



Lifestyle



**Looking for an
Energy Boost
for you & your
immune system?**



Lifestream *Certified Organic* Spirulina
NATURE'S RICHEST FOOD

What is Lifestream Certified Organic Spirulina?

Spirulina, a microscopic fresh water plant, could well be the perfect food and contains the richest concentration of nutrients known in any food, plant, grain or herb. It has a vast natural balance of *certified organic* vitamins, colloidal minerals, trace elements, essential fatty acids, enzymes, unique phytonutrients and all the essential amino acids. Lifestream *Certified Organic* Spirulina is low in calories, saturated fat and is one of the only non-mucous, non-acid forming, high protein foods! Lifestream *Certified Organic* Spirulina is very well absorbed and is in perfect harmony with the human body.

Who can benefit from Lifestream Certified Organic Spirulina?

- Those with a weak immune system
- People recuperating, run down or under the weather
- People on the go with a hectic lifestyle
- Susceptible people during the ills and chills season
- Those looking for higher levels of immune supporting nutrients
- Pregnant or breastfeeding mothers

Superior phytonutrients for immune support Lifestream *Certified Organic* Spirulina is unique in that it delivers a much higher antioxidant level than any other spirulina. It is a powerful **immune system support food** due to its richer levels of *phytonutrients* like *carotenoids*, *xanthophylls*, *chlorophyll* and the powerful protein pigment, *phycocyanin*. It also contains the powerful enzyme *super oxide dismutase* (SOD).

Studies and Research

Studies show that spirulina, due to its high concentration of natural nutrients, has immune enhancing functions and can also help reduce liver and kidney toxicity.¹ Scientists document phycocyanin stimulating hematopoiesis, (the creation of blood),² emulating the effect of the hormone erythropoietin, (EPO). EPO is produced by healthy kidneys and regulates bone marrow stem cell production of red blood cells. A great deal of research has been done in Japan on phycocyanin. Scientists demonstrated how spirulina activates the human immune system through increased interferon production.³ Studies show that spirulina helps in the normal functioning of the immune system through the natural activation of a number of specialised cells like macrophages, T-cells and natural killer cells.^{4,5}

Phycocyanin – the unique protein-antioxidant-pigment in spirulina

Phycocyanin is the most important plant pigment in spirulina. It is theorised this powerful blue *protein-antioxidant-pigment*, found only in spirulina, forms soluble complexes with iron and other minerals, increasing their bioavailability in the body. Phycocyanin is about 15% of the entire weight of spirulina and is thought to have developed a billion years before chlorophyll and may be the precursor to chlorophyll and haemoglobin. **Phycocyanin can help in stimulating the activity of lymphocytes (white blood cells) and it is a powerful immune supporting pigment.** Stem cells are 'Grandmother' to both the white blood cells that make up the cellular immune system and red blood cells that oxygenate the body. Lifestream *Certified Organic* Spirulina has the highest levels of phycocyanin found in any spirulina.

Why is Lifestream providing a new and different kind of spirulina?

Lifestream is 100% committed to the supply of the world's best spirulina and Green Superfoods. Lifestream *Certified Organic* Spirulina is grown on a different continent, giving it unique benefits to our current Lifestream *Bioactive* Spirulina. We believe Lifestream *Certified Organic* Spirulina and Lifestream *Bioactive* Spirulina are the world's very best spirulinas. Much like a NZ grown, sour, thick-skinned, yellow grapefruit is very different nutritionally to a USA grown, sweet, thin-skinned, pink grapefruit, spirulina also varies greatly in different parts of the world.

What are the basic differences between them?

Lifestream Bioactive Spirulina is significantly richer in calcium, iron, zinc, vitamin B6, selenium and GLA and is perfect for people feeling worn out, run down, tired or exhausted.

Lifestream Certified Organic Spirulina is significantly richer in carotenoids, phytonutrients, xanthophylls and phycocyanin and is perfect for those with a weak immune system or for people recuperating, run down or under the weather.

Lifestream Certified Organic Spirulina Certification

Lifestream Certified Organic Spirulina is the only fully certified organic spirulina available in the world **certified to the vegan standard** by European Naturland. This is the guarantee that **no animal products or animal by-products of any type** are used at any stage of the cultivation process. It is the only spirulina production facility in the world to have qualified for **USP Certification (US Pharmacopoeia ingredient verification program)**, including **ISO 9001** (quality management), **HACCP** (Food safety) and **ISO 14001** (Environmental management system) and verified by frequent analyses by acclaimed independent third party laboratories. Irradiation / fumigation are not allowed and heavy metals are either 100% absent or below detectable limits.

Where is Lifestream Certified Organic Spirulina grown?

Lifestream Certified Organic Spirulina is grown in Oonaiyur, Southern India - away from industrial, agricultural and human settlements. This isolated area is composed of 130 acres of land, free from ground water contamination, pesticides, herbicides and artificial fertilizers.



India, a land of wisdom, creativity and peace

Did you know that many of the herbal supplements you take every day are grown in India? India is one of the world's leading suppliers of raw herbs and herbal supplements. India is also the birthplace and spiritual centre of *Ayurveda*, the ancient Indian healing science. India's identity has transformed over the last 15 years and is committed to strong education and growth, with the world's largest democracy becoming a global power specialising in medical science, computer and information technology, software engineering and progressive leadership.

References:

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3. Hirahashi T, Matsumoto M, Hazeki K, Saeki Y, Ui M, Seya T. Activation of the human innate immune system by Spirulina: augmentation of interferon production and NK cytotoxicity by oral administration of hot water extract of Spirulina platensis. *Int Immunopharmacol.* 2002 Mar;2(4):423-34.
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PLEASE NOTE: Always use the label and use as directed. If symptoms persist see your Healthcare professional.

We recommend Lifestream Certified Organic Spirulina to be part of and not a replacement for a healthy and balanced diet. Please follow all label instructions and remember, these foods may be new to your diet so you may want to start off with small amounts such as one to two tablets or capsules (per day for the first week) before building to a suitable level for your own personal needs. Lifestream Certified Organic Spirulina can be taken in much larger amounts if the nutritional requirements of the individual are indicated. The optimum daily dose is less than a mouthful and it comes exactly as Mother Nature intended. If you have a very sensitive digestive system or may be one of the very few people who have a micro-algae allergy, please check with your Healthcare Practitioner before using Lifestream Certified Organic Spirulina. Lifestream Certified Organic Spirulina is a natural whole food and is not meant to prevent, mitigate, diagnose or cure any disease condition. People with specific nutrient deficiencies may also need professional advice and should consult their Healthcare Practitioner. For more information see our website. CODE031 TAPSNA1437

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What is unique about Lifestream Certified Organic Spirulina?

- Lifestream *Certified Organic* Spirulina has the highest levels of the potent phyto-nutrient antioxidants *phycocyanin* and *chlorophyll*
- Lifestream *Certified Organic* Spirulina is the richest spirulina in the potent carotene pigments *beta-carotene*, *xanthophylls*, *zeaxanthin* and *cryptoxanthin*
- Lifestream *Certified Organic* Spirulina is the first and only spirulina to be certified under the prestigious USP Ingredient Verification Approval (US Pharmacopoeia)
- Lifestream *Certified Organic* Spirulina is **the only fully certified organic spirulina available in the world** certified and approved by IMO, Switzerland, meeting the USDA NOP (National Organic Program) standards from the USA and the Naturland standards set by the strict European Union
- Lifestream *Certified Organic* Spirulina is the only fully certified organic spirulina available in the world **certified to the vegan standard** by European Naturland
- Lifestream *Certified Organic* Spirulina is guaranteed by the Organic Certifying Agency IMO, Switzerland, that **no animal products whatsoever** are used in any part of the production or growing
- Lifestream *Certified Organic* Spirulina tablets are *100% Pure spirulina* with no additives
- Lifestream *Certified Organic* Spirulina is bottled in amber glass and packaged in cartons
- Lifestream *Certified Organic* Spirulina is Certified HACCP by BVQI, Amsterdam
- Lifestream *Certified Organic* Spirulina is Halal & Kosher Certified by Star K, USA and the Government Body in India
- Lifestream *Certified Organic* Spirulina is manufactured according to ISO 9001 certification by BVQI, Amsterdam
- Lifestream *Certified Organic* Spirulina is ISO 14001 certified by BVQI, London, fully in compliance with environmental practices, the only spirulina production facility to have earned this certification
- Lifestream *Certified Organic* Spirulina is produced under GMP Food Standards

- Lifestream Certified Organic Spirulina is**
- **100% Unconditionally Guaranteed**
 - **100% Exclusive to Lifestream in Australasia**

Lifestream Certified Organic Spirulina Recipes

Kick-Start Tonic. Serves 1

1/3 cup Acidophilus Yoghurt
1 banana, 1 cup Grapefruit Juice
1 teaspoon Lifestream Certified Organic Spirulina Powder
1 Tablespoon Lifestream Biogenic Aloe Vera Juice
Place all ingredients into the blender. Blend until smooth.
Pour into a tall glass. Breakfast is served. *Gluten Free/Vegetarian*



Essential Dressing. To Dress a Salad for 2

2 tablespoons Flax Oil
Juice of a Lemon, 1 teaspoon Balsamic Vinegar
Dash Tamari Soy Sauce
1/2 teaspoon Lifestream Certified Organic Spirulina Powder
Freshly ground Black Pepper
Place all ingredients together into a jar with a tight fitting lid. Shake vigorously to combine the ingredients. Pour over your salad and toss the dressing through. Serve immediately. *Gluten Free/Vegetarian/Dairy Free*



Very Green Guacamole. Serves 2

A delicious, healthy snack. Quick and easy to prepare.
1 large ripe Avocado, 1 Tomato
Pinch Sea Salt, Juice of a Lemon
2/3 teaspoon Lifestream Certified Organic Spirulina Powder
Remove the skin and pip from the avocado, and mash it in a bowl along with the salt and lemon juice. Finely chop the tomato. Stir the Spirulina Powder and the tomato into the mashed avocado. Serve with rice crackers or vegetable sticks for dipping. Serve immediately.
Gluten Free/Vegetarian/Dairy Free



Breakfast Special. Serves 1

A satisfying superfood breakfast to get you kick started.
1 cup Apple or Apple & Feijoa Juice
1 Banana
1 Golden Kiwifruit
1/3 cup fresh or frozen Blueberries
1 heaped teaspoon Lifestream Certified Organic Spirulina Powder
1 tablespoon LSA (ground Linseeds, Sunflower seeds and Almonds)
1 tablespoon Pumpkin Seeds
Put all ingredients together into the blender. Blend until smooth.
Serve in a tall glass. Have a great day. *Gluten Free/Vegetarian/Dairy Free*



Lifestream Certified Organic Spirulina is available
from your local Health Store or Pharmacy