

*Spirulina is a hard-core superfood and an incredible source of full spectrum, non-toxic, absorbable nutrients. It is 60-65% protein, making it the world's highest known source of protein. The protein in Spirulina contains all eight essential amino acids, making it a complete protein. It is a highly beneficial substitute for isolated protein powders (especially those of animal origin). Unlike the high uric acid forming protein from animal products that contributes significantly to osteoporosis and can cause kidney stress, Spirulina's protein is gentle on your kidneys and its Pycocyanin has been shown to actually help protect against kidney failure!<sup>18</sup>*

Spirulina provides high levels of chlorophyll, and also contains iron (non-toxic in whole plant form), vitamin A (as non toxic beta-carotene), a full spectrum of carotenoids, B-1, B-2, B-6, E, and K. In addition, Spirulina provides a vast array of minerals, trace elements, phytonutrients and enzymes. Spirulina also offers beneficial fatty acids such as DHA, GLA and others which have been shown to possess potent anti-viral activity, chlorophyll, and other beneficial pigments. Spirulina is a whole food source of concentrated nutrients that has been used for centuries. The ancient Aztecs thrived on Spirulina from Lake Texcoco in Mexico. In addition, Spirulina is still harvested by the native people's who live around the lake in Chad, Africa.

#### **Suggested Adjuncts:**

A whole foods, organic vegan diet with emphasis on fresh raw foods, other green superfoods such as HealthForce Vitamineral™ Green and Earth™, Greener Grasses™, HealthForce Digestion Enhancement Enzymes™, Liver Rescue™ III+, exercise, and everything else healthful! You deserve it!

HEALTHFORCE SUPERFOODS

# SPIRULINA MANNA



**SPIRULINA IS A HARD-CORE BLUE-GREEN ALGAE  
AND PROBABLY THE WORLDS SINGLE #1 SUPERFOOD.  
INCREDIBLE SOURCE OF FULL SPECTRUM, NON-TOXIC,  
ABSORBABLE NUTRIENTS AND COMPOUNDS INCLUDING  
50-60% PROTEIN.**

**NATURE'S BEST PROTEIN POWDER**

**100% TRUGANIC™**

*Supports Immune System Function\*, Blood Sugar & Kidney Function*

5.25 OZ (149 GRAMS)

**Ingredient:** 100% Pure Spirulina Powder (spirulina platensis)  
Grown by TruGanic™ (beyond organic) standards and carefully dried at low temperatures to retain life force, enzymes and other heat-sensitive elements.

HealthForce Spirulina is packaged in amber glass with a metal lid and oxygen absorber to preserve nutrient levels. Spirulina is a water-grown, 100% vegetable plankton. It is a blue-green algae that grows in fresh water lakes throughout the world.

**Suggested usage:** 1-6 (or more) heaping tablespoons per day, either all at once or divided. Spirulina is a food and can be taken in any quantity desired. It can be taken directly, mixed with water/juice, sprinkled on or mixed with food. For first time users, it is suggested to have Spirulina mixed in a juice or fruit smoothie (preferably a fresh juice or smoothie made with raw fruit).

*I am very deeply committed to researching and developing the highest quality, most effective, life enhancing nutritional products based on my on-going research into life force, whole foods, enzymes, Mother Nature, and true science, with a reverence for all life. I wish you great health and happiness always - Jameth Sheridan, N.D.*



PLEASE RE-USE AND RECYCLE THIS BOTTLE. IT MATTERS.

**RAW FOOD**

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These statements have not been evaluated by the F.D.A. This nutritional product is not designed to diagnose, treat, or cure any disease.

**HEALTHFORCE NUTRITIONALS 800-357-2777**

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