesium

- Promotes tranquility
- Moderates mood swings
- Reduces migraine headaches

Manganese

- Assists joint mobility

Methionine

- Enhances memory
- Mood elevator
- Removes heavy metals

Molybdenum

- Increases longevity

Niacin (Vitamin B3)

- Stress reducer
- Lowers cholesterol assists in reversing atherosclerosis

Nickel

- Promotes cellular growth and reproduction

Nucleic Acids

- Memory enhancement

Omega-3 Fatty Acids

- increases cell membrane flexibility
- cholesterol dissolving properties
- reduces cardiovascular diseases

Omega - 6 Fatty Acids

- Relieves arthritis symptoms
- skin tone improvement
- reduces cardiovascular disease

Pantothenic Acid

(Vitamin B5)

- reduces morning pain caused by arthritis
- reduces toxicity from alcohol
- defender against free radicals

Phenylalanine

- improves mental clarity
- sugar cravings reducer

Phosphorous

- assists with healthy teeth
- increases bone fracture repair

Potassium

- hypertension reducer
- blood pressure control

Proline

- increases learning ability
- assists repairing torn cartilage

Pyridoxine (Vitamin B6)

- Immune system booster
- relieves PMS

Riboflavin

- boosts physical energy
- defends free radical attacks
- reduces eye fatigue

RNA

- improves mental focus

Selenium

- strengthens immune system
- relieves anxiety

Serine

- enhances skin beauty

Silicon

- skin tightening

Sodium

- assists preventing sunstroke

Superoxide Dismutase

- assists in preventing free radical activity

Substance P

- increases mental focus

Thiamine (Vitamin B1)

- increases energy
- improves mental attitude
- tension reliever

Theonine

- immune system enhancer
- ameliorates skin tone

Tyrosine

- improves emotional health
- enhances mental alertness
- increases memory ability

Valine

- promotes muscle tissue building

Vanadium

- assists in controlling blood sugar levels

Vitamin B12

- increases physical energy
- enhances mental focus
- assists with nervous system repair

Vitamin C

- promotes healthier gums
- reduces risk of cancer
- reduces duration of common cold

Vitamin E

- immune system booster
- promotes healthy nerve tissue

Zinc

- supports prostate health
- strengthens immune system
- reduces outbreaks of acne
- increase memory access
- reduces common cold symptoms