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CODE 2690

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Manufactured by NOW FOODS, 395 S. Glen Elyn Rd.
Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

This product is sold by weight not volume.
Store in a cool, dry place. Please Recycle

Caution: Do Not Eat Freshness Packet Enclosed.

salts, amino acids and enzymes.

Spirulina contains the highest protein and beta-carotene levels of all green superfoods, and is also a rich source of GLA (Gamma Linolenic Acid), a popular fatty acid with numerous health benefits. In addition, it is the highest known vegetable source of B-12 and provides optimum levels of vitamins, minerals, trace elements, cell

NOW® Spirulina delivers the natural nutrient profile found in

Genuine Whole Foods.

NOW® Bee Pollen, Lecithin and Chlorella.

SUGGESTED USAGE: As a dietary supplement, take one level

tablespoon one or more times daily, mixed in water, fruit or veg-

etable juice. Consider taking this product in combination with

Genuine Whole Food



100% Natural Hawaiian Spirulina Powder

NUTRIENT RICH SUPERFOOD

100% Pure

- Rich in Chlorophyll, Beta-Carotene, and Vitamin B-12
- Good Source of Vegetable Protein

Net Wt. 4 oz. (113 g)

A Dietary Supplement Vegetarian Product



Supplement Facts

Serving Size 1 Level Tablespoon (7 g) Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	1.5 g	< 1%*
Protein	4 g	8%*
Sodium	100 mg	4%
Spirulina	7.0 g (7,000 mg)	†
* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.		

Each serving may typically provide the following naturally occurring nutrients:

Beta-Carotene (as pro-Vitamin A 15.75 mg)	26,250 IU	525%
Thiamine (Vitamin B-1)	175 mcg	12%
Riboflavin (Vitamin B-2)	250 mcg	15%
Vitamin B-12	5 mcg	83%
Calcium	30 mg	3%
Iron	3.5 mg	19%
Gamma Linolenic Acid (GLA)	65 mg	†
Chlorophyll	55 mg	†

Other ingredients: None.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.