



### **What is Spirulina?**

Spirulina is an algae bluish green in colour and is named after it's unique spiral shape. Spirulina contains very high nutrient compared to any other food, plant, grain or herb.

### **What is in Spirulina?**

Spirulina contains over 60% digestible vegetable protein. Spirulina is high in phytonutrients such as phycocyanin, polysaccharides and sulfolipids that boosts the immune system, reduce infection, cancer and auto immune disease risks. Natural carotenoid in Spirulina act as antioxidants to promote cellular health while Chlorophyll helps in detoxifying our body. Other contents include iron, trace minerals and essential fatty acids.

### **Is Spirulina safe?**

The Aztecs has been consuming Spirulina in Mexico for over five centuries ago. African native tribes consume Spirulina that thrives in their lakes till today. Millions of people globally have consumed Spirulina as a safe food supplement for over two decades. The United Nations (UN) and World Health Organization (WHO) has even approved Spirulina safe to be taken by children.

### **Is Spirulina a productive food group?**

Spirulina contains more nutrient content per acre compared than any other type of crop. It possesses 20 times more protein than soybeans and 200 times more than beef. By cultivating Spirulina, we reduce deforestation and improve the well being of our planet.

### **How Spirulina benefits us?**

Spirulina contains important nutrients that the body needs. A deficiency in any of these nutrients would compromise daily functions of our body. Several scientific studies show Spirulina is able to inhibit viral reproduction, strengthen cellular and the immune system and cause cancer cells to reduce in regression and inhibition.

### **Any scientific evidence to these claims?**

Scientists from Japan, China, India, Europe, Russia and America are discovering new health properties of Spirulina and it's effectiveness to humans and animals. Several hundred published studies show Spirulina and it's unique phytonutrients boost immune system and improve general health.

### **How Spirulina strengthens our immune system?**

Phytonutrients such as beta carotene, phycocyanin and polysaccharides present in Spirulina contributes towards strengthening our immune system. Global studies carried out on mice, hamsters, chickens, turkeys, cats, fish and even humans discover that Spirulina improves the immune system. Medical scientists discovered that not only the immune system is active, it actually enhances the body's ability to generate new blood cells. Parts of the immune system particularly the bone marrow stem cells, macrophages, T-cells, natural killer cells, spleen and thymus glands all show increased activities. Macrophages also increase in number, become activated and more effective in killing germs.



### **How Spirulina lowers cholesterol and improve cardiovascular health?**

Studies in animal nutrition from Mexico, Argentina, Japan and India found Spirulina to contain cholesterol lowering properties, improve heart and arterial function and reduce blood pressure. Scientific studies carried out towards men from Japan and India taking several grams of Spirulina daily discover that each individual experiences reduction in cholesterol levels. Studies in Germany and India also found weight loss effects along with cholesterol reduction. These studies prove Spirulina effectively reduces the number of Low Density Lipoproteins (LDL) and increases High Density Lipoproteins (HDL )

### **Is Spirulina easy to digest?**

Spirulina's soft cell walls are built from a network of proteins, polysaccharides and enzymes and is easily absorbed by your body. This important factor assists poor digestion and is beneficial for people with restricted diets.

### **How do Spirulina build our body's enzymes?**

Enzymes in the body aids our digestion process, repair our DNA and help power our critical functions. It is recommended that our diet includes fresh fruit, vegetables and juices, which are rich in natural living enzymes. However, dehydrated super foods like Spirulina also have natural enzymes, minerals, phytonutrients, antioxidants and polysaccharides that trigger our body's own enzymes to flourish and perform their respective tasks.

### **How does Spirulina contribute to weight loss?**

Amino acids combined with other high density nutrients present in Spirulina suppresses hunger and increases metabolic rate therefore contributing to healthy and natural weight loss.

### **What are the benefits of chlorophyll in Spirulina?**

Chlorophyll sanitizes the bowel, detoxify and clean colon and intestines, coat irritable stomach lining therefore relieving symptoms of gastric, inhibit the forming of intestinal ulcers, feeds and maintain the population of beneficial intestinal bacteria like Lactobacillus and Bifidus which aids digestion and constipation problems caused by pathogens like E.coli and Candida.

### **How does Spirulina balance good health?**

Spirulina grows in alkaline water. Considered as an alkaline based food, this factor will help balance your body's acid and alkaline levels. It's a great balancer for any diet filled with acidic foods like sugar, coffee, soda, alcohol or meat. A balanced system will strengthen your health and increase resistance to disease.

### **Why is PREMIA Spirulina-EX superior to wild Spirulina ?**

PREMIA uses the best strain of wild Spirulina and cultivates it organically in clean ponds. PREMIA Spirulina contains active components similar to those of the wild Spirulina however it's potency is much stabler and safer.



**How is PREMIA Spirulina-EX different compared to other brands on the market?**

- a) Selection of high quality strain of wild Spirulina
- b) Cultivated organically in clean ponds
- c) Quality management from cultivation to finish goods.
- d) Produced in accordance with Good Manufacturing Practice (GMP) certified factory with the latest technology and equipment.
- e) Advanced technological processing to preserve nutrients.
- f) No additives and preservatives.
- g) 100 % natural plant product
- h) Certified HALAL
- i) Easy to digest and absorb.
- j) Suitable for all ages
- k) Easy to consume

**How does PREMIA assure quality?**

PREMIA processes the Spirulina into powder and tablet form and seals it directly into bottles and sachets. Routine quality control checks are conducted daily by our professionally trained staff to ensure quality, purity and potency of the product is not compromised.

**In what form is PREMIA Spirulina-EX available?**

PREMIA offers Spirulina in tablet and powder form.

**Who is able to consume PREMIA Spirulina-EX?**

PREMIA Spirulina is suitable for all ages.

**Is PREMIA Spirulina-EX safe for pregnant women?**

PREMIA Spirulina is safe to be consumed during pregnancy. However, please consult a physician prior to use.

**Is PREMIA Spirulina-EX Halal?**

PREMIA Spirulina is certified HALAL by The Islamic Development Department Of Malaysia (JAKIM).

**Is PREMIA Spirulina-EX suitable for vegetarians?**

PREMIA Spirulina is cultivated naturally without use of animal based products and therefore is an ideal health supplement for vegetarians.

**Will eating PREMIA Spirulina-EX causes addiction?**

PREMIA Spirulina contains natural nutrients and is healthy for your body. It is similar to consuming vegetables and fruits and will not cause addiction.



**What is the limit in taking PREMIA Spirulina-EX Tablet or Powder?**

There are no limits however we recommend taking 8 - 16 tablets or one sachet daily to maintain health and vitality. PREMIA Spirulina-EX is also safe to be taken with other PREMIA products.

**Can I eat PREMIA Spirulina-EX with other medications?**

PREMIA Spirulina-EX is safe to be taken with other medications however please consult your physician prior to use.

**Will there be any adverse effects if I stop taking PREMIA Spirulina-EX after some time?**

PREMIA Spirulina-EX provides valuable nutrients needed for your body. There will be no adverse effects if you stop however you are denying your body the nutrients it needs.

**Are there any side effects if I consume PREMIA Spirulina-EX?**

PREMIA Spirulina-EX is totally natural, organic, contains no preservatives, artificial colorings, flavorings, pesticides or synthetic ingredients. It is suitable for long term consumption and for all ages with no contra-indications and adverse side effects.

**Will PREMIA Spirulina-EX lose its potency if taken for a long time?**

Unlike synthetic substances that loses potency after prolonged use, PREMIA Spirulina-EX possesses natural nutrients that maintains it's potency over time.

**When is the best time to take PREMIA Spirulina-EX?**

PREMIA Spirulina-EX can be taken before or after a meal anytime.

**How do I consume PREMIA Spirulina-EX powder?**

PREMIA Spirulina-EX powder can be taken directly or mixed with water, soup, porridge or other beverages.

**Is PREMIA Spirulina-EX powder as potent as the tablet?**

Both the powder and tablet form will provide you with the same health benefit however the powder offers flexibility in the amount that can be taken anytime. It is a versatile and excellent alternative for those who are unable to swallow tablets, suitable for children and infants and can be added into water, drinks or soups. The tablet form however offers convenience as they do not need to be measured out and can be handled easily when traveling.