albi™ NATURALS

blue-green algae

a Protein Rich Green food

Blue-green algae is a relatively simple plant that grows only in water or in very moist environments on land. Blue-green algae is believed to be over 2.3 billion years old and most botanists agree that it was from this algae that higher land plants developed. Blue-green algae is found abundantly throughout the world, commonly in freshwater ponds and lakes.

Many cultures around the globe, such as Mexico, include blue-green algae as an essential part of their daily diets. In Japan, blue-green algae is frequently included in salads, sushi, and stir fry dishes, and is widely used for its health benefits also.

Blue-green algae's preparations are often used for stress, halitosis (bad breath), flatulence, hypoglycemia (low blood sugar), indigestion, appetite suppression to aid in weight loss, enhanced athletic performance and immune strengthening effects.

There are many different species of blue-green algae. Two of the most commonly used types of algae are Chlorella and Spirulina. Technically, Chlorella is a green algae and Spirulina is a blue-green algae. Both types have relatively similar chemical compositions.

What Does Blue-Green Algae Contain?

Analysis of the chemical composition of blue-green algae is relatively atypical except for its high contents of beta-carotene, Vitamin B12, chlorophyll and immune stimulating and antibiotic polysaccharides. Blue-green algae contains over 65% protein, 15% carbohydrates and 7% fat and fiber. Blue-green algae is one of the richest plant sources of protein and includes 17 amino acids, including 8 essential amino acids. It has many vitamins, such as beta-carotene, biotin, Vitamin B12, pantothenic acid (Vitamin B5), folic acid, inositol, niacin (Vitamin B3), pyridoxine (Vitamin B6), riboflavin (Vitamin B2), thiamine (Vitamin B1), and Vitamin E. Algae also contains many minerals, including calcium, phosphorous, iron, sodium, chloride, zinc, magnesium, manganese, potassium, selenium and other trace minerals.

Blue-green algae contains approximately 2-3% chlorophyll. Chlorophyll is a magnesium containing molecule found in most green plants. It is responsible for photosynthesis (the conversion of light energy into chemical energy).

Blue-green algae contains a small amount of gamma-linoleic acid, an essential omega-3 fatty acid. It also contains polysaccharides (complex sugars) that have demonstrated immune stimulating and antibiotic activity. Manufacturers were initially faced with a problem of how to make blue-green algae more digestible and still retain its original chemical composition. State of the art processing techniques now enable us to do this.

The Health Benefits of Blue-Green Algae

The health benefits of blue-green algae are related to its high contents of beta-carotene, Vitamin B12, chlorophyll, and immune stimulating polysaccharides. Blue-green algae contains approximately 1,700 mg/kg of beta-carotene. It works together with Vitamin A to play an important role in vision and maintaining the epithelial tissue lining the body and internal organs. Beta-carotene is also essential for the proper growth of soft tissues and is necessary for light sensitive pigments in the eye that make night vision possible. Because of its potent immune stimulating properties, beta-carotene is also often recommended for colds, flus and other infections.

Blue-green algae contains 2,000mg/kg of Vitamin B12, which is necessary for maintaining the efficient production of red blood cells and the health of the nervous system. Vitamin B12, usually found in meat and dairy products, is uncommonly found in plants.

A deficiency of B12 can lead to anemia, which is often corrected through supplementation. Blue-green algae is an excellent source of this vitamin, especially for vegetarians.

Blue-green algae contains approximately 2-3% chlorophyll. By contrast, alfalfa, one of the highest chlorophyll – containing plants, contains less than 1% chlorophyll.

Chlorophyll is a pigment that gives many plants their characteristic green color. Chlorophyll derivatives are applied topically to deodorize skin lesions and administered orally to diminish halitosis (bad breath), eructations (belching) and flatulence. In addition, chlorophyll derivatives are used orally to deodorize ulcerative lesions in the urine and feces.

Blue-green algae has demonstrated immune stimulating activity, and is relatively non-toxic. Due to its high amino and chlorophyll content, blue-green algae is also capable of binding to toxic metals including cadmium and polychlorinated biphenols (PCB's) in the system and ridding the body of them. This important capability is deemed by many as essential in the effort to achieve individual optimum health.

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