




# Spirulina




**Content**  
180 Piece / Tablets  
PZN 3052598  
RRP 28,90 €



**Recommended intake**  
6 tablets / day



**without**  
artificial flavorings, artificial conservation, artificial colorants, genetic engineering



**free of**  
granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, gelatine

**The blue-green algae with that special factor**

Burgerstein Spirulina tablets contain spirulina - a freshwater algae from controlled, organic cultivation and is now known as a superfood. Burgerstein Spirulina is ideally taken between meals.

Burgerstein Spirulina is a natural nutrient donor with a high content of amino acids and natural antioxidants.

Spirulina is a classic food supplement that many people take regularly to support their daily well-being. 3 g of spirulina is usually sufficient to benefit from the known positive properties of this alga.

The product is suitable for vegans and vegetarians.

**Spirulina supports...**

- ... vegetarians and vegans
- ... the regulation of the intestinal flora
- ... the prevention of chronic heavy metal contamination (e.g. amalgam)
- ... the increase of well-being and performance
- ... as a valuable alkaline supplier

Spirulina is the epitome of superfood: the blue-green alga, also known as Arthrospira Platensis in specialist circles, is considered a nutrient-rich food. Spirulina contains large amounts of high-quality, vegetable proteins - the protein content of the algae even exceeds that of meat, egg or soy. In addition, the "superfood" contains all essential amino acids, which makes it particularly interesting for a protein-rich diet and athletes. The content of vitamins, trace elements and minerals is undeniable.

In addition to the valuable nutrients, the freshwater algae spirulina scores with a high chlorophyll content. This green plant pigment is of great importance for protecting the body from oxidation damage.

The antioxidants contained in spirulina are quite remarkable in type and quantity. The most fascinating of these antioxidants is the deep blue coloured phycocyanin, which occurs in Spirulina in a high concentration of 10-20 %.

The name "phycocyanin" comes from "phycos" (Greek for algae, seaweed) and "kyanos" (Greek for blue). Phycocyanin is a powerful antioxidant with anti-inflammatory properties. Phycocyanin also appears to have immunomodulation and liver and kidney protective properties.

**In addition, spirulina also contains various antioxidant substances:**

- natural carotenoids such as beta-carotene
- lutein and zeaxanthin
- Chlorophyll

Lutein and zeaxanthin are known to protect the eye from harmful blue light. Blue light can cause oxidative stress in the eye over time.

It is known that spirulina can reduce the absorption of toxic metals (aluminium, lead, cadmium, arsenic, etc.) in the gastrointestinal tract. These adsorptive properties of spirulina also seem to influence triglyceride metabolism.



Nutritional values	Per daily portion (6 tablets)
Spirulina algae powder	3,00 g